

THE KWAJALEIN HOURGLASS



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RUSTMAN TRIATHLETE MANDY MELODY CROSSES THE FINISH LINE DURING THE 44TH ANNUAL RUSTMAN TRIATHLON APRIL 24 AT EMON BEACH.



JESSICA DAMBRUCH

MEASLES INTERNATIONAL TRAVEL ADVISORY

Protection Against Measles Importation Into The Marshall Islands

PUBLIC SAFETY ANNOUNCEMENT

The Ministry of Health and Human Services (MoHHS) in the Republic of the Marshall Islands (RMI) hereby issues this International Travel Advisory due to the current measles outbreaks now occurring in many countries, including all regions of the WHO and in some states of the United States.

The RMI is highly susceptible to measles introduction due to low immunity coverage of less than 90 percent, Vitamin A deficiency and stunting in 35 percent of children under age 5. Measles is highly contagious and can spread easily from person to person through the air, via breathing, coughing and sneezing, and impacts both children and adults.

Every case of measles on average infects 12 to 18 non-immune people exposed to those infected individuals. In addition to the measures outlined herein, the MoHHS will also be conducting supplementary immunization activities (SIA for measles) in the republic.

If the measles virus is imported to the RMI, transmission of measles will spread immediately and rapidly. Therefore, the Ministry is requiring all persons traveling to (including domestic travel to the neighboring islands) and from the Republic of the Marshall Islands to abide by the following requirements:

Outbound International Travelers: Effective Immediately

Infants of RMI Citizens and Foreign Residents (6 months of age up to 11 months) travelling internationally are strongly recommended (but not mandated) to be vaccinated against measles two weeks prior to travel.

This is called a “zero dose” and is given in addition to two doses of measles containing vaccine administered between 12 and 15 months of age, acquire long term

protection of 97 percent.

The measles containing vaccine used in the RMI is the MMR (measles, mumps and rubella) vaccine. A copy of the infants travel document/E-ticket is required to receive this vaccination from Public Health.

RMI Citizens and Foreign Residents (children 12 months of age up to 66 years of age or born after 1957) traveling internationally are strongly recommended (but not mandated) to be vaccinated and up to date against measles two weeks prior to travel. A copy of the traveler’s E-ticket is required to receive this vaccination from Public Health.

Teenagers and adults with no evidence of immunity (no documentary proof of immunization), are strongly recommended (but not mandated) for a first dose followed by the second dose 28 days later.

All travelers planning to return to the RMI in the foreseeable future are encouraged to ensure that they meet the requirements of this TA and plan appropriately.

In addition, kindly review the TA’s of planning destinations.

All Incoming Travelers to the RMI & domestic travel to neighboring islands - Mandatory & Effective Immediately

All children less than 5 years old must have their vaccinations for MMR (or Measles and Rubella) up to date. This includes immunization for infants aged between 6 and 11 months.

This is called a “zero dose” and is given in addition to two doses of measles containing vaccine administered between 12 and 15 months of age, acquire long term protection of 97 percent.

The measles containing vaccine used in the RMI is the MMR (measles, mumps and rubella) vaccine. A copy of the infant’s travel document/E-ticket is

required to receive this vaccination from Public Health.

Proof of vaccination must be presented upon arrival or entry will be refused.

Persons suffering from contagious disease, and persons who have been exposed to such disease, may be isolated and quarantined in accordance with regulations issued pursuant to Chapter 7 of the Marshall Islands’ Revised Code Chapter 1 Section 106 of the Public Health and Sanitation.

All up-to-date vaccinated persons entering the RMI will need to “watch and monitor” their own health for three weeks upon arrival/return. Measles symptoms typically include:

- High fever (may spike to more than 104-degrees F)
- Cough
- Coryza or runny nose
- Conjunctivitis or red, water eyes
- Rash (develops 3-5 days after symptoms begin)

Any travelers who develop these symptoms must seek medical care immediately. Public Health officials contact information will be distributed at the ports of entry. These officials will require the ill patients to inform them of their recent travels to measles-affected areas, and these officials will need to know whether the travelers received a measles vaccination.

The most effective protection from measles is getting vaccinated. Protect yourself and your loved ones from measles. For further information, please contact the following:

Majuro - 692-625-3625 (24-Hour Hotline)

Ebeye - 692-329-9303 (24-Hour Hotline); Email inquiries: funderwood@rmihealth.org

USAG-KA COMMUNITY TOWN HALLS



Kwajalein—May 23, 5:30 p.m.
Kwajalein High School Multi-Purpose Room

Roi—May 17, 1 p.m.
Tradewinds Theater

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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Kwajalein High School biology students are joined by teachers and personnel from USAG-KA Command, V2X and Range Generation Next during a Meck island cleanup April 22.

BACK TO BASICS: STUDENTS JOIN RANGE PERSONNEL FOR ISLAND CLEANUPS

BY JESSICA DAMBRUCH

An intrepid group of 14 Kwajalein High School biology students joined personnel from Range Generation Next and U.S. Army Garrison-Kwajalein Atoll April 22 to conduct routine wildlife monitoring and beach cleanups on two Kwajalein Atoll islets.

On USAG-KA, RGNext Environmental and safety personnel work to maintain their respective areas of responsibility in keeping with the USAKA Environmental Standards and Army regulations. RGNext Occupational Health Safety & Environmental Manager Sherrie Dallas proposed the 2023 Earth Day cleanup trip, to include participation from the Garrison and Kwajalein High School. In concurrence, USAG-KA Environmental Manager Patrick Chauvey facilitated the necessary approvals for activity.

Dallas appreciated the chance to include the students.

Clearing ocean debris from the island also fulfills activities under the Eniwetak Conservation Area management plan, she said.

“I think it is a win-win for partnering for the [Reagan Test Site community] RGNext and the Garrison, while educating students and participating in Earth Day activities.”

Before dawn, joined by biology instructor Heather Miller, and KHS Principal, Matt Gerber, the young visitors first boarded a catamaran to Meck, an historic mission island.

As the students removed trash and plastic particulate from the shoreline, they learned about how mission history has shaped the roles of each island from Elton David, an RGNext volunteer who assists RGNext Environmental.

Meck is a “managed vegetation island.” Greenery is maintained to allow for safety in mission operations.

In contrast, Eniwetak, Kwajalein’s unpopulated range mitigation and wildlife conservation area, is allowed to naturally flourish, said Mike Malone,



Biology students from Kwajalein High School participate in a clean up on Meck April 22.

RGNext Environmental officer. Meck is managed by Missile Defense Agency personnel, and Eniwetak is monitored by RGNext environmental team members.

It felt good to introduce a younger generation of up-and-coming biology and science-focused residents in the work of the mission, Malone said.

“Some of the mitigation components of the Minuteman Three test program environmental regulations are biological monitoring, maintaining the beach area and providing public awareness,” Malone said. “It ties in well with our mission requirements. Events like our monitoring visit are ‘baked into’ the original premise for the management plan of the conservation area. They are a return to what has historically been done to promote awareness of the Eniwetak Conservation Area and to preserve the environment.”

RGNext OHS&E Lead Tina Hawkins said she was impressed with the students’ questions. Several expressed in-

terest in returning to assist with future field surveys.

“The enthusiasm and curiosity of the kids was quite evident both in their actions and words,” said Hawkins, following their return to Kwajalein. “It was directly expressed to me that it was one of their best school trips ever.”

For a small island, Eniwetak offered many new sights to its student visitors. Taylor Aboud expressed admiration for the use of Eniwetak as a conservation area.

“Not many people get an opportunity like we did, to see an island so rich with nature,” he said.

Staying close to the edge of the island’s large interior rainforest, students filled trash bags with debris washed up by the tide. Next, they grabbed clipboards and checked the skies to assist with monitoring activities: recording a tally of the numerous birds which reside on Eniwetak.

Everywhere there were new sights and sounds. Bird calls rang out from

beneath a green canopy of large *Pisonia grandis* trees, *Pandanus* and coconut palms. Hefty orange crabs cling to the uppermost branches of young woody shoots, and new growth is intermixed with fallen trees which add to a rich soil.

“The crabs on the island are relatively large, and they know it,” said KHS student Joseph Aragon. “They show no fear when they see us trekking [through the forest], and they make it clear that this island is their home.”

In class the following week, Rachel Harper shared her reactions to the island’s plants.

“The pisonia tree was one of the trees I observed,” Harper said. “They were some of the tallest trees I have seen that come from the Marshall Islands. We have palm trees, but those are found everywhere. They also had created lots of cover.”

This week, Miller thanked everyone who assisted in coordinating the trip.

“It’s always great to get kids out for real world experiences like this,” Miller said. “It is such a special opportunity to be able to visit a protected natural area.”

Even on an uninhabited island, remnants of the human impact upon the natural environment were easy to find. Among the items students recovered: numerous plastic water bottles, empty food cans, discarded flipflops, partially decomposed Styrofoam, foam vehicle cushions and metal shards.

The island community is reminded that it is against Army policy to disembark at Eniwetak. The island is a nature and wildlife preserve. If you are aware of anyone illegally trespassing on the island, you are encouraged to report to the Provost Marshal’s Office.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

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1) Students search for trash to collect on Meck. 2) Tina Hawkins discusses range safety with biology students. 3) Mike Malone, RG Next Environmental officer, delivers a safety briefing on the Eniwetak beach. To get to the islet from Meck, students boarded a mechanized landing craft, pictured in the background. 4) Kwajalein High School Principal Matt Gerber, center, joins students on their cleanup around Eniwetak islet.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH



1-2) Students check the foliage to turn up discarded objects. 3) A flock of island birds skim the Eniwetak waterline. 4) A bright orange hermit crab checks up on KHS Principal Matt Gerber from the safety of its tree branch.



SCENES FROM KWAJ SAAPM MONTH

BY JESSICA DAMBRUCH

Ceremony, sports and open discussion were among the many April activities planned in observance of Sexual Assault Awareness and Prevention Month.

The USAG-KA SHARP team worked to build partnerships and awareness by engaging multiple sectors of the community in its activities.

Earlier this month, USAG-KA Soldiers played a friendly game of Emon Beach volleyball with Naval Mobile Construction Battalion Three. USAG-KA SHARP advocates also staffed awareness tables on Kwaj and Roi, and hosted training games for Army civilian employees.

Most recently, a cake-cutting ceremony included local Kwajalein partners from the Ebeye chapter of Women United Together, Marshall Islands, a women's advocacy and support program.

Branch Manager Handy Niro and Caseworker Lorna Rang joined USAG-KA Commander Col. Tom Pugsley, Command Sgt. Maj. Ernest Miller and Sexual Harassment/Assault Response and Prevention Victim Advocate Sgt. 1st Class Effie Banks for the ceremony at the Capt. Louis S. Zamperini Dining Facility on April 19.

Pugsley expressed to patrons that day his appreciation for the chance to address SHARP awareness for the atoll community with local partners from WUTMI.

The USAG-KA SHARP Program remains committed to responding to queries for assistance and guidance from all atoll residents.

For more information about the USAG-KA SHARP Program and services for island personnel, contact Sgt. 1st Class Effie Banks, SHARP Victim Advocate, at 480-0660 or 480-1419.



U.S. ARMY PHOTO BY YOLANIE KORAB



U.S. ARMY PHOTO BY MIKE BRANTLEY

1) Handy Niro, left, and Lorna Rang, of Ebeye's WUTMI chapter, join in a cake-cutting ceremony April 19 with USAG-KA Commander Col. Tom Pugsley and Command Sgt. Maj. Ernest Miller. 2) USAG-KA Director of Resource Management Robert Rideout holds up a SHARP T-shirt provided during a SHARP training earlier this month.

KWAJ COMMUNITY CLEANS UP OCEANSIDE

BY JESSICA DAMBRUCH

Personnel from V2X Environmental conducted a community clean up day at the Ocean View Club April 24. Collection gear was provided.

Among the volunteers were many Kwajalein Girl Scouts, who spent the morning around the island's oceanside seawall and surrounding areas to collect litter and beach trash.

A second clean-up, also coordinated by V2X personnel, occurred on Roi-Namur April 23.

Thank you to all of the helpful volunteers who helped to make this Earth Day Clean Up a success.

The island community is reminded to please utilize proper receptacles for all waste and trash items. Recycling cans are located throughout the island for most common household products.

For information about special handling for any other items, please contact V2X Environmental.

Kwajalein Girl Scouts joined in a V2X Environmental Clean Up Day at the Ocean View Club April 24.



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

USAG-KA CELEBRATED MOMC WITH YOUTH ACTIVITIES



U.S. ARMY PHOTO BY STEPHEN ELSON

BY JESSICA DAMBRUCH

April was a month of fun, games and learning activities, as Child & Youth Services celebrated the Month of the Military Child. On Kwajalein, a new activity to celebrate our military-connected kids included USAG-KA Command Sgt. Maj. Ernest Miller and his son, Ethen. The duo recently visited the Child Development Center to read a few favorite books to students.

CYS Lead Christy Edwards, said she was pleased that the family could visit to meet the island's youngest students and encourage them to continue practicing their reading skills.

Families and kids also enjoyed a MOMC carnival April 22 at the Namo Weto Youth Center and park. Open stations included facepainting and laser tag, as well as crafting and outdoor sports.



PHOTOS COURTESY OF CHILD AND YOUTH SERVICES



PHOTOS COURTESY OF CHILD AND YOUTH SERVICES

1) Young island residents practice sinking baskets at a bounce house during the Month of the Military Child carnival. 2) Command Sgt. Maj. Ernest Miller gives a high-five to a young island resident during his visit to the Child Development Center. 3) Mary Naut, left, applies an original face paint design to a young carnival attendee April 22.



U.S. EMBASSY MAJURO

PHOTO BY CHEWY LIN

On April 18, U.S. Embassy Majuro observed Anzac Day with a memorial observance shared by Indo-Pacific nations and their allies. Active-duty service members from the Australian Defense Force and U.S. Army Garrison-Kwajalein Atoll joined embassy personnel. Anzac Day began as a commemorative day to honor the Australian and New Zealand Army Corps service members who fell in battle during the Gallipoli campaign of World War I. Today, the observance honors all New Zealanders and Australians who have served and perished in conflicts and peacekeeping operations. Pictured here from left: U.S. Embassy Majuro Deputy Chief of Mission Jeremiah Knight, U.S. Department of the Interior Grants Manager Frederick Nysta and USAG-KA Host Nation Director Maj. Jay Parsons.



1) Lindsey Vail surges out of the water following the swim segment. 2) Bill Wright powers through the bike segment. 3) Buck Polya reps the U.S. Space Force during the running segment.

RUSTMAN 44

BY JESSICA DAMBRUCH

After weeks and months devoted to athletic training, 31 individual athletes and nine teams competed in RustMan Triathlon 44.

This year's event included numerous first-time competitors and some of the island's strongest and most practiced athletes. Many exceeded personal best times and took top honors, raising the bar for future generations of athletes.

Race coordinator Bob Sholar provided annual statistics and RustMan facts. Here are Bob's highlights in a nutshell:

Thomas "TC" Cardillo earned his ninth overall RustMan with 2:25; four minutes less than last year's time. Thanks to Cardillo, 50-something is now the age to achieve "Oldest Winner Ever."

Congratulations to Mandy Melody, the ladies' winner for the fourth consecutive year. She achieved this year's top score by just 27 seconds and achieved a personal best by more than 10 minutes. Melody's run was under 50 minutes. She used this segment to her advantage, and caught up with Lindsey Vail, who had a 5-minute head start. Of exceptional note, Melody's run time eclipsed all of the male finishers—including TC Cardillo.

Felix Prim, a junior at Kwajalein High School and returned island resident, finished sixth overall.

The RustMan welcomed back its youngest competitor, 10-year-old Rowen



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

A Kwajalein lifeguard monitors the swim segment of RustMan 44.

Primeaux, who matched the "Youngest Finisher Ever" distinction last year. His time improved by 44 minutes—from 3:57 last year to 3:13 in 2023, respectively.

Bruce Premo seized the "SSE" age group distinction yet again. The division was invented locally and stands for "Social Security Eligible." Premo and Primeaux, the oldest and youngest RustMan competitors, respectively, commemorated their event with a photograph following the awards ceremony.

Kayla Mack broke the three-hour barrier with 2:57:28, after two near misses in

prior years.

Keri Jones and Shawna Pugsley designed commemorative custom event T-shirts, and the RustMan spirit was

There is a big difference between a Kwaj bike and a road bike.

—Charles Facer

stronger with the help of community volunteers cheering and manning hydration stations along the route.

Ben Bartyzel worked behind the scenes leading the morning and evening setup and clean-up efforts. Special thanks goes to Family and Morale Welfare and Recreation's Thompson Tarwoj, who led the heavy lifting for event set up with a forklift,



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

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1) It's full speed ahead for Kaila Mack during the bike segment. 2) U.S. Army Garrison-Kwajalein Atoll Capt. Ibrahimia Sady heads into the running segment.

setting bike racks in place and moving beachside furniture. Heartfelt thanks goes to Douglas Hepler and Neil Dye, the RustMan “cookout crew,” who grilled 100 hamburgers and 160 hotdogs at the Emon Beach main pavilion for the athletes and their families to enjoy during the post-race awards ceremony.

The Kwajalein Hourglass also reached out to several athletes and a one key group to learn more about their training regimen and feelings about competing in the historic event.

Many shared realizations about their own inner strength. Some shared cautionary training tips for future athletes. Read on to understand the dedication and commitment that makes a true RustManiac.

My family is such a great support system and I try to make all those minutes I'm not with them not be wasted.

—Mandy Melody

port, gather, party, cheer and help, the RustMan is always as much a social event as an endurance activity. This year, there were a few people who finished a bit banged up and had issues, such as

on the bike [segment] or were not able to finish. That can be frustrating.

They will no doubt come back strong in their next activity.

Bob and Jane Sholar are such

a big part of these events and help organize a huge cast to pull this off, which takes significant time and energy. We are lucky they, and so many others, contribute so much.

For anyone thinking of doing RustMan next year, don't be intimidated. Start with some laps in the pool, if needed, and if you can, work in some at the beach.

Biking can be done on any bike, spin bike class, or at the gym. If you plan to use a road or tri bike, plan to practice at least a month in advance to get used to the gears, brakes, thin tires, rough roads—and especially—aero bars, which can initially be awkward.

The run portion preparation can be as simple as working in a walk a couple of times per week, working up to trading off between walking and running, and then, perhaps, continuous running. Make it fun. Walk with a friend or spouse, listen to an audiobook or podcast, join in on some of the fun runs and other running events.

Then, join the field next year, at least as part of a team if you want to test the water. Endorphins are good.

CHRISTI CARDILLO

I'm not the best to give tips on training since I haven't been able to do much triathlon-specific training in recent years, but here are some quick tips, if someone is interested in participating in next year's race.

Swim: Find a buddy or group to swim the lagoon with, so you can get to know the topography of the bottom. This helps prevent zig zagging during the swim portion.

Bike: Find and try out your road bike well in advance of the actual race day because a road bike—especially with aerobars and clip in pedals—is so much easier to lose control of. It takes time to get used to.

Run: start jogging now. You can start slow and build up to where you can comfortably run the 10k (6.2 miles).

As for thoughts on this year's race, RustMan is one of my favorite annual Kwaj events. I just love how the community comes out to support the participants, whether it's volunteering for the race or cheering from the side of the road. This year there were so many pockets of encouraging spectators.

It really made a difference mentally on the run. I also love watching people push themselves. Triathlons are endurance events all on their own, but add in demoralizing flat tires, falls, or bike malfunctions, and the perseverance required to get back on the bike and keep pedaling is even more impressive.

TC CARDILLO

Participating in the RustMan is always enjoyable, even when struggling upwind, swallowing water and cramping on the run. It is exciting to see other athletes pursuing personal bests and enjoying the endorphins that come with extended exercise.

First-time triathletes are especially impressive. It can seem intimidating to join the activity, but that doesn't stop them. The camaraderie and support of people doing their best is fantastic; the community is so supportive.

With all the groups that set up, sup-



Matai McCollum heads for the finish line after completing his swimming segment.

MANDY MELODY

I love the whole process of training. This year, I tried to make every workout count. I knew just how fast my competitors could be and that pushed me every workout to try my best. I'm thankful to God for my health and I always hope to give Him glory in all I do.

My family is such a great support system and I try to make all those minutes I'm not with them not be wasted. I'm not special or particularly talented; I just decide each time to get out there and to do the things I need to do.

BRUCE PREMO

Training is a yearlong activity where I try to fit some of each exercise into each week along with weightlifting. Training becomes more of a habit that way instead of a big change you need to stick with.

As the RustMan gets closer, I start combining the exercises back-to-back into what are called brick and tri workouts to help build the needed endurance. [This year,] it was another good turnout from both participants and all the helpers who organize and run it to make it a fun event.

ERIK HANSON

It felt great breaking the 2.5-hour time with my bearded brother, Jake [Del Campo] and taking home first place for teams! The RustMan is an awesome event, every year!

RON SYLVESTER

This year I wanted to complete the RustMan with my son, Myles, although the training was not as much as I would typically do. The course was difficult due to the high winds and heat, and the rain only made it steam.

I believe I can speak for everyone out there [when I say] that the roads were in the worst shape ever due to the heavy equipment traffic over the past year rebuilding the runway. A big thanks to all the people who cheered us on.

CHARLES FACER

I decided to do RustMan because I heard my friends talking about it at frisbee. They explained to me that it is a triathlon. I always wanted to do one, so that day, I decided to do it. I signed up on the last day for registration.

This was my first year competing, and yes, I will most definitely be joining next year.

I guess you could say that I was a "RustMan Rebel." I really didn't think I would have to train because everyone said that I would do great at the event. I am a decent swimmer and cyclist, and I love to run. That was a big hobby of mine when I was in the States.

The most challenging event for me was the bike ride. I thought everyone was going to just ride a Kwaj bike, like me—but everyone was riding road bikes. There

1) Charles Facer completed the bike segment on a one-speed beach cruiser. Now, that's dedication. 2) Sydney Jones, left, and Ellie Miller cheer on competitors during the bike segment. 3) Josh Snow keeps an eye on road safety at the intersection of Lagoon and Ocean Road. 4) Timekeepers Jane Premo, left, and Ashley Howe prepare to meet the athletes.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH





U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

Success: Philip Prim races to get TC Cardillo, left, a cup of water at Boy Scout Troop 314's hydration station.

is a big difference between a Kwaj bike and a road bike. Everyone just told me to bring a bike, not a road bike.

Then, while riding my bike, I see everyone passing me, and saying, "Good job you can do it, keep going," while I was saying, "What lap are you on—I'm on my fourth lap." They'd reply "Oh, I am on my last lap."

I was just laughing and enjoying my time. I enjoyed the kindness of all the competitors, very welcoming and supportive.

THERESA MITCHELL

I never thought I'd do a triathlon. I always thought RustMan participants were crazy; "swim, bike, run" sounded terrible. I'm in the worst shape of my life. I had my third baby in September.

So, I figured there's no better way to get into shape than by jumping right into a triathlon. I swam laps for the first time in my life.

Then, I bought a bike and spent a few weeks figuring out how a road bike works and learning to navigate the Kwaj road potholes and sand patches.

I put off training for the run, but figured I'd be okay to just walk. I popped a tire on lap three and walked around the airfield to find the mobile pit stop. Then, Kevin Melody saved my day with a replacement wheel! I muscled the final 10 miles stuck in a high gear.

I walked a good part of the "run," and picked up a jog on the last few miles in the rain. In the dark, I crossed the finish line. The island stayed out late to cheer me on.

Water table helpers, sidewalk crowds,

volunteers, other racers, and my husband and kids cheered me on all day. It was my first race of any kind, ever.

I came in dead last, and it felt great. To anyone considering giving the RustMan a try, just go for it! Drink lots of water, eat lots of protein, and get it done.

REBECCA DIBIASE

The RustMan brings out the best in the Kwaj community! I always love this island a little more the day after the race—or maybe I'm just glad I don't have to run anymore.

JULIE MAKOVEC, BOY SCOUT TROOP 314 HYDRATION STATION

The Boy Scout Slogan is "Do a Good Turn Daily." That means doing something to help others each day without expecting anything in return.

The Kwajalein Boy Scouts have been running a RustMan water station for many years. Recently, I asked Bob Scholar and he said possibly 15 to 20 years. As leaders we try to instill the mindset that thinking of others is important, and that the smile you get in return is reward enough.

We hope the community can see all the ways the scouts try to help from this small act of service at the water station to the recent larger Eagle Scout projects in the last year.

As we learn through repetition, I hope each time we do a good turn for someone that they also are encouraged to think of others and do something nice for another person. Imagine how we could change the world one small action at a time.



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1-5) During RustMan, hydration, much like athletic training, can be a "moving target." Pictured here, Kwajalein Boy Scout Philip Prim and RustMan athlete Josephine DiBiase react as a cup of water slips through their fingers.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH



1) Swimmers begin the swim segment of RustMan Triathlon 44 at Echo Pier. 2) "Hi Dad": Ron Sylvester, right, passes son Myles during the bike segment. 3) Josephine DiBiase charges out of the Emon Beach lagoon after completing her swim segment. 4) Taylor About is flanked by Mandy Melody, left, and Eric Miller, right, during the running segment. 5) Erik Hanson was the first member of a competing group to cross the finish line.

DO THE RUSTMATH

SOLO

NAME	SWIM	BIKE	RUN	TOTAL
Thomas Cardillo	0:18:08	1:16:38	0:50:48	2:25:34
Mandy Melody	0:20:54	1:22:12	0:49:32	2:32:38
Eric Miller	0:24:52	1:17:20	0:50:53	2:33:05
Lindsey Vail	0:17:30	1:19:58	0:55:38	2:33:06
Jonathan Jahnke	0:18:53	1:20:41	1:06:54	2:46:28
Felix Prim	0:19:10	1:31:54	0:57:31	2:48:35
Adam Gjersvik	0:20:36	1:34:41	0:58:37	2:53:54
Kaila Mack	0:19:27	1:31:21	1:06:40	2:57:28
Chick Wynn	0:23:11	1:35:33	0:59:20	2:58:04
Kyle Miller	0:25:25	1:32:59	1:00:42	2:59:06
Bruce Premo	0:19:06	1:24:16	1:19:33	3:02:55
David Sholar	0:18:50	1:39:47	1:04:30	3:03:07
Derek Jones	0:18:42	1:40:19	1:07:00	3:06:01
Aidan Aboud	0:21:04	1:51:04	0:54:18	3:06:26
Ronald Sylvester	0:19:20	1:28:19	1:18:51	3:06:30
Christ Cardillo	0:21:33	1:43:31	1:03:46	3:08:50
Rowen Primeaux	0:18:53	1:45:38	1:09:14	3:13:45
Kirk Cameron	0:26:02	1:44:34	1:03:38	3:14:14
Patrick Phelon	0:20:51	1:46:30	1:07:09	3:14:30
Andrew Mack	0:26:34	1:38:33	1:09:36	3:14:43
Rebecca DiBiase	0:20:41	1:40:01	1:17:42	3:18:24
Nathan Melody	0:19:21	1:54:45	1:07:25	3:21:31
Jonathan Wentworth	0:26:17	1:36:43	1:19:46	3:22:46
Dan DiBiase	0:24:14	1:49:03	1:10:56	3:24:13
Christina Sylvester	0:17:25	1:41:45	1:26:11	3:25:21
Talon Kappe	0:31:21	1:55:34	1:11:55	3:38:50
Charles Facer	0:30:21	2:16:42	0:52:19	3:39:22
Matthew Griffin	0:31:44	1:59:19	1:16:37	3:47:40
Teresa Mitchell	0:27:33	2:16:31	2:00:18	4:44:22
Josephine DiBiase	0:16:25	1:41:23	DNF	DNF
Ibrahima Sady	0:22:31	1:38:20	DNF	DNF



1) First-time RustMan competitor USAG-KA Commander Col. Tom Pugsley accepts his certificate from event director Bob Sholar. 2) Two-time competitor and youngest 2023 RustMan triathlete Rowen Primeaux, left, and longtime competitor Bruce Premo, right, commemorate the RustMan Triathlon with a photograph following the awards ceremony. Serendipitously, both athletes share a com-

mon root for their respective surnames. Premo shared his thoughts on the evolution of the spelling differences as a probable result of ancestral immigration to northern and southern regions with divergent linguistic traditions. "I am from the 'northern migration,' with the name change to Premo, and Rowen is from the 'southern migration,' with the name change to Primeaux," Premo said.

TEAM

TEAM	SWIM	BIKE	RUN	TOTAL
BEARDS Erik Hanson; Jacob Del Campo; Erik Hanson	0:18:05	1:19:34	0:50:31	2:28:10
SIGNALS, SHIPS & SHOTS Buck Polya; Bill Wright; Amber Bates	0:24:18	1:24:26	1:00:26	2:49:10
1ders Sydney Jones; Caedmon Rios; Ellie Miller	0:17:29	1:34:42	1:01:24	2:53:35
SCREAMING CUCUMBERS Michael Melody; Noah DiBiase; Taylor Aboud	0:20:22	1:36:52	0:59:47	2:57:01
AT LEAST WE TRI-ED Viviana Del Campo; Krissy Behrends; Mallory Masciarelli	0:20:12	1:35:39	1:07:11	3:03:02
LOS SENIORS Matai McCollum; Myles Sylvester; Max Nienow	0:14:43	1:43:12	1:12:27	3:10:22
BRISKET OR BUST Tom Pugsley; Blair Jones; Keri Jones	0:22:56	1:45:30	1:03:54	3:12:20
BIBLICALLY ACCURATE RACOONS Anne Marie Zink; James Zink; Anne Marie Zink	0:22:14	1:57:32	0:56:21	3:16:07
RUNAWAY RUNNERS Shana Darrah; Anthony Campbell; Nikki Delisio	0:22:22	1:39:09	1:26:48	3:28:19

TEAM



SEABEES AT WORK 1



2



3



4

U.S. NAVY PHOTOS BY UTILITIESMAN SECOND CLASS RYAN TUCKER

1. Construction Electrician First Class Floyd Davis and Steelworker Chief Juan Lopez of Naval Mobile Construction Battalion 5 measure the angle for installation of studs on the second story floor of the Richardson Theater April 18. 2) Builder Second Class Jacob Simpson Jenkins of Naval Mobile Construction Battalion 5 installs plywood sheathing to the overhang of the Richardson Theater. 3) Builder First Class Edgar Perez and Ensign Jacob Muen-

chau of Naval Mobile Construction Battalion 5 cut plywood sheeting April 23 to be installed on the ceiling of the theater. 4) Builder Second Class Jacob Simpson Jenkins, Construction Mechanic Third Class Alex Mendoza, and Equipment Operator Second Class Ricardo Najera of Naval Mobile Construction Battalion Five operate the 11K forklift to finish installing a vapor barrier on the overhang of the Richardson Theater April 19.



VISITOR RULES AND TIPS FOR GLASS BEACH

BY MIKE BRANTLEY / USAG-KA PUBLIC AFFAIRS

The area at the south end of the runway, known as Glass Beach, is the nesting site for green turtles, also known as *Chelonia mydas*, from May through October.

Green turtles are protected under U.S. law, the U.S. Army Kwajalein Atoll Environmental Standards in the Republic of the Marshall Islands. They are also protected by the United Nations worldwide.

Last year, the beach was closed while the nesting season occurred primarily due to ongoing construction activities at the end of the runway.

This year, the beach will not be closed. Here are the rules to safely enjoy the beach, and to help ensure the safety for the turtles as well.

- The top crest of the beach area, to include all vegetation near the orange fencing, is off limits.
- There is a single point of entry to Glass Beach. It is located at the end of the orange safety perimeter fence. There is a small palm tree denoting the entry and exit spot.
- No large groups or party gatherings are permitted in this area. Visitors must retrieve any trash before leaving the area.
- Violators of these safety orders must be reported to USAG-KA.
- During flight-operation hours, observe all applicable airfield/runway restrictions and safety rules.
- Visitors must not park golf carts near the Glass Beach entry and exit point during airfield operation times. Carts must be parked away from that spot.

New signs will be posted soon to indicate the beach vegetation zone, areas to keep out, and the entry and exit spot onto the beach.

Enjoy the beach but help keep the residents who nest there safe. For more information, contact Patrick Chauve at 480-0129.

How much oxygen comes from the ocean?

About half of Earth's oxygen comes from the ocean; about the same amount is consumed by marine life.

EXTERNAL REPORT

By the National Oceanic and Atmospheric Administration

Scientists estimate that roughly half of the oxygen production on Earth comes from the ocean. The majority of this production is from oceanic plankton — drifting plants, algae, and some bacteria that can photosynthesize. One particular species, *Prochlorococcus*, is the smallest photosynthetic organism on Earth. This little bacteria produces up to 20 percent of the oxygen in our entire biosphere. That's a higher percentage than all of the tropical rainforests on land combined.

Calculating the exact percentage of oxygen produced in the ocean is difficult because the amounts are constantly changing. Scientists can use satellite imagery to track photosynthesizing plankton and estimate the amount of photosynthesis occurring in the ocean, but satellite imagery cannot tell the whole story. The amount of plankton changes seasonally and in response to changes in the water's nutrient load, temperature, and other factors. Studies have shown

that the amount of oxygen in specific locations varies with time of day and with the tides.

It's important to remember that although the ocean produces at least 50 percent of the oxygen on Earth, roughly the same amount is consumed by marine life. Like animals on land, marine animals use oxygen to breathe, and both plants and animals use oxygen for cellular respiration. Oxygen is also consumed when dead plants and animals decay in the ocean. There is also oxygen in the atmosphere which has accumulated over hundreds of millions of years. As land animals, most of the oxygen humans breathe comes from this source.

This is particularly problematic when algal blooms die and the decomposition process uses oxygen faster than it can be replenished. This can create areas of extremely low oxygen concentrations, or hypoxia. These areas are often called dead zones, because the oxygen levels are too low to support most marine life. NOAA's National Centers for Coastal Ocean Science conducts extensive research and forecasting on algal blooms and hypoxia to lessen the harm done to the ocean ecosystem and human environment.



COURTESY OF BOB SHOLAR

USAG-KA YARD OF THE MONTH

Congratulations to the Sakaio Family for winning the USAG-KA Yard of the Month award! For their hard work to keep their quarters' greenery neat and trim, they earned an AAFES gift card. Pictured in this courtesy photo by Bob Sholar are members of the Sakaio family and USAG-KA Director of Housing Calvin Alexander.

Keep an eye out for next months' winner in The Kwajalein Hourglass.

ARE YOU HERE? CAN YOU CHEER? WE'RE LOOKING FOR A FEW RUSTY MINI-MANIACS



RUSTY FAMILY MINI-TRIATHLON

Race day draws near for the Rusty Family Mini-Triathlon, and volunteers and fans are needed. For more information, event updates and to volunteer at the event, please contact Bob and Jane Sholar at 5-1815.

QUIZZO OCEAN VIEW CLUB

T R I V I A

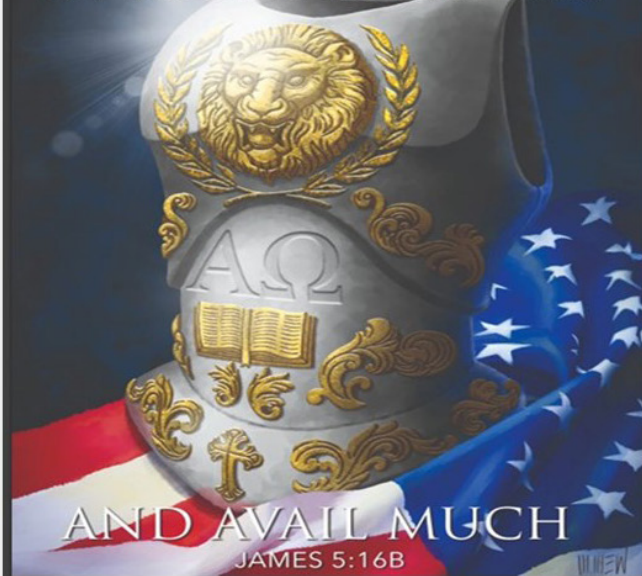


N O G H T

Every second Wednesday
of the month
Beginning May 10



PRAY FERVENTLY
IN RIGHTEOUSNESS



AND AVAIL MUCH
JAMES 5:16B

Prayer Breakfast May 4 at 6:30 a.m. in the REB

THE CLASSIFIEDS

MOVIES

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.



Spring Bazaar

May 8, 9 a.m. - 1 p.m.
at the Religious Education Building. Come support your local vendors at this fun event.

ACTIVITIES

YOUTH CENTER POTLUCK. Saturday, April 29 at 6 p.m. Enjoy a potluck, slide show, and superlatives! Students can list their intended potluck items (no candy or soda, please) and register at the Youth Center to attend.

CYS Pickleball. Wednesdays, Thursdays and Saturdays from 4 - 5:30 p.m., through May 6 in the CRC Gym. This activity is open to CYS-enrolled students in grades six through 12. Enroll at Central Registration through April 22. Call 480-2158 for more information.

KWAJALEIN YACHT CLUB MEETING. Saturday, April 29. Happy hour - 5:30 p.m. followed by a 6:30 p.m. meeting and potluck dinner at 7 p.m. Please bring a dish to share.

YYWC VOLUNTEER APPRECIATION Party & Annual Membership Meeting. Saturday, April 29 at 6:30 p.m. at the Emon Beach Main Pavilion. Open to all YYWC members! Come for the door prizes and fun, stay to vote for the incoming executive board and to hear about the club's plans for next year. Dinner and non-alcoholic drinks provided; feel free to BYOB.

35TH ANNUAL BALLROOM DINNER DANCE. Sunday, April 30 at 6:30 p.m. at the KHS Davye Davis Multi-Purpose Room. To purchase tickets, please visit the high school office beginning April 15 between 8 - 11:30 a.m. and 12:30 - 4 p.m. *Alcohol will neither be served nor permitted at this school event.

SPRING MUSIC CONCERTS. The Kwajalein School System will host Spring Music Concerts at the KHS Davye Davis Multi-Purpose Room. George Seitz Elementary School Spring Concert - Friday, May 12, 5:15 - 6:15 p.m. Donations of packaged snacks, school supplies, and hygiene products appreciated for our KSS Rikatak Program.

SPRING BAZAAR. Monday, May 8, from 9 a.m. - 1 p.m. at the Religious Education building.

Kwajalein Yuk Theater	Roi-Namur C-building
Saturday, April 22 "Hidden Figures" (PG) 127 min.	Saturday, 22 April "Ad Astra" (PG-13) 90 min.
Sunday, April 23 "Devotion" (PG-13) 149 min.	Sunday, 23 April "The Turning" (PG-13) 112 min.
Monday, April 24 "Bad Teacher" (R) 92 min.	Saturday, April 29 "Bruce Almighty" (PG) 101 min.
Saturday, April 29 "Sonic The Hedgehog 2" (PG) 92 min.	Sunday, April 30 "Behind Enemy Lines" (PG-13) 106 min.
Sunday, April 30 "The Lost City" (PG-13) 112 min.	Saturday May 6 "Ocean's Eleven" (PG-13) 116 min.
Monday, May 1 "We Were Soldiers" (R) 138 min.	Sunday, May 7 "Enemy of the State" (R) 132 min.
Saturday, May 6 "The Little Mermaid" (G) 83 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.
Sunday, May 7 "Guardians of the Galaxy Vol. 2" (PG-13) 136 min.	
Monday, May 8 "House Party" (R) 100 min.	

Family Movie Night Under The Stars
May 14 at 7:30 p.m., Emon Beach "Fireheart" (PG) 112 min.

RUSTY FAMILY MINI TRIATHLON. Monday, May 8 beginning at 4:30 p.m. Participants must register by Thursday, May 4. Forms are available on the downtown mini-mall bulletin boards. Submit registration forms to Bob and Jane Sholar at Quarters 473-A (phone 480-1815). Volunteers are needed to support the event. Contact Bob and Jane if you can help on race day.

KHS ART SHOW. Myths & Legends: Kwajalein High School Art Show. Tuesday, May 9, from 4:30 - 6:30 p.m. at the Art Studio (George Seitz Elementary School Room 14, located across the street from the Millican Family Pool). Featuring whimsical artwork and amazing Industrial Arts projects students in grades seven through 12, this year's art theme is "myths and legends." Fun to-go snacks will be provided. Please join us!

FAMILY MOVIE NIGHT. Sunday, May 14 at 7:30 p.m., Emon Beach, enjoy "Fireheart," (PG) 112 min.



LIFEGUARD CLASS. Registration: Now through - May 20. Class Dates: May 28 - June 3. This course requires a series of tryout swim tests. Tryout date and time: Tuesday, May 23, 5 - 7 p.m. at Millican Family Pool. Questions or to register, contact Cliff Pryor at 480-2828 or clifford.pryor@vectrus.com. Participants must be at least 15 years-old by the last day of the course.

DIVE-IN MOVIE NIGHT. Sunday, May 21, 7 p.m. at the Adult Pool, enjoy "Creed III" (R) 117 min.

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. Special performance arrangements can be accommodated.

QUIZZO. Beginning May 10, every second Wednesday at the Ocean View Club is Quizzo night. Bring a friend and get ready for mind-bending, face-melting trivia!

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.**** For the latest update on your flights on United, ATI or Air Marshall Islands:
ATI: 480-2169
AMI: 480-3469
United: 480-4852 or 1-800-UNITED1
Air Terminal Services: 480-2660
Flight Information Recording: 480-3589

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

Tuesday and Saturday—UA 154 (GUM)
Check-in 10:45 - 11:15 a.m.

JOBS

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

AKIMA is hiring for the following on-island positions: Communications Clerk (ID: TRU01101); Communications Specialist (ID: TRU01100); and Fiber / Cable Technician (ID: TRU01099). Applicants must reside on USAG-KA and possess a valid passport. For 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.

CHILD AND YOUTH SERVICES is hiring a facility director (req. 31990) and lead teacher (req. 31991). All required background checks must be successfully completed and maintained. A health assessment is also required. Apply online at www.vectrus.com.

ENVIRONMENTAL HEALTH AND SAFETY MANAGER. KFS LLC is accepting resumes for a Health and Safety Manager to support an upcoming Environmental Project on Kwajalein.



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

Visit <https://honuservices.jobs.net/en-US/job/health-and-safety-manager/J3N1RL6KDG9RWPTYQDF> 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 at 480-2632, 480-4995 or 480-4996.

TRIBALCO is hiring for multiple positions. Applicants must meet job requirements. Apply online at tribalco.com/jobs, www.kaihonua.com, and www.akima.com. An active security clearance is required.

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; and Apply at <https://qdynco.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

STOP FOR AIRCRAFT

Stop and look both ways for aircraft traffic on Zeus Blvd. or Ocean Rd.



STOP Stop at designated areas

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

LIMITED ROAD ACCESS. During work operations around Bucholz Army Airfield, commuters may expect limited access and delays when using the perimeter road. It is suggested that island residents utilize different routes. Delays are expected from April 30 through May 1 from 7 a.m. until work is complete.

KWAJALEIN POOLS ARE CLOSED. Due to mechanical issues, both the Millican Family Pool and Adult Pool are closed until further notice. Your patience is appreciated.

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).

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 prior to heavy aircraft arrivals and departures. Contact Airfield Operations

Passport Services On Hold

Passport services are temporarily on hold until the U.S. State Department approves a new head of facility for Kwaj.

We will notify the community when services resume.

Questions? Contact Mike Sakaio at 480-2103.



at 480-2131 with any questions.

ISLAND ORIENTATION and Newcomer's Briefings occur in the REB, behind the Island Memorial Chapel. To register, email KWAJ_OSO_Ops@Vectrus.com or call 480-3511.

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.

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 Mar-



Myths & Legends

Kwajalein High School Art Show

Tuesday, May 9
from 4:30 - 6:30 p.m.
at the Art Studio

George Seitz Elementary School Room 14
(located across the street from the Millican Family Pool)

Featuring whimsical artwork and amazing Industrial Arts projects students in grades seven through 12, this year's art theme is "myths and legends."

Fun to-go snacks will be provided.
Please join us!

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.

shallese 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 taking 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.

MAY FIRE SAFETY TIP FROM THE OFFICE OF FIRE PREVENTION: PET FIRE SAFETY

Pets give us comfort, friendship, and unconditional love. Our connection to them can be among the strongest relationships in our lives. However, pets can cause fires. We need to be careful with pets in the home.

- Some pets are chewers. Watch pets to make sure they don't chew through electrical cords.
- Pets are curious. They may bump into, turn on, or knock over cooking equipment. Keep pets away from stoves and countertops.
- Make sure pets are included in your family's fire evacuation plan. Build an evacuation kit for each pet in your household.
- Fact: Pets or wild animals have a part in starting about 750 home

fires per year. These involve cooking equipment, fireplaces and chimneys, space heaters, lamps, bulbs, wiring and candles.

PASSPORTS

Complete the passport application at travel.state.gov. Print completed forms and ensure you have a copy of your existing passport and other documents, including parents' identification cards, and birth certificates. Photos must not be older than six months. Applicants should not wear eyeglasses in the photo. Free passport photos are available. Contact Host Nation Activities at 480-2103 for details.

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

\$15. Only money orders and cashier's checks payable to "U.S. Department of State" are accepted and can be purchased from Community Bank or the post office.

POST OFFICE

POSTAL CUSTOMERS will receive an email from: AMPS.Mail@usps.gov. Subject: Contact Information Verification Request from your Postal Office. It is not a scam. Customers can click the link in the email to verify their contact information or they can present the attachment in the email to their post office as a printed copy or phone document scanned for verification.

NOTICE FOR PRICE INCREASE EFFECTIVE JULY 9

Letters (1 oz.) from 63 cents to 66 cents; Letters (metered 1 oz.) from 60 cents to

E-wareness: Eniwetak Conservation Area (ECA)

The ECA was established for conservation of wildlife and coral reef. Visitors are NOT allowed without consent from USAG-KA. This includes the waters and reefs surrounding Eniwetak. For more information call RGNNext at 5-8855.

Eniwetak Conservation Area (ECA) ej juon jikin eo emoj kajenolak e bwe en jikin kejbarok menin mour ko ion ene/lojet im bar einwot kein ekkan ko ie im bedbed eo. Jabdewot arnej ejjab maron etal nan ijin elane ejjelok melim ak men ko erlok wot jen USAG-KA. Elane elon kajitok, jouj im kurlok RGNNext ilo 5-8855.

UNITED

KWAJALEIN (KWA)

Effective: June 25, 2023

INFO	SUNDAY NO FLIGHT	MONDAY UA155	TUESDAY UA154	WEDNESDAY UA133	THURSDAY UA132	FRIDAY UA155	SATURDAY UA154
ARRIVING FROM		Guam, Chuuk, Pohnpei, Kosrae	Honolulu, Majuro	Guam, Chuuk, Pohnpei	Honolulu, Majuro	Guam, Chuuk, Pohnpei, Kosrae	Honolulu, Majuro
CHECK-IN COUNTER CLOSSES NINETY (90) MINUTES PRIOR TO SCHEDULED DEPARTURE							
*CHECK-IN COUNTER HOURS		2:00PM - 4:50PM	10:30AM - 11:15AM	2:00PM - 4:15PM	11:15AM - 11:55AM	2:00PM - 4:50PM	10:30AM - 11:15AM
ARRIVAL TIME		5:40PM	12:05PM	4:45PM	12:25PM	5:40PM	12:05PM
PASSENGER SCREENING		2:00PM - 5:00PM	10:30AM - 11:25AM	2:00PM - 4:25PM	11:20AM - 12:00AM	2:00PM - 5:00PM	10:35AM - 11:25AM
BOARDING BEGINS IMMEDIATELY AFTER CABIN INSPECTION IS COMPLETE							
DEPARTURE TIME		6:20PM	12:45PM	5:45PM	1:25PM	6:20PM	12:45PM
DESTINATION		Majuro, Honolulu	Kosrae, Pohnpei, Chuuk, Guam	Majuro, Honolulu	Pohnpei, Chuuk, Guam	Majuro, Honolulu	Kosrae, Pohnpei, Chuuk, Guam

***Passenger must be checked-in NO LATER THAN NINETY (90) minutes prior to scheduled departure time.**

Cargo must be booked 48 hours prior to tendering day of flight

TIMES ARE SUBJECT TO CHANGE

Effective June 25, the Island Hopper will resume full service to Kwajalein Atoll.



63 cents; Domestic Postcards from 48 cents to 51 cents; International Postcards from \$1.45 to \$1.50; International Letter (1 oz.) from \$1.45 to \$1.50; Please direct questions to If you have questions send an email to james.e.smith2295.ctr@army.mil or call 480-3461.

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.

NOT ALLOWED ON USAG-KA: bow and arrow, air guns, paintball and other projectile weapons.

VEGETATION. Per USAG-KA Regulation 420-1, vegetation may not be planted in the ground without approved permits. Residents may be asked to remove items if planted without approval. Do not place sprouted coconuts in yards.

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.

PULL OVER. All vehicle operators must yield to right of way to emergency vehicles that sound their sirens.

BOJRAK. Aolep driver ko an wa ko rej aikuj bojrak im kotlok iial eo nan waan Emergency ko rej kojan jilel in wa ko waer.

Perimeter Road Limited Access

Road Work

Expect Delays

Alternate Route Suggested

**Apr 30 – May 01
7 A:M – Until Completion**

TRAINING

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.

EV-210: PETROLEUM PRODUCTS TANK INSPECTION TRAINING. Do you work with aboveground fuel storage tanks? Supervisors of departments that have ASTs associated with their facilities are required to have a minimum of two ENV-210 trained “tank custodians” to conduct weekly and annual tank inspections.

Where and When: Roi-Namur: Tradex Conference Room, Thursday, May 4, 9:30-11:30 a.m. Contact V2X Environmental Services at 480-0505.

Kwoj jermal ke ilo Fuel tank ko rej bed ilon? Supervisors ro im ewor ASTs ilo ijoko rej jermal ie rej aikuj wor 2 aer rijerbal, ro im ededelok aer training in ENV-210 non komman inspection ilo tank ko aer aolep week kab aolep iio.

Ia im Naat: Roi-Namur: Tradex Conference Room, Thursday, May 4, 9:30 -11:30 a.m. Kir Environmental ne ewor am kajitok: 480-0505.

USAG-KA SHARP

DENIM WEEK, APRIL 26 – 30
Observed throughout the week by U.S. military personnel and the island community. Wear denim April 26 – 30 and join the community in a showing of support for SAAPM month. Information about Denim Day and its importance will be available via email and a community SHARP display.

**SUSTAIN THE MISSION.
SECURE THE FUTURE.**

A PARTNERSHIP FOR THE PLANET.



FOR MORE INFORMATION, VISIT:

<https://www.un.org/en/climatechange/what-is-climate-change>

https://www.army.mil/e2/downloads/rv7/about/2022_army_climate_strategy.pdf



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



f/2.8



f/4



f/5.6



f/8



f/11



f/16



f/22



SAFE

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.

WEATHER WATCH

RTS WEATHER STATION STAFF

WEATHER DISCUSSION

A broad area of surface convergence will move into the local region on Saturday and last through Monday, with isolated to widely scattered showers expected to develop along with a possible thunderstorm.

Expect partly cloudy skies with periods of mostly cloudy skies Saturday through Monday with moderate trade showers passing through Kwajalein Atoll.

The subtropical high will remain anchored well to the north of the RMI with northeast to easterly trade winds between 11-16 knots on Saturday and increase to 15-20 knots Sunday and Monday, as the pressure gradient tightens.

SATURDAY

Partly to mostly cloudy with widely scattered showers and a possible thunderstorm. Winds NE-E at 11-16

knots with higher gusts near showers.

SUNDAY

Partly cloudy with isolated showers. Winds NE-E at 14-19 knots with higher gusts near showers.

MONDAY

Partly to mostly cloudy with isolated to widely scattered showers and a possible thunderstorm. Winds NE-E at 15-20 knots with higher gusts near showers.

NEXT WEEK

Weak troughs embedded within the trade winds will pass over the area throughout next week.

This will give way to periods of widely scattered showers and stray thunderstorms, along with partly to mostly cloudy skies.

Trade winds are expected to be 12-17 knots with higher gusts near showers. This typical showery trade wind pattern will likely remain over the local area into next weekend.



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.

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) 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 kojparok menin mour in lojet ko rekawotata. Kalimjek wot jab jibwe. Non bar kakemeymej eok, eokwe jouj im koba lok ilo Island Orientation allon otemej.

SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:34 a.m. 6:59 p.m.	2:39 p.m. 2:37 a.m.	1:42 a.m. 2.5' 1:27 p.m. 3.1'	7:15 a.m. 1.4' 7:58 p.m. 0.8'
MONDAY	6:34 a.m. 6:59 p.m.	3:24 p.m. 3:16 a.m.	2:09 a.m. 3.0' 2:06 p.m. 3.4'	7:59 a.m. 1.0' 8:24 p.m. 0.5'
TUESDAY	6:33 a.m. 6:59 p.m.	4:09 p.m. 3:54 a.m.	2:34 a.m. 3.5' 2:38 p.m. 3.8'	8:33 a.m. 0.6' 8:49 p.m. 0.2'
WEDNESDAY	6:33 a.m. 6:59 p.m.	4:55 p.m. 4:31 a.m.	3:00 a.m. 3.9' 3:08 p.m. 4.0'	9:05 a.m. 0.2' 9:15 p.m. -0.1'
THURSDAY	6:33 a.m. 6:59 p.m.	5:42 p.m. 5:10 a.m.	3:26 a.m. 4.3' 3:38 p.m. 4.1'	9:36 a.m. -0.1' 9:41 p.m. -0.3'
FRIDAY	6:32 a.m. 7:00 p.m.	6:33 p.m. 5:51 a.m.	3:55 a.m. 4.6' 4:09 p.m. 4.1'	10:09 a.m. -0.3' 10:09 p.m. -0.4'
MAY 6	6:32 a.m. 7:00 p.m.	7:27 p.m. 6:35 a.m.	4:24 a.m. 4.8' 4:41 p.m. 4.0'	10:43 a.m. -0.5' 10:38 p.m. -0.4'