

THE KWAJALEIN HOURGLASS



THIS WEEK

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YOU ARE INVITED TO NAME THAT ISLAND, FEATURED HERE IN A PHOTO CAPTURED FROM THE INTERNATIONAL SPACE STATION.

 COURTESY OF USAG-KA COMMANDER COL. DREW MORGAN

RONALD REAGAN BALLISTIC MISSILE DEFENSE TEST SITE RANGE OPERATION ANNOUNCEMENT

A RANGE OPERATION IS SCHEDULED FOR OCT. 3 – 17. DAILY CAUTION TIMES ARE 9 P.M. THROUGH 5:18 A.M. IN CONJUNCTION WITH THIS OPERATION.

DURING OPERATIONS, NOTICE TO MARINERS (NOTMAR) and NOTICE TO AIR MISSION (NOTAM) CAUTION AREAS WILL EXTEND INTO THE OPEN OCEAN NEAR THE KWAJALEIN ATOLL AND SURROUNDING AREAS.

THE MID-ATOLL CORRIDOR WILL BE CLOSED FROM 4:01 P.M., SEPT. 29 THROUGH ACTIVITY COMPLETION. THE CAUTION AREA EXTENDS FROM THE SURFACE TO UNLIMITED ALTITUDE.

SEE THE ROLLER AND HOURGLASS FOR A MAP OF THE CLOSED AREAS. QUESTIONS SHOULD BE DIRECTED TO REAGAN TEST SITE (RTS) MISSION SAFETY OFFICE AT (808) 580-8445.

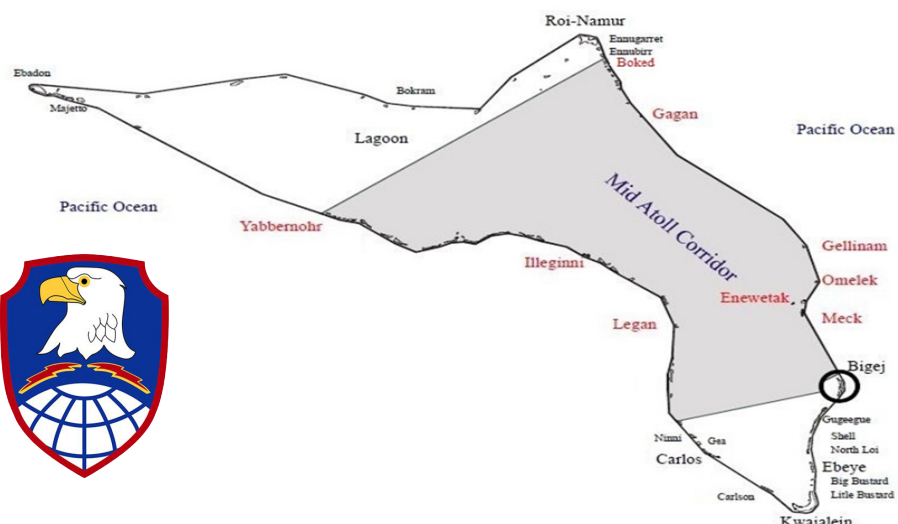
JUON IEN KOKEMELMEL ENAJ KOMAN ILO RAN KO OCT. 3 – 17. AWA KO REKAUWOTOTA EJ JEN 9 P.M. JOTA LOK NAN 5:18 A.M. IN JI-MAROK.

ILO IEN KOMELMEL, ILO KILAAN KARONG NAN MARINERS (NOTMAR) IM AIRMEN (NOTAM), JIKIN KAUWATATA KEIN RENAJ LAPLAK IM KITBUUJ MALO ILO TURIN AILIN IN IM MALO KO TURIN BELAAK IN AILIN IN BAREINWOT.

ENE KO ILO IOLAP IN AELON IN (MID-ATOLL CORRIDOR) RENAJ KILOK JEN 4:01 P.M. AWA ELKIN

RAELEP ILO RONOUL RUWATIM-JUON (29) RAN IN SEPTEMBER NAN NE EDEDELOK KOKEMELMEL KEIN.

LALE ROLLER IM HOURGLASS EO 23 IM 30 RAN IN SEPTEMBER AM LALE IA KO REJ KILOK. NE EWOR AM KAJITOK JOUJ IM CALL E LOK KWAJALEIN RANGE SAFETY OPIJA RO ILO (808) 580-8445.



The mid-atoll corridor will be closed from 4:01 p.m. Sept. 29 through mission completion.



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.

Contents of the Hourglass are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or US-AG-KA. It is published Saturdays in accordance with Army Regulation 360-1. Phone: Defense Switching Network: 315-580-5169 Local phone: 480-5169

Garrison Commander.....Col. Drew Morgan
Garrison CSM.....Command Sgt. Maj. Ernest Miller
Public Affairs Officer.....Mike Brantley
Editor.....Jessica "JD" Dambruch
Communications Specialist.....Stephen Elson
Contributor.....Yolanie Korab



U.S. ARMY PHOTOS BY STEPHEN ELSON

1) Mitchell Krueger tapes off the beginning of a wave as his piece of art. 2) Lizzie Waite (bottom) puts down her first layer of paint. Felix Prim and his family (top) works on his. 3) Various students and families work diligently on their art pieces.

KHS CLASS OF 2024 TAGS THE PAVEMENT

HOURLASS REPORT

Island residents can check out the island's biggest outdoor art project following an annual street painting project completed Sept. 25 by the graduating class of 2024.

Together with friends and family members, the students spent the afternoon painting colorful, personalized tags on the street, where they will be visible for the duration of the schoolyear.

This year's student tags featured unique interpretations of atoll life combined with personal interests in sports, fishing, and spiritual and regional symbols. Enjoy the photos, and be sure to visit Lagoon Road at Kwajalein High School this week to view the artwork of the senior class.



U.S. ARMY PHOTO BY STEPHEN ELSON

A picture of the final product of the senior's street art.



ENIWETAK

KWAJALEIN'S RESTRICTED GARDEN OF EDEN

📷 U.S. ARMY PHOTO BY MIKE BRANTLEY, USAG-KA PAO

The pristine sand and waters of Eniwetak islet is the perfect place for nesting sea turtles to lay and hatch their young, while the waters and coral provide a great habitat for crabs and conchs.

BY MIKE BRANTLEY / USAG-KA PUBLIC AFFAIRS

A multitude of birds soar just over the treetops as you walk below the verdant green, punctuated with openings in the canopy revealing azure blue skies. The birds are at home, but you are not.

Welcome to Eniwetak—a lush, 15-acre conservation area of nesting birds and sea turtles, crabs and dense jungle, that is a protected and restricted area here in the atoll that the majority of people who live and work on Kwajalein will never see.

Designated as a conservation area by U.S. Army Garrison-Kwajalein Atoll, the islet near Meck provides an off-site option to compensate and mitigate potential impacts to sea birds, sea turtles, coral reef habitat and other protected resources resulting from mission activities at defense sites throughout the atoll. The Eniwetak Conservation Area Management Plan provides protocols for surveillance, biological monitoring and maintenance

of the ECA to provide for protection of sea turtle and sea bird nesting habitats.

Range Generation Next's Environmental Management team visits the ECA each month to conduct a survey of the islet's teeming population of terrestrial species and search for and log any signs of human activity.

"Monitoring the ECA assists in safeguarding the islands intended purpose as a conservation area," said Dallas, the occupational health, safety and environmental manager for RGNext. "It is an important aspect of managing its delicate ecosystem."

Dallas has worked on Kwajalein since 2017, managing occupational health and environmental services in numerous industries both stateside and abroad for 30 years. Mission operations is one of the best parts of her job. They are a critical element of our nation's security, she said.

"I realized many years ago that I wanted to be an advocate for a safe work envi-

ronment for those who were uncomfortable speaking for themselves," she said, "including my own father who, as a result of exposure in the workplace, experienced three separate types of cancer."

Another aspect of her job that she loves is working in paradise. "My job permits me to travel to all the islands where we manage work," she said. "It's a great day when I can say my office was on a tropical conservation or nature reserve in the middle of the ocean [or] in a helicopter, all the while contributing to local RMI and USAG-KA environmental measures and aspirations."

Dallas' office on Eniwetak is home to nesting sea turtles, a protected species here in the Marshalls. Cameras monitor the islet as the RMI government strictly forbids trespassing.

"I've witnessed turtle tracks and evidence of turtle nesting once," said Dallas. "Our cameras have captured evidence of turtle movement and haul out – when the hatchlings make their way from the nest across the beach and to the ocean. It's very exciting to see."

Sea turtles are not the only occupants on Eniwetak that get special treatment.

"It's typical to see black noddies and white fairy terns on every occasion, but now and again we observe other species that, as nature lovers, are magnificent to witness," said Dallas. "Every visit is a new adventure, and we are fortunate to have insight into a place that so few have had the opportunity to experience."

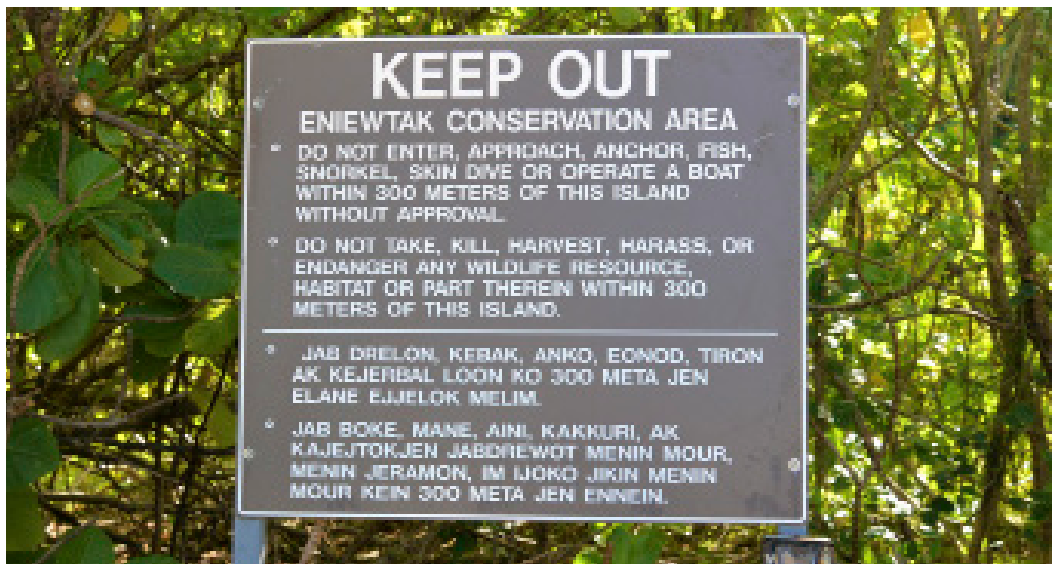
"Understanding the role this island used to play in support of the Reagan Test Site is also important," she said. "We've observed remnants of the past – names of people who used to work there carved into cement blocks, and knowing that the significance of the islet's transition to a conservation area is just as important and plays an imperative role in conserving RMI ecological systems."

The monthly ECA biological monitoring excursion begins on the Patriot, Kwajalein's dive boat, together with members of Kwajalein Pest Control who take measures to minimize the effects of the invasive Yellow Crazy ant (*Anoplolepis gracilipes*). "Once on shore, the team surveys the island for approximately three hours to conduct the survey on the resident Black Noddy trends, observe the presence or absence of nesting sea turtles and to track the overall species richness of the islet before the return trip to Kwajalein, she said." Some Eniwetak birds are migratory but several stay all year and make their home there, she added.

During the survey, cataloging of the nesting locations and location of popular bird "hangouts" provides an expectation to find different members of Eniwetak's feathered community, she added.

The team also observes the environment that houses the islet's terrestrial species and tabulates visible changes to the shoreline. Simple changes, however small, can mean a big impact on the ecosystem.

"The smallest impacts to the island, especially from human activity in relationship to the species that occupy it, can reduce or eliminate coconut crabs, conchs, turtles and turtle nesting populations that live, shelter or nest there, or disrupt the natural balance of the islet," said Dallas.



U.S. ARMY PHOTOS BY MIKE BRANTLEY, USAG-KA PAO

1) Eniwetak islet is a 15-acre conservation area within Kwajalein Atoll. It is an ideal nesting territory where seabirds, shorebirds, sea turtles and other animal species can thrive or convalesce undisturbed. Small sprouting coconuts and the frail husks of fallen trunks stretch and spread across the floor of the islet's lush interior. Nests of black noddies hang from the trees on Eniwetak. In addition to the black and brown noddies, white fairy terns and large frigate-birds also call the islet home. Of particular interest are the black noddies. Staff conduct surveys are conducted (counting them both in and out of the incubation posture), to gather information on the resident black noddy nesting trends and to track the overall species richness of the islet. 2) Kyle Little, a diver with the Patriot, brings the rope back before the team departs Eniwetak. 3) The dense, lush jungle of Eniwetak is largely undisturbed, and thanks to USAG-KA regulations protecting the island habitat, it should stay that way. 4) Visitors cleared for an official visit are pulled to shore in a dinghy by Little, off camera.

Restrictions for the Eniwetak Conservation Area

- In accordance the following is prohibited within the Eniwetak Conservation Area and its surrounding reef:
- Approaching or anchoring within 300 meters of Eniwetak Islet
 - Accessing Eniwetak Islet without authorization
 - Fishing, boating, diving, snorkeling, or skin diving within the ECA
 - Taking, killing, harvesting, harassing or endangering any marine or terrestrial wildlife resource, habitat, or part therein, within the ECA
 - USAKA Policy 200-1 is applicable to all USAKA persons including:
 - USAKA residents, personnel and visitors
 - Persons present for any reason on U.S.-controlled defense sites (those persons granted access to USAKA under provisions of USAKA Regulation 109-10, Entry and Exit Procedures)
 - Violation of USAKA Policy 200-1 may result in administrative actions such as:
 - Termination of employment at USAKA
 - Denial of access to USAKA (administrative bar)
 - Termination of recreational privileges to include boating or diving



THIS IS OUR ARMY.

NOT EVERY FIGHT IS ON THE BATTLEFIELD



SUICIDE PREVENTION

COMMUNITY CONNECTION / KWAJALEIN HOSPITAL

By Dr. Kenneth Thomas,
Employee Assistance Program

September is National Suicide Prevention Month, which has prompted my address of this very serious and little understood phenomenon, even by professionals and laypersons alike.

According to recent statistics of suicide, there are more than 30,000 people who commit suicide (completed) each year, and more than 600,000 suicide attempts.

Suicide is on par to become a major health crisis within the United States and the third leading cause of death in adolescents. There has been a 33 percent increase in suicides from 1999 to 2019, with veterans representing 1.5 percent higher rates than the general population.

According to the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5/DSM-5-TR)*, a suicide attempt is a behavior that an individual undertakes with the intent to die. This is to be differentiated from Nonsuicidal Self-Injury or self-injurious behaviors (SIB), such as cutting. Persons who engage in self-injurious behaviors typically do not intend to die, although death can occur as result (i.e.) cutting deeper than intended or hitting a major blood vessel.

It is also worth noting, that individuals who engage in repeated self-injury are also at an increased risk of escalating to suicidal behaviors, where the intent has shifted.

Comorbidity

Persons with comorbid mental health disorders represent 90 percent of completed and attempted suicides. Accord-

ing to the DSM-5, the most common comorbid diagnosis is attention deficit/hyperactivity disorders.

Other high probability disorders are oppositional defiant/conduct disorders; mood symptoms, to include bipolar disorders, and major depressive disorders. Posttraumatic Stress Disorder (PTSD) is also a major comorbid factor especially in veteran/military, first responders and law enforcement populations.

Manic episodes of bipolar depression were once thought to be a low indicator of suicidal behavior, but has since undergone extensive review with the findings, that even manic episodes can lead to lethal behaviors.

Partly, because during manic episodes, a person may feel invincible and engage in high-risk behaviors leading to death i.e., single car accidents. Substance use disorders, and substance use in general are major comorbid factors in completed suicides and suicidal attempts.

Demographics

Suicidal ideation/suicides can occur in any age group; however, the greatest frequency is seen in teens through young adulthood, often with comorbid mental disorders.

Global research suggests that children younger than 12 rarely experience, attempt or complete suicides. Over the years of suicide studies, profiles have been developed, which highlight gender differences as well as developmental, social, economic and health variables.

Attempts are higher with women, but males are higher in completed statistics.

Females who have attempts are more likely to be Caucasian, single, few social supports, unstable childhoods and have experienced recent or past stressful events.

Males, who are more likely to complete tend to be Caucasian, over 45, unemployed, unmarried/widowed and living alone. These gender differences are also represented in teen/adolescent statistics. Males and females with chronic health conditions, and persons that have a friend or relative that completed suicide are also in the high probability category. Although there is more to cover on this subject, I would like to address prevention strategies and interventions.

Red Flags

Although suicide cannot be predicted, several reports indicate that half of individuals contemplating suicide or intentions disclose to a friend, relative or physician within 24 hours of acting.

The following are things to pay attention to: 1) a history of previous attempts; 2) threats or veiled statements; 3) extreme depression; 4) changes in personality or behaviors; 5) preparations for death such as gathering the means, guns, ropes, stock piles of medications, giving away personal items, drafting wills etc.; and 6) sudden lift in mood, which is often misinterpreted as an improvement, but may actually indicate the person has resolved their conflict and committed to their plan.

It is important to take the person seriously; do not attempt reverse psychology by making statements like "go ahead and do it"; do not leave them alone while waiting for professional help. It is also important to know that persons who have been hospitalized or fear hospitalization know the right things to say to evade formal or informal screening.

If you are struggling, reach out to friends, family and/or the Employee Assistance Program. In a crisis, do not be ashamed to call 911 or present to the ER to be seen. You are not alone! Email Kenneth.thomas@internationalsosgs.us Phone: 480-5362

THE FIGHT BEGINS

THE BATTLE FOR KWAJALEIN, PART 1

WITH OPERATION FLINTLOCK, U.S. FORCES UNDERTOOK ONE OF THE MOST IMPRESSIVE AMPHIBIOUS MILITARY CAMPAIGNS IN HISTORY.

Operation Flintlock, the code name for America's invasion of the Marshall Islands, would involve troop landings on the atolls of Majuro, Eniwetok and Kwajalein, resulting in the clearing upwards of 100 small islands of Japanese resistance and destroying critical enemy naval and air bases.

What follows are a series of stories on the invasion of Kwajalein Atoll, the fulcrum of Operation Flintlock, with a focus on Kwajalein Island, where the Army's 7th Infantry would take on the men of Japan's 6th Base Force, 6th Defense Force, amphibious brigades, naval special landing forces and South Seas detachments.

These stories come from a report by former Kwaj resident and Kwajalein Hourglass editor Pat Cataldo. They were printed in 1994 in a special edition for the 50th anniversary of the Battle of Kwajalein.

Jan. 30, 1944

Kwajalein Island lay battered and burning after two days of pulverizing naval bombardment, intensive bombing and strafing by land and carrier-based planes.

The fires of destruction on Japan's principal naval base in the Marshalls were visible to men of the 7th Infantry Division (the "Hourglass Division"), veteran troops who waited for D-Day aboard vessels of the Southern Attack Force.

Roi and Namur islands, the center of Japan's air power in the Marshalls, were under attack from planes and ships of the Northern Attack Force, while men of the 4th Marine Division, not yet tried in battle, also waited for D-Day.

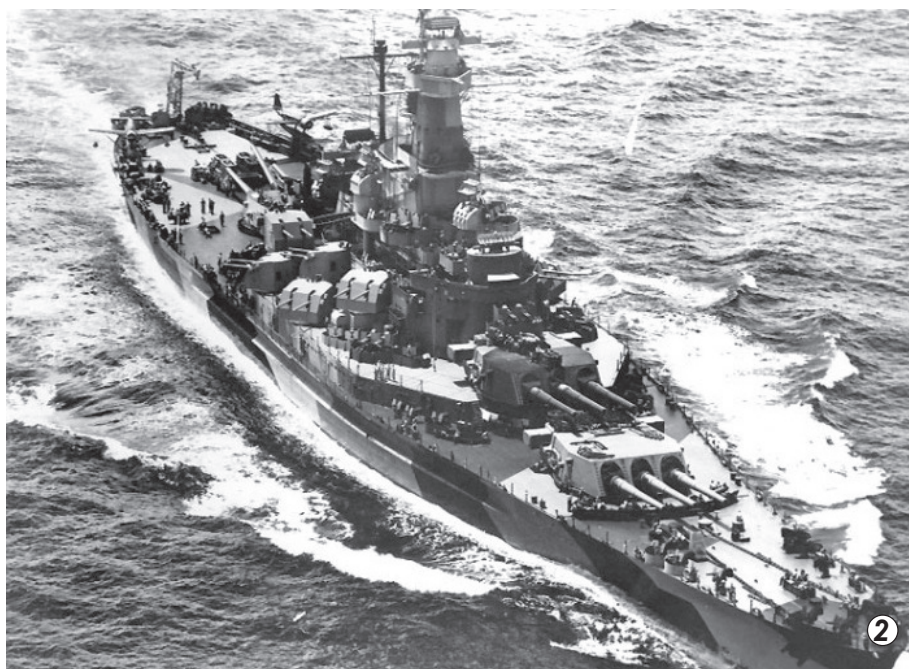
That afternoon, the battleships Massachusetts, Indiana and Washington pounded Kwajalein with 1,000 rounds of 16-inch ammunition—an average of one 250-pound shell every 15 seconds of the four-hour bombardment.

The attacks on Kwajalein, Roi and Namur began early the day prior. Though weather was 'squally' and skies were overcast, planes from the carriers Cowpens, Monterey and Bunker Hill, positioned southwest of Kwajalein, took off an hour before sunrise for the first bombing run on Kwajalein's airfield and nearby buildings.

Despite intense and accurate anti-aircraft fire, the bombing and strafing continued over the entire island throughout the day.

At Roi and Namur, planes from the carriers Essex, Intrepid and Cabot began their assault at dawn, dropping 2,000-pound bombs on runways and scouring numerous hits on hangars, fuel dumps and gun positions. Ninety-two Japanese aircraft were based on Roi, but U.S. planes at once gained command of the air, and after 0800, no Japanese planes were seen flying airborne.

B-25s, flying from bases in the Gilbert



Islands, joined in the attack to drop 23 tons of bombs on Kwajalein and 15 tons on Roi.

More than 400 sorties were flown over Kwajalein, Roi and Namur by carrier-based planes. U.S. losses totaled four Helicats and a torpedo bomber over Kwajalein. No U.S. ship was attacked by enemy aircraft.

In related actions over the past two days, the airstrip at Majuro had been completely neutralized by air attack, and Japanese installations on Wotje, Maloelap, Jaluit and Mili were severely damaged by bombing and strafing guns.

1) Exhausted enlisted crew members aboard aircraft carrier USS Lexington, CV-16, sleep in tangled patterns after 24 hours at General Quarters, off Kwajalein Atoll, Marshall Islands, Dec. 5, 1943. (Colorized WWII photo courtesy of Colourised Pieces of Jake). 2) The USS Indiana, en route to the Marshall Islands, January 1944. (U.S. Navy photo)



MANIT DAY

MARSHALLESE CULTURAL DAY

MONDAY, OCT. 2

11 A.M. - 2 P.M.

MARSHALLESE CULTURAL CENTER

U.S. ARMY GARRISON-KWAJALEIN ATOLL



IAKWE AOLEP!

Join the Kwajalein community for a celebration and showcase of “manit,” or Marshallese culture, Oct. 2 at the Marshallese Cultural Center, 11 a.m. - 2 p.m. Sample traditional dishes and check out crafts and exhibitions.

This Marshallese cultural celebration provides our community an opportunity to learn more about and to appreciate Marshallese culture. It is a free event open to the entire community.

For more information about Kwajalein’s annual heritage celebration, please contact the USAG-KA Host Nation office at 480-2103.



HEALTHY EATING ON KWAJ?

YES, IT CAN HAPPEN

COMMUNITY CONNECTION / KWAJALEIN HOSPITAL

Dr. Matthew Conner,
Kwajalein Hospital

One of the most common questions/comments I get relates to whether one can eat healthy on the island. It's typical to complain about the options, as some people want tasty foods that satisfy the palate whereas others care more about the nutrient value. Both options are available.

Remember, every time you consume something, you are either feeding or fighting disease.

Similar to your bank account, you either make deposits or it comes at a cost. Sometimes the "cost" may not be seen until years down the road. (I'll add that having an occasional indulgence can contribute to a deposit when eaten happily and socially, but regularly leads to disease.)

While everyone has a different and often confused view on what constitutes "healthy" due to hearing confounding health advice, the answer is a resounding YES, you can find healthy choices. Some of us have different needs, but we all need the basics.

Simple answers: Anything that is fresh and unprocessed counts toward a health deposit (think middle salad bar or produce at Surfway). Focus on eating a colorful variety of veggies with a good protein. An ideal plate has the colors of the rainbow, with plenty of green leafy choices and some protein. This should be the focus.

Best meats: anything not fried or processed. Especially fish, then beef and chicken. You generally want to avoid processed meats (e.g. sandwich meats, sausage, bacon, hot dogs) as they contribute to disease, can cause cancer and have little health value.

If you desire to lose weight, or help reverse disease, low carb is the goal. This means avoiding or minimizing foods such as bread, pasta, cereals, beer, potatoes and rice (processed high calorie food leads to nutrient deficits). Consider simple changes such as eating a burger with no bun. Or pile a plate full of colorful veggies, then top it with protein, and if you crave sweets, add a piece of fresh fruit for dessert.

Yes, it's an effort to change traditional American poor diet patterns, but regular deposits add abundance over time. YOU can avoid the traditional western slide into worsening diseases and pain as you age. Picture a more abundant life, less medications, more energy and vitality to do and accomplish the things you were created to do and enjoy! Even a small step toward healthy is worth celebrating.

If you want a simple goal you can accomplish today: add color to your plate. The goal is not perfection, but daily steps toward abundant life for you and your family. The DFAC is doing a great job adding variety while actively working on healthy additions for our benefit.

For suggestions on future articles and questions, send email to: matthew.conner@internationalsosgs.us
TK – Team Kwaj!



U.S. ARMY PHOTO BY STEPHEN ELSON
Reflections on the road after the rain.



EARN YOUR TEAM KWAJ TAB

PUBLIC NOTICE

1. Attend Col. Morgan's TEAM KWAJ brief (either Teammate or Community version), read and adhere to the TEAM KWAJ Teammate Pact, presented at initial town halls, and periodically thereafter.
2. Attend the Island Newcomer's Briefing.
3. Attend at least one group greeting at air terminal for personnel arriving on island. Make them feel welcome and show them we are happy they are on Kwaj with us.
4. Attend at least two garrison after-hours team-building or social events (TEAM KWAJ Happy Hour, Commander's Call, Hail/Farewell).
5. Attend at least two TEAM KWAJ PT/Wellness sessions. Become a regular attendee!
6. Visit Marshallese Cultural Center in last 3 months prior to tab award.
7. Visit Ebeye, Third island or Majuro in last 3 months prior to tab, use a Marshallese phrase or two and visit a store/restaurant.
8. Tell three co-workers how to earn the TEAM KWAJ tab.
9. Swim, snorkel, boat or paddle on the lagoon at least once with a teammate.
10. Complete the TEAM KWAJ Circle-island 6-mile ruck march/walk/bike and read all historic battlefield markers. This is an organized USAG-KA hosted event several times per year.
11. Mission Partner wild card event—discuss with your supervisor any additional organizational requirement. Could be knowledge-based, achievement-based, or physical challenge.
12. Final event, "Board of Review" -- meet with Col. Morgan face-to-face individually or in a small group with all requirements fulfilled. Schedule with garrison front office. Discussion items may include but are not limited to; TEAM KWAJ pact - "Healthy Community of Excellence," Kwaj history, Marshallese culture, military/strategic missions and their significance, and future operational potential.

Once you have the first 11 items completed, contact Terri Wilson at 480-4322 or at terri.l.wilson20.civ@army.mil to set up a date/time with the commander for the final event.

WARDROBE TIPS FOR VISITING EBEYE

BY YOLANIE KORAB

When visiting Ebeye in the Marshall Islands, it is advisable to dress modestly and respectfully, considering the local cultural norms and the warm tropical climate.

Here are some general guidelines for both men and women:

FOR MEN

LIGHTWEIGHT CLOTHING: Opt for lightweight, breathable fabrics such as cotton or linen to stay comfortable in the warm and humid weather.

SHIRT: Wear collared shirts or T-shirts that cover the shoulders. Avoid sleeveless shirts or tank tops, as they may be seen as inappropriate.

SHORTS OR TROUSERS: Choose knee-length shorts or trousers. Avoid wearing excessively short shorts or swimwear in public areas.

FOOTWEAR: Comfortable shoes or sandals are suitable for walking around the island. Remember to remove your footwear when entering homes or certain establishments, as it is customary in the Marshall Islands.

FOR WOMEN

DRESSES OR SKIRTS: Wear knee-length or longer dresses, skirts, or sarongs. Loose-fitting and lightweight fabrics are recommended.

TOPS: Select modest tops that cover the shoulders and avoid low necklines or revealing clothing.

FOOTWEAR: Comfortable shoes or sandals are suitable. Bring a pair of sandals that are easy to slip on and off when visiting homes or certain establishments.

ADDITIONAL TIPS

SWIMWEAR: If you plan to swim or visit the beach, it is acceptable to wear swimwear. However, it is best to cover up with a sarong or cover-up when leaving the beach area.

HEAD COVERINGS: Hats or caps are useful for protecting yourself from the sun, especially during the hot daytime hours.

SUN PROTECTION: Apply sunscreen, wear sunglasses, and carry a light shawl or umbrella for extra sun protection.

Remember, these guidelines are intended to respect the local customs and traditions of Ebeye Island.

Please be respectful and observe and follow the dress code of the local community to ensure a positive and culturally sensitive experience.

MOVIES

KWAJALEIN
YUK THEATER

Saturday, Sept. 30
"Penguins of Madagascar"
(PG) 92 min.

Sunday, Oct. 1
"The Lord of the Rings: The Fellowship of the Ring" (PG-13) 178 min.

Monday, Oct. 2
"21 Jump Street"
(R) 109 min.

Saturday, Oct. 7
"Paw Patrol: The Movie"
(G) 86 min.

Sunday, Oct. 8
"The Lord of the Rings: The Two Towers"
(PG-13) 179 min.

Monday, Oct. 9
"Candyman" (R) 9 min.

Saturday, Oct. 14
"Clifford the Big Red Dog"
(PG) 96 min.

Sunday, Oct. 15
"The Lord of the Rings: The Return of the Ring"
(PG-13) 201 min.

Monday, Oct. 16
"Halloween"
(R) 91 min.

ROI-NAMUR
C-BUILDING

Saturday, Sept. 30
"Searching"
(PG-13) 102 min.

Sunday Oct. 1
"BlacKkKlansman"
(R) 134 min.

All shows start at 7:30 p.m.

U.S. ARMY SPACE AND MISSILE DEFENSE COMMAND HISTORY

BY SHARON WATKINS-LANG, USASMDC HISTORIAN

Thirty-five years ago on Oct. 5, 1988, Lt. Gen. Robert D. Hammond, the commander of the U.S. Army Strategic Defense Command, was appointed the Program Executive Officer for Strategic Defense. Appointed by the Army Acquisition Executive Michael P.W. Stone, Lt. Gen. Hammond duties included “[providing] overall direction and guidance for the development, acquisition, testing, product improvements and fielding of assigned programs.”

In 1988 the assigned project offices included Airborne Optical Adjunct,

Terminal Imaging Radar, High Endoatmospheric Defense Interceptor, Exoatmospheric Reentry-vehicle Interceptor Subsystem, Ground Based Laser and the Theater Missile Defense Applications, as well as a variety of smaller product offices. The “primary management emphasis” was to be placed upon cost estimating, planning, programming, budgeting, program integration, interoperability and oversight.”

Hammond would be the only person to hold this position as the program, project and product offices were realigned in 1992, following the end of the Cold War, transferring to a newly created PEO for Global Protection Against Limited Strikes.

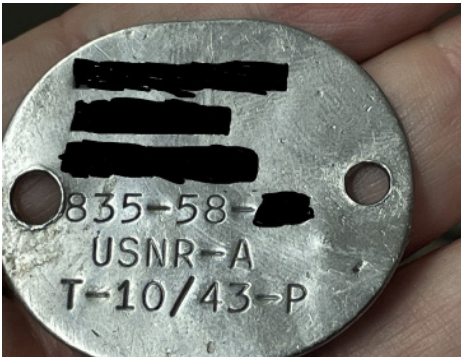


USASMDC PHOTO

Lt. Gen. Robert D. Hammond, who in 1988 served as the commander of the U.S. Army Strategic Defense Command.



Check out more news and entertainment about Kwaj life on the USAG-KA YouTube Channel, at <https://www.youtube.com/USArmyGarrisonKwajaleinAtoll>.



TURN IN THE TAGS

COMMUNITY CONNECTION

By Susan Underbrink
Kwajalein Archaeologist

We have 11 dog tags that we are trying to return to the families. We would love to include any you have found while living on Kwajalein. If you have located tags, please turn them in to the Kwajalein Archaeology Office. The only thing I will ask is where you found the tag. Dog tags are interesting, as they have a lot of information on them-but they belong with the families of the person who wore those tags to the atoll. Please feel free to contact me if you have any questions at 480-8867.

KWAJALEIN RECLAIMED WATER STANDARD VIOLATION

PUBLIC SAFETY ANNOUNCEMENT

The Reclaimed Water System Document of Environmental Protection requires public notification when reclaimed water standards are violated. The reclaimed water system has shown higher than normal turbidity levels resulting from some filtration issues at the Kwajalein wastewater treatment plant.

From Sept. 2 – 10, 2023, the seven-day rolling turbidity average at the point of entry into the reclaimed water system and in the distribution system measured above the 2.0 Nephelometric Turbidity Units (NTUs) standard. This average dropped back down below 2.0 NTUs on Sept. 11, 2023.

Turbidity is the cloudiness or haziness of a liquid caused by individual particles that are generally invisible to the naked eye. No health-based restrictions on the normal use (irrigation, vehicle washing, etc.) of reclaimed (or non-potable) water were necessary.

Additionally, there was no threat to public health or the environment as a result of this turbidity exceedance. If

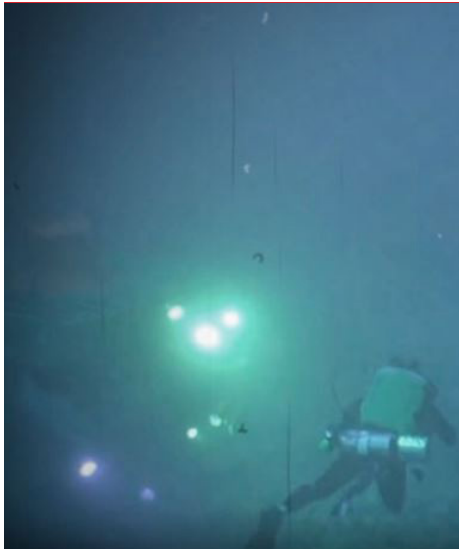
you have any questions, please contact the Vectrus Environmental Department at 480-0722.

Ekkar non pepa eo naetan Reclaimed Water Document of Environmental Protection (DEP) kojella ej aikuj koman non public elone kakien ko ikijen tiljek im erre eo in dren emoj aer rub. Level in turbidity eo ar walon lak itok wot jen jorren in filter eo ilo Kwajalein wastewater treatment plant.

Jen Sept. 2-10, 2023, average turbidity im ar koman lak in 7 raan ar tobar 2.0 NTU (numba in ar bed ilon in 2.0 NTU ak jonok eo emoj karrok ilo kakien bwe jen lore). Average eo ar walal lok non 2.0 NTU ilo Sept. 11, 2023. Turbidity ej jonan an lim dren eo im ej itok jen particles (etoon) ko im jej maron loi kon mejed.

Ejelok enaan in kakkol ej aikuj koman non kabojrak dren ko im jej kojerbali aolep raan non wutidrikdrik kein eddok ko, kwalkol wa, im jeral ko jet.

Kakobaba lak, ejelok kauwatata im emaron jelot ejmour im ijoko ibelakid enaj walok kon an kar le ilon in jonok eo. Ne elon kajitok, kir Environmental department ilo 480-0722.



NOAA PHOTO

What are Mesophotic Coral Ecosystems?

EXTERNAL REPORT

Mesophotic coral ecosystems exist in low light—"meso" means middle and "photic" refers to light.

By NOAA

Mesophotic coral ecosystems are found in tropical and subtropical regions at depths ranging from almost 100 feet to over 490 feet below the ocean's surface. The dominant communities providing structural habitat in the mesophotic zone are corals, sponges, and algae.

Little is known or understood about these ecosystems because until recently, studies were hampered by lack of technology. The upper limit of mesophotic coral ecosystems coincides with the diving limit for conventional scuba diving (130 feet), but is too shallow and costly for most deep-diving technologies, such as remotely operated vehicles and submersibles, to operate in. However, advances in undersea technologies in the past decade now make it possible to investigate these ecosystems.

In an era of significant changes occurring on shallow coral reefs, it is important for scientists to understand the role of mesophotic coral ecosystems in tropical and subtropical regions. These ecosystems are regarded as extensions of shallow coral ecosystems and share common species. As a result, scientists hypothesize that mesophotic corals may serve as potential sources to reseed or replenish degraded shallow-water reef species.

Mesophotic coral ecosystems also serve as essential fish habitat for some economically and ecologically important fish species, which use these areas for spawning, breeding, feeding, and growth to maturity. Similar to shallower coral ecosystems, mesophotic coral ecosystems contain organisms with specialized defenses to ward off predators and microbial infections. These specialized defenses often yield compounds that can be used to develop natural products that benefit human health.

TIME

MARSHALLESE LANGUAGE LESSON

The concept of time in the Marshallese culture is somewhat more flexible than time in Western cultures. When invited to Marshallese functions, do not be surprised if they start later than the advertised time.

Helpful Words

Awa/ien	Time
Jibbon	Morning
Ralep	Afternoon/Noon
Jota	Evening
Al	Sun
Tulok	Set
Tak	Rise
Bon	Night
Kiki	Sleep
Raan	Day
Ilju	Tomorrow

Common Phrases

- Jete awa (from English, "hour")
What time is it?
- Awa in lale an tulok al ilo jota em-man.
Time to watch the sunset in this beautiful morning.
- Jej etal naat?
When are we going?
- Jej etal ne eralep.
We're going when it's noon.
- Jej ta ilju?
What are we doing tomorrow?
- Jej ten lale an al tak.
We are going to see the sunrise.
- Jej etal nan juon kemem.
We're going to a birthday party.
- Naat?
When?
- Ne e jota.
In the evening.
- Ilen kiki.
Time to sleep.
- Kwoj itok ne eraan ke ne ebon?
You'll be coming during the day, or night?
- Ne ebon.
At night.



Hibiscus

EXTERNAL REPORT

From "Gardening on Kwajalein," by the Garden Club of the Yokwe Yuk Women's Club, 1983

The hibiscus comes in more than 5,000 varieties. It perhaps exceeds all other flowering shrubs in the size, shape and variety of its blossoms. The plant likes a sheltered spot that gets good sunlight and affords enough space for it to mature without cramping.

Hibiscus may be started from cuttings, which are readily available at pruning time. Well-matured branches one half-inch to one inch in diameter should be cut in 5- to 6-inch lengths.

The cuttings may be rooted in water or planted in sand. Be sure that over half the cutting is below the surface of the sand, as this will prevent drying out before the roots develop.

Regular watering and an abundance of sunshine will encourage growth.

When transplanting, dig a hole 12 to 15 inches across, and 24 to 30 inches deep. Partly fill the hole with loose soil that pulverizes easily. Remove hibiscus from its original container and carefully lower the plant to the same level it was in the container. Press soil firmly around the plant and water well. Soak every two or three days until plants become well established. After that, one or two soakings per week should be sufficient.

Allow the ground to dry out between waterings.

Hibiscus plants should be pruned regularly with sharp tools. The best time to prune is after the heavy flowering season. If large branches are cut back to a side branch, the cut will heal more readily than when a stub is left. If all the branches are sheared off at the same level, too many young branches will be produced, and the flowers may be small. Though not heavy feeders, light monthly fertilizing is recommended to keep foliage in prime condition.

The blooms last for one day, dropping to the ground at night. Blooms used in floral arrangements will droop at sunset.

Besides the common single red varieties, large double-pink hibiscus are planted on Kwajalein.

Hibiscus bark is used for handicrafts, including grass skirting.

At the time of this writing, a large hibiscus tree, the Hau Tree, grew beside Quarters 103. The flowers were bright yellow in the morning but turn dark red by evening, when they fall to the ground. The bush looks much like the mainland hollyhock. Be sure to look around the island for other beautiful varieties of this cherished tropical flower.



FORMER SOLDIER USES ARCHAEOLOGY TRAINING IN MIA RECOVERY

U.S. MARINE CORPS PHOTO BY SGT. JACK A. E. RIGSBY

David Brown, center, a scientific recovery expert assigned to the Defense POW/MIA Accounting Agency, conducts recovery operations during a mission in northern Germany, Sept. 6, 2023. Agency personnel conducted an excavation in an effort to find a U.S. aircraft crew lost over Germany during World War II.

EXTERNAL REPORT

By David Vergun, DOD News

WISTEDT, Germany—David Brown has wanted to be an archaeologist since he was eight years old, growing up in Hoffman Estates, Illinois, just outside of Chicago. He said he loved the idea of uncovering ancient artifacts and bringing history back to life.

But Brown first had a different mission to fulfill — service to his country.

Brown enlisted in the Army for a two-year tour in 1987, operating the Multiple Launch Rocket System and other systems within the field artillery branch.

“The Army helped me become a more responsible person,” he said. “Also, I became more patriotic, having a better understanding of how the military protects the nation and the dedicated people who do it.”

After his enlistment, Brown used his GI Bill benefits to get a graduate degree in archaeology.

He got a job with the U.S. Forest Service in New Mexico, identifying for firefighters important cultural and archaeological sites that needed protection from oncoming wildfires. They would bulldoze a firebreak area around the site to prevent the fire from spreading, he explained.

Later, he became branch chief archaeologist in Hawaii for the Hawaii State Historic Preservation Division.

Eight years ago, Brown accepted an offer from the Defense POW/MIA Accounting Agency to be a laboratory forensic archaeologist and scientific recovery expert.

The agency, which is part of the Defense Department, searches in 45 coun-

tries for missing service members from World War II and later conflicts, including the Korean War, Vietnam War and Desert Storm.

Once remains are recovered and the agency’s laboratory determines the person’s identity through DNA analysis and other means of identification, then the service member’s family is notified and arrangements are made for a military funeral.

Brown’s work has taken him to remote areas, including Papua New Guinea, Laos, Cambodia and Vietnam.

Currently, he’s on his second mission in Germany, this time in the northeast part.

He’s part of a 25-person team seeking to recover remains of the 10 airmen flying in a B-24H Liberator bomber that was presumably shot down by the enemy while returning from a bombing run.

The team is still in the early stage of the mission, recovering parts of the aircraft and the airmen’s personal effects, among other items.

Although the site is not remote or rugged, the challenge for the recovery team is digging a deep excavation pit, as the steep angle of the aircraft’s impact resulted in it being buried far below the surface of a farmer’s field. Also, parts of the aircraft were severely distorted by melting that resulted from the fiery crash, he said.

Heavy equipment is being used for the dig and a lot of safety protocols are in place to prevent soil destabilization and hazards to the workers and their equipment, he said.

“This particular excavation took several months of planning,” he said.

Brown is the only civilian on the team. The 24 others are from different branch-

es of the military and from different jobs. Brown oversees all the archaeological work.

Every recovery site is different, and every team is different, he said. “Even though I have a degree and experience in a variety of archaeology projects, I learn something new every day — both from the site itself, as well as from each of the team members. The diverse experiences of the team definitely contributes to the success of the mission.”

Brown said he tries hard not to let his emotions interfere in the work he’s doing.

“I want to stay objective as best I can. Too much emotion, such as thinking of the loss of the service members and the grief their families must have experienced, could cloud my judgment. So, I try to keep some separation,” he said.

Brown admitted that there were some occasions that he had to stop work for a minute to collect himself. He said he and the team have a full grasp of the important work they are doing — bringing missing service members home.

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.

SEEKING VOLUNTEERS FOR THE ZOMBIE RUN Oct. 15

1.) MAKEUP ARTISTS
TO TRANSFORM THE
TEAM INTO ZOMBIES

OR

2. ZOMBIES

Contact Event Coordinator, by email
Kara.Larson@Vectrus.com or sign up in the
Grace Sherwood Library by Oct 11



ACTIVITIES
VOLLEYBALL SEASON 2023. Season begins Oct. 3. Contact Kevin Robertson at 480-4198 for details.

CAC OFFICE
Before your visit to the Common Access Card 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 – Saturday, 8 a.m. – 4 p.m.; (Lunch: noon – 1 p.m.). Questions? Call 480-8496.

CHAPEL
PRAYER AND PRAISE NIGHT. Every first Sunday at 7 p.m. in the large chapel on Kwajalein. This open worship night is free and open to everyone.

ROI SERVICES. Catholic Mass will take place on Roi at 6:30 p.m. on the second and fourth Fridays of each month. Protestant services will take place every first and third Friday of each month.

CHAPEL COUNSELING AVAILABLE. For those who seek religious guidance, general counseling, and who may have questions related to family counseling, all are welcome to schedule an appointment with Ch. Brian Conner at the Island Memorial Chapel by calling 480-3505.

E-WARENESS
ASBESTOS REMOVAL AND ASBESTOS WASTE MANAGEMENT. There are specific environmental requirements for controlling asbestos emissions and properly disposing of asbestos-containing waste. Contact Vectrus EHS at 480-0722 for more information.

Emoji karoki wawein ko non bobrae an ajeeded bunal in asbestos im wawein ko retiljok non jolok kwobej ko ewor asbestos ie. Kir Vectrus EHS ilo 480-0722 non melele ko relap lok.

FACILITIES & HOURS
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.

MILLICAN FAMILY POOL. Closed for cleaning on Thursdays. Open noon to 5 p.m. Tuesdays, Wednesdays, Fridays and Saturdays. Open 11 a.m. to 5 p.m. on Sundays and Mondays. Closed Thanksgiving and Christmas.

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.

Service Now is the new Remedy. Please be patient as the NEC transitions to Service Now. To submit new tickets, call 480-3000. For urgent requests, email usarmy.bucholz.516-sig-bde.mbx.kwajalein-nec-change-management@army.mil.

FIRE SAFETY
The early signs of a fire: Fire drills are conducted annually by the Building Manager/Evacuation Coordinator. The BM/EC should ensure the facility has a Fire Evacuation Plan in place. Fire Reporting Procedures: Call 9-1-1, activate the fire alarm, or shout, “Fire, fire, fire!”
Once outside, report to a pre-designated area for accountability. Once out, stay out. No one is to return, until the “all clear” is given. Complete a fire drill report to document that the fire drill was conducted. Maintain a record of all the fire drills conducted at your facility. Please contact our office for questions or assistance at 480-2489.
If you notice any of these signs, evacuate the building and call 911.

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; AML: 480-3469;
United: 480-4852 or 1-800-UNITED1;
Air Terminal Services: 480-2660; Flight Information Recording: 480-3589

UA Schedule Effective Now

Monday and Friday—UA 155 (HNL)
Check-in 2 – 4:50 p.m.
Wednesday—UA 133 (HNL)
Check-in 2 – 4:15 p.m.
Tuesday and Saturday—UA 154 (GUM)
Check-in 10:45 – 11:15 a.m.

HEALTH
Employee Assistance Program counselor, Kenneth Thomas, can be reached at kenneth.thomas@internationalsosgs.us or 480-5362. Clients can expect education about mental health disorders from a multicultural perspective with the goal of moving toward acceptance and ultimately to mitigate symptoms.

★★★★★

The Movie “Paw Patrol: The Movie” (G) 86 min.

Yuk Theater

**MOVIE NIGHT
WITH DAD**

OCTOBER 7 @ 7:30 P.M.



COVID-19 BOOSTERS. A bivalent COVID-19 vaccine booster is available for those aged 12+ if it has been more than 120 days since their initial bivalent COVID-19 vaccine dose. To register, please email judy.wiser@internationalsosgs.us, or call 480-2223.

NOT FEELING WELL? Call 480-2223 to make an appointment for a COVID-19 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.

NOTIFY THE VET. Pet owners must notify Kwaj Vet Services before vacation. A pet sitter authorization form for treatment is required prior to departing Kwaj. Reach Vet Services at 480-2017 Tuesday through Saturday from 7:30 a.m. – 4:30 p.m.

THE KWAJ SALON can style all kinds of hair, but they cannot treat lice. The salon staff thanks you for your understanding.

HEALTH TIP. Invest in Health: Treat Yourself & Your Family to Abundant life. Treat yourself and your family as valuable people. To add life and health to your family, replace all processed vegetable oils with nutritious naturals. Use olive, avocado and coconut oil. Discard all others (canola, vegetable, safflower, corn and soy), including packaged foods that contain these as ingredients. They are toxic to your body and brain, causing inflammation and weight gain. You can look good, feel good and share the good. Questions: Matthew. Conner@internationalsosgs.us.

JOBS
To apply for government employment opportunities on U.S. Army Garrison-Kwajalein Atoll and worldwide, visit usajobs.gov. Email kwajaleinhourglass@vectrus.com to remove a 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/akimalc_cs/jobsearch.ftl. Apply online or send resume to Jeannette McIlwain at jeannette.mcilwain@akima.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. 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 at 480-2632, 480-4995 or 480-4996.

PARSONS is accepting applications for an office clerk, heavy equipment operator, quality control technicians, concrete finisher, general labor and masonry. Please visit the Parsons office to apply or apply

online <http://parsons.com/careers>.

TRIBALCO is hiring for desktop support specialist, intermediate systems administrator, unified capabilities technician, and infrastructure technician. Applicants must meet job requirements. Apply online at tribalco.com/jobs, www.kaihonua.com, and www.akima.com. Contact Tribalco Human Resources at 480-4344. Visit www.tribalco.com/careers.html. 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. 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 as-

sistant 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 WANTED. Kwajalein School System is now hiring substitute teachers. Qualifications: 4-year degree; confidentiality; love of working with children; favorable status for CNACI (will receive background check after accepting offer). Send resumes to uhrenp@kwajaleinschools.org. For more information call 480-3601.



BARGAIN BAZAAR
ANNUAL BOO-TEEK & BAKE SALE
MONDAY, OCTOBER 2
1-4 P.M.
LOCATED IN THE YARD IN FRONT OF THE BARGAIN BAZAAR AT THE PIER
SHOP OUR HALLOWEEN COSTUMES & HOLIDAY DECORATIONS

The poster features a bright orange background with black silhouettes of bats in the corners. On the left is a white ghost with a single eye, and on the right is a white ghost holding a sign that says 'BOO'. At the bottom center, there is a logo for the 'YOKWE YUK WELCOME CLUB' featuring a palm tree and the text 'YAKWE AOLEP'.



ALL TREATS AND NO TRICKS!
THE YYWC NEEDS YOU TO MAKE PIES, BREADS, CAKES, COOKIES AND MORE FOR OUR BOO-TEEK BAKE SALE ON OCTOBER 2ND
Drop off to Nellie
nelliew25@hotmail.com
FB Messenger or call 480-0894

The poster has a purple background with orange and yellow triangular bunting at the top. It features illustrations of a skull on a stick, a ghost-like pie, a lollipop, and a jack-o'-lantern. Small black bat silhouettes are scattered throughout.



KAG
Kwajalein Art Guild
Sat., October 7
7-10 p.m.
Commander's Residence, 241 Ocean Rd
Artist's Showcase
Join us for a gallery-style art show featuring Kwajalein artists, musicians and silent art auction.

The poster has a dark blue background with abstract, textured brushstrokes in shades of blue and white. It includes logos for 'KAG Kwajalein Art Guild' and 'YOKWE YUK WELCOME CLUB' in the corners.

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.

V2X has new opportunities for on-island hires: Custodial Services Coordinator (35001), Stock Control Coordinator for Surfway (35069), Logistics Analyst (32717), Inventory Associate (35067), and Bartender (32355). Apply online at www.careers.vectrus.com or stop by the HR office in building 700.

MWR FITNESS CLASSES

All classes meet in Corlett Recreation Room 7 unless otherwise noted. All classes require a Fitness Pass. Purchase annual, 6-month and 8-month passes at the MWR desk in the Grace Sherwood Library (Bldg. 805). All classes are subject to change without notice. Call MWR at 480-3331 for information.

TUESDAY

5:30 - 6:30 a.m. FREE SPIN CRC7
10:30 a.m. BEGINNERS YOGA CRC7
5 p.m. YOGA CRC7
6 p.m. ZUMBA CRC1
6:30 p.m. SPIN CRC7

WEDNESDAY

9:15 a.m. ZUMBA TONING CRC1
5 p.m. BEGINNERS YOGA CRC7
6 p.m. WATER AEROBICS ADULT POOL

THURSDAY

6 a.m. SPIN
9:15 a.m. ZUMBA CRC1
11:30 a.m. TRX BOOTCAMP CRC7
5 p.m. YOGA CRC7
6 p.m. WATER AEROBICS ADULT POOL

FRIDAY

5:30 - 6:30 a.m. FREE SPIN CRC7
6 a.m. YOGA FLOW (EMON BEACH)
9 a.m. ZUMBA CRC1
5:30 p.m. POWER HOUR (Strength & cardio circuit) CRC7
6 p.m. ZUMBA TONING CRC1

SATURDAY

5:30 - 6:30 a.m. FREE SPIN CRC7
8 a.m. TRX + CORE CRC7
10:30 a.m. WATER AEROBICS ADULT POOL

SCHOOL

SCHOOL SYSTEM EMAILS. KSS emails have changed. School email addresses now end with @kwajaleinschools.org. Ex: uhrenp@kwajaleinschools.org.

NEWCOMERS

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.

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

OPERATIONAL SECURITY

KWAJALEIN RESIDENT OFFICE
(500th MI)

Counterintelligence aims to detect and deter threats by safeguarding information vital to the preservation of national security.

Operational Security (OPSEC): Be cautious about sharing work details on social media or in public settings.

Participate in Training: All employees on USAG-KA (military, contractor, civilian, and local nationals) are required to receive annual Threat Awareness and Reporting Program (TARP) training provided by KRO.

Reporting: Report suspicious activities to the Kwajalein Resident Office at 480-9859/1293/8006 or Bldg. 1163. SEE SOMETHING, SAY SOMETHING.

POST OFFICE

Kwaj Post Office Holiday Closures
2023: Oct. 9 - Indigenous Peoples' Day (formerly Columbus Day); Nov. 11 - Veterans' Day; Nov. 27 - Thanksgiving; Dec. 25 - Christmas Day. ; 2024: Jan. 1 - New Year's Day; Jan. 15 - Martin Luther King Jr. Day; Feb. 19 - George Washington's Birthday; May 27 - Memorial Day.

PCS & VACATION TIPS. 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.

TO USE ICE. Step 1: Visit ICE Home at disa.mil. Step 2: Click "search." Step 3: Choose USAG-KA Post Office and select "general site comment." Step 4: Click submit.

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.

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.

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. Contact the Kwajalein Archaeology Office at 480-8867.

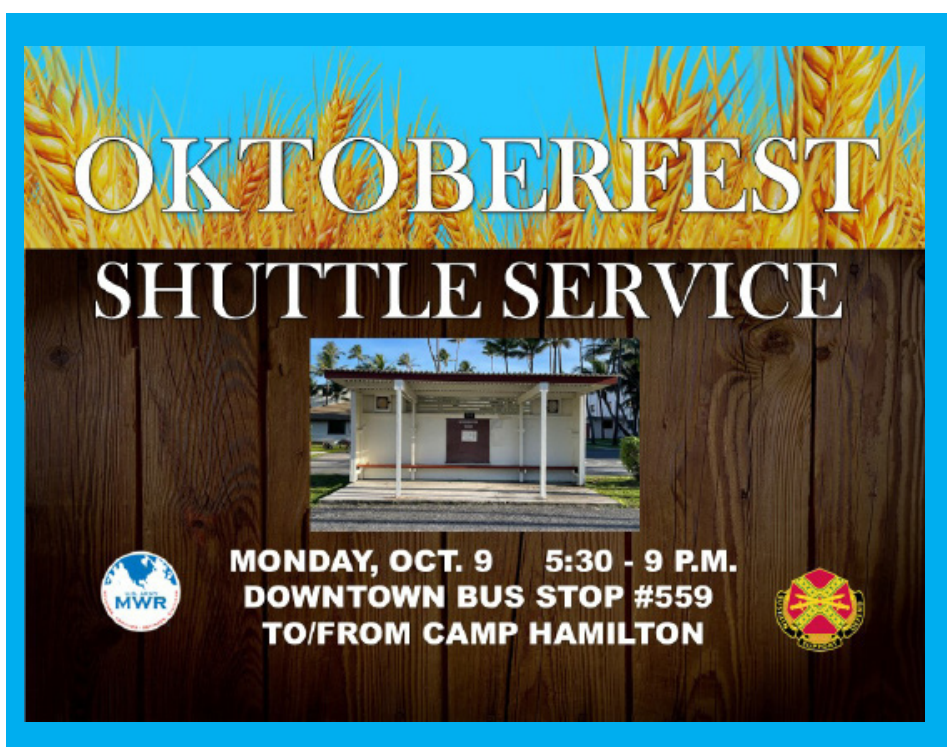
TOBACCO USE. USAG-KA Policy Memorandum 600-8 protects others from the negative impact of tobacco use. On USAG-KA, smoking is permitted in designated smoking areas only. Smoking and cigarette butt receptacles must be at least 50 feet from the entrance of facilities.





Contact the USAG-KA Sexual Harassment/ Assault Response and Prevention Victim Advocate

Chief Warrant Officer 2 Nate Elkins
SHARP Victim Advocate
 Work: 480-0660 or 480-3421
 USAG-KA SHARP Pager:
 808-580-3241
 DOD SAFE Helpline: 877-995-5247



ARMY FAMILY HOUSING DEMOLITION IN PROGRESS

The demolition of the North Point Army Family Housing area is in progress. Construction operations will continue until January 2025.

Operations will accommodate commute times for maximum safety. All island residents should exercise caution near and around the North Point neighborhood. Please look out for large vehicles in transit.

During operations, you may see and hear some the following:

- An increase in traffic
- Felled trees and loud noises
- Heavy equipment in operation
- Breaking concrete and sheet metal
- The removal of debris and construction material
- Construction crews clearing foliage with bladed hand tools

SAFETY FIRST: Please stay away from the demo area, follow posted safety warning signs, and keep your distance from trucks transporting debris.

PLEASE EMAIL KWAJ_OSO_OPS@VECTRUS.COM TO SHARE ANY CONCERNS AND QUESTIONS.



PLEASE USE CAUTION ON THE ROADS SURROUNDING THE RED AND GREEN SAFETY AREAS.

Check out more news and entertainment about Kwaj life on the USAG-KA YouTube Channel, at <https://www.youtube.com/USArmyGarrisonKwajaleinAtoll>.

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

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

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

RADIO FREQUENCY EQUIPMENT. Bringing new Radio Frequency equipment or wireless devices on island? It may require three months approval process. Report any interference problems ASAP. Home use of commercial electronics do not require approval. Contact NETCOM Spectrum Management for more information at 480-8007.

TAXI
CALL 480-TAXI (8294) or 3341 to book your ride at least 24 hours in advance of your check-in time for United Airlines and ATL.

TRAINING
DRIVER'S TRAINING & LICENSING. Kwajalein Classes: Every Wednesday, 9 – 11 a.m. (RMI) and 1 – 3 p.m. (U.S.) at Automotive Area, Bldg. 856, Rm. 103. Roi Classes: second Friday of the month, 9 a.m. – 11 a.m. and 1 – 3 p.m. (U.S.) in C-building. Please email wkaisha@rmi.qdynCorp.com or barnett@rmi.qdynCorp.com to register. Class size is limited. ***Note: Bring a valid US, International, or Marshall Islands License with you to class***

The Kwajalein Art Guild
presents the 2023

Fall Craft Fair

October 16
9 a.m. – 1 p.m.
CRC Gymnasium



Calling All Vendors

The Fall Craft Fair is Coming!

October 16, 9 a.m. - 1p.m.

Vendors Wanted! Sign up to sell your Art!

Paperwork available by emailing Mike at travelratz2@yahoo.com.

Get your Vendor License and Fair Application turned in by Oct. 9



Halloween Pottery Time at the Hobby Shop

Need a candy dish for Halloween or some ghostly goblins to spookify your space? The Hobby Shop has all you need to make memorable handmade Halloween decorations.



Short on time?
We have ready to glaze ceramics available for purchase.
Stop by the Hobby Shop for pricing and more information.

Hobby Shop Hours: Bldg. 815, Phone: 480-1700, Closed: Tue., open: Wed. & Thur. 1-8 p.m., Fri. 12-8 p.m., Sat.- Mon. 12-6 p.m.



Island Memorial Chapel

STUDENT SPONSORSHIP PROGRAM

Do you want to help a child on Ebeye?
Consider sponsoring school tuition.
Call Paula Fluhrer at 480-5345 or email IMCSSP@gmail.com for more information.

**COMMUNITY INVOLVEMENT for
The Oct. 15 ZOMBIE RUN**

Email the Event Coordinator to learn if your residence is along the Zombie Run Route.

We encourage the community to add to the fun.

*Add your own Spooky twist to this event at your residence
*decorate your residence *play spooky sounds *dress up and scare runners * invite your friends over and watch zombies chase the runners from your front or back yard*

Contact Event Coordinator, by email
Kara.Larson@Vectrus.com

2023 Soccer Season Championship Games
Tuesday, Sept. 26 at Brandon Field
Women's League 6 p.m.
Men's League 7:30 p.m.
Come out and cheer on the teams!

Concessions available with grilled hotdogs, popcorn and beverages



Kajitok? Abnōnō?

Questions? Concerns?

Call the Commander's Hotline at 5-1098.

EMERGENCY PREPARATION

PUBLIC SAFETY ANNOUNCEMENT

Imagine a disaster affecting the entire USAG-KA community, leaving residents without electricity, water, access to shops, and communication. Are you and your family prepared? Discover essential items to assemble your survival kit, so in the face of calamities like a devastating typhoon, you're ready.

Start by selecting a sizable travel bag or suitcase. These are the items to pack, as you might need them at an evacuation shelter:

- Evacuation Go-Bag:**
- One-gallon jug of water per household member.
 - One-day supply of non-perishable food for each person.
 - Manual can opener.
 - Eating utensils, plates, and cups.
 - Practical clothing.
 - Rain gear, e.g., ponchos.
 - One blanket for each family member.
 - First-aid kit.
 - Short-term supply of necessary prescription medications for household members.
 - Limited supply of common over-the-counter medications.
 - Personal hygiene essentials: travel-sized shampoo, soap, toothpaste, etc.
 - Battery-powered radio.
 - Flashlight and fresh batteries.
 - Entertainment for children, such as books and small toys.
 - Bags for water protection.
 - Pet food.

Additionally, prepare a post-disaster supply kit. Store this in a watertight container inside your residence.

- Post-Disaster Supply Kit:**
- At least one gallon of freshwater per person, per day, for three days.
 - Three to five-day supply of non-perishable food for all family members.
 - Hats.
 - Sunscreen.
 - Insect repellent.
 - Baby wipes.
 - Towels.
 - Matches/lighters.
 - Propane or charcoal for grilling.




Quarterly Open Board Meeting




Keep up with club happenings
and voice your opinion!


OCTOBER 17 | 6 P.M. | CRC #6

YOGA FOR EDUCATION



MONDAY, OCT. 23, 2023  6 A.M.
AT THE CHAPEL FIELD
WITH BRUNCH TO FOLLOW

CONTACT AMBER FOR PRICES & TICKETS
AMBERMBATES@GMAIL.COM




COMMUNITY YARD SALE


SATURDAY, NOV. 11 4-7 PM.
CORNER OF LAGOON ROAD & 6TH STREET

HOLIDAY DONATION DROP OFF
FOR RMI RESIDENTS OF
EBEYE/CARLOS/SANTO.


GENTLY USED BOOKS,
TOYS & CLOTHING FOR
THE HOLIDAYS.



SELLERS CAN LEAVE ANY UNSOLD ITEM TO BE DONATED FOR RMI HOLIDAY DONATIONS OR BARGAIN BAZAAR.



To reserve tables & chairs underneath tent contact via email Kara.Larson@Vectrus.com or sign up in the Grace Sherwood Library by Nov. 8.



SMALL BOAT MARINA

HOURS OF OPERATION & RENTAL DETAILS

Kwaj SBM is open 7 a.m. – 6:30 p.m. Friday, Saturday, Sunday, Monday & holidays. Attendant window opens at 7 a.m. Boats goes out starting at 7:30 a.m. and return at noon. Afternoon boats go out starting at 1 p.m. and return at 5:30 p.m.

USAG-KA Directorate of Emergency Services

For Fire or ambulance, dial 911.
Security: On Kwaj and Roi, dial 805-355-4000; on Meck dial 911
Security Department Non-Emergency Desk Sergeant, dial 805-355-4445 or 4449; on Roi dial 805-355-6445 or 6447
Emergency Operations Center, dial 805-355-1777; Explosive Ordnance Disposal, dial 805-355-1433 (after-duty hours, dial 805-355-4444)
Sexual Assault Victim Advocate, dial 805-355-2758

UXO SAFETY

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 kabok-kolok (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: la 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 ko-jparok menin mour in lojet ko rekau-wotata. Kalimjek wot jab jibwe. Non bar kakemejmej eok, eokwe jouj im koba lok ilo Island Orientation allon otemjej.



WEATHER WATCH

RTS WEATHER STATION STAFF

Expect a relatively unsettled pattern to carry Kwajalein into the next few days. There will be a series of troughs that will transit through the central RMI for the weekend and into the beginning of the workweek. We are in the thick of the wet season for the Marshall Islands, so one should expect the next couple of months to be quite wet, even though Kwajalein has been a bit on the dry side.

As we enter the weekend on Saturday, we will see a surface circulation with the help of the Intertropical Convergence Zone (ITCZ) transit to the south of the central RMI, to be followed by a rather robust trough for Saturday late afternoon into Sunday with increased showers and the risk of strong gusty winds in the vicinity of any shower activity due to strong mid-level winds. The risk will be greatest during the decay phase of the larger shower cells, as down drafts bring those strong mid-level winds down to the surface. Monday will see continued off and on showers, but they will be less widespread than on Sunday. Winds will be east-northeast to east-southeast mostly in the upper single digits, and will occasionally become calm at times. As we start the workweek, unstable condi-

tions will continue. Expect more shower laden troughs with intervening fair weather periods and winds mostly in the single digits.

SATURDAY:

Partly sunny with stray showers increasing into the afternoon. Winds ENE-ESE at 7-12 knots, decreasing to 4-9 knots by early afternoon with gusty winds near showers.

SUNDAY:

Partly sunny to mostly cloudy with isolated to widely scattered showers in the morning, decreasing to stray to isolated showers by afternoon. Winds ENE-E at 4-9 knots with higher gusts near showers.

MONDAY:

Partly sunny with isolated shower chances throughout the day. Winds ENE-ESE at 3-8 knots and calm at times with higher gusts near showers.

NEXT WEEK:

Expect isolated to widely scattered showers Tuesday morning in the daylight hours. Winds will be mostly in the middle single digits.



SUN-MOON-TIDES

	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:37 a.m. 6:40 p.m.	8:08 p.m. 7:57 a.m.	5:04 a.m. 4.6' 5:22 p.m. 4.7'	11:10 a.m. -1.0' 11:34 p.m. -0.9'
MONDAY	6:37 a.m. 6:40 p.m.	8:56 p.m. 8:52 a.m.	5:36 a.m. 4.2' 5:53 p.m. 4.5'	11:38 a.m. -0.7' -----
TUESDAY	6:37 a.m. 6:39 p.m.	9:46 p.m. 9:49 a.m.	6:07 a.m. 3.6' 6:24 p.m. 4.2'	12:10 a.m. -0.6' 12:04 p.m. -0.4'
WEDNESDAY	6:37 a.m. 6:39 p.m.	10:39 p.m. 10:46 a.m.	6:36 a.m. 3.0' 6:54 p.m. 3.7'	12:46 a.m. -0.2' 12:28 p.m. 0.0'
THURSDAY	6:37 a.m. 6:38 p.m.	11:33 p.m. 11:43 a.m.	7:05 a.m. 2.5' 7:26 p.m. 3.2'	1:23 a.m. 0.4' 12:50 p.m. 0.5'
FRIDAY	6:37 a.m. 6:38 p.m.	----- 12:38 p.m.	7:37 a.m. 1.9' 8:11 p.m. 2.7'	2:11 a.m. 0.9' 1:08 p.m. 1.0'
OCTOBER 7	6:37 a.m. 6:37 p.m.	12:27 a.m. 1:31 p.m.	9:14 a.m. 1.5' 11:07 p.m. 2.3'	4:05 a.m. 1.3' 12:39 p.m. 1.4'

FOR KWAJ COMMAND TEAM INFO & UPDATES



TEAM KWAJ COMMANDER



@TeamKwajCommander

KEEP FOLLOWING



U.S. ARMY GARRISON - KWAJALEIN ATOLL



NASA ASTRONAUT ANDREW "DREW" MORGAN
@AstroDrewMorgan