

VOLUME 65 NUMBER 3

JANUARY 20, 2024

# ***THE KWAJALEIN HOURGLASS***



THE SHADOWS OF THREE KWAJALEIN RESIDENTS IN ARNEGUY, FRANCE, AT THE BEGINNING OF THEIR 820-KM CAMINO DE SANTIAGO WALK TO THE "END OF THE WORLD."



COURTESY PHOTO

**ARMY CHIEF OF STAFF 2**  
PROMOTES GAINNEY

**KWAJALEIN TRIO 3**  
ON CAMINO DE SANTIAGO

**MEDAL OF HONOR 5**  
LITTLE KNOWN FACTS





U.S. ARMY PHOTO BY CARRIE DAVID CAMPBELL

Newly promoted Lt. Gen. Sean A. Gainey, left, unfurls his three-star flag with assistance from Command Sgt. Maj. John Foley, command sergeant major, U.S. Army Space and Missile Defense Command, and Staff Sgt. Armanni Patterson, enlisted aide, during a promotion ceremony at SMDC's Redstone Arsenal, Alabama, headquarters on Jan. 9, 2024.

## ARMY CHIEF OF STAFF PROMOTES GAINEY

### U.S. ARMY REPORT

By Jason Cutshaw, USASMDC Public Affairs

The Army chief of staff promoted Maj. Gen. Sean A. Gainey to lieutenant general during a ceremony, Jan. 9.

Gen. Randy A. George, Army chief of staff, promoted Gainey prior to his assumption of command as the newest commanding general of the U.S. Army

Space and Missile Defense Command and the Joint Functional Component Command for Integrated Missile Defense.

"Sean, I am glad to finally be putting this third star on you," George said. "Sean is an absolute expert and is the kind of leader our Soldiers deserve across our formations.

"SMDC requires a bold, innovative, get-it-done kind of leadership and

there is not a better leader anywhere in our Army to take the reins of SMDC," he added. "I think this promotion is very timely. You are the right person at the right time and I am excited for what SMDC is going to do."

During the ceremony, Gainey said he was honored to be promoted and feels privileged to serve. As the incoming USASMDC commanding general, Gainey will serve in the position of the Army's senior Air Defense Artillery and space operations expert.

"Today is an awesome day," Gainey said. "I am excited and I am ready to get started. The Army has invested in me and I can honestly say the jobs I've had have prepared me for this day.

"I wouldn't be here if not for my family," he added. "My family is a great example of what you can do if you set out to accomplish great things."

Gainey thanked family and friends who traveled from across the nation to witness the historic occasion, adding they are the reason he is where he is today.

"I am tremendously proud of him," said Gainey's wife, Vera. "He has worked hard and we are proud to be a part of this team.

"We are ready for this new chapter in our lives and are happy to be in Huntsville," she added. "The people are so friendly. I am looking forward to getting to know all the team members, spouses and families."

## IN JANUARY



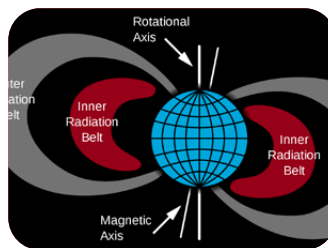
### MARTIN LUTHER KING JR.

In January, we remember and honor the life and achievements of civil rights activist Dr. Martin Luther King Jr.



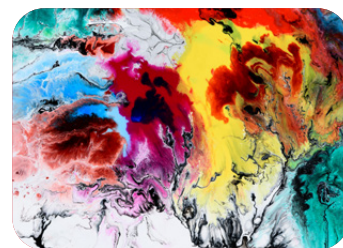
### NATIONAL PIE DAY

Not to be confused with pi, we have Boulder, Colorado, to thank for this quirky pastry celebration each year on January 23.



### EUREKA!

On Jan. 31, 1958, the United States confirmed the existence of the Van Allen belt—a band of charged particles suspended in Earth's magnetosphere.



### CREATIVITY MONTH

Be creative! Use the month of January as an opportunity to get into art, drawing, photography or another creative activity.

## 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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Editor.....Jessica "JD" Dambruch



📷 COURTESY PHOTO

Kwajalein residents Mandy Kennington, left, Melissa Elkins, and Jenny Prim at the Island Memorial Chapel in 2023.

## KWAJALEIN TRIO TOOK ON CAMINO DE SANTIAGO

// MIKE BRANTLEY, USAG-KA PUBLIC AFFAIRS OFFICER

**As a teenager** growing up in Germany, Jenny Prim read about the Camino de Santiago, or The Way of St. James, an almost 500-mile-long journey from the Pyrennes mountains in France through Spain.

“Ever since then, I dreamed about it – one day,” said Prim thinking back.

For Prim, the Kwajalein Hobby Shop director and spouse of the U.S. Army Garrison – Kwajalein Atoll police chief, Thomas Prim, she had her first chance three years ago before the pandemic paused her plans.

“In 2020, three former Kwaj moms and I planned on walking the Camino,” said Prim who was living in Alaska at the time. “Three weeks before our flight, we all went into lockdown.”

Fast forward three years to February 2023 when Melissa Elkins and Mandy Kennington walked into the Hobby Shop and met Prim for the first time. “I told them about my hope one day to be able to go. They quickly became excited about it and we decided to give it a try together.”

“We had a casual friendship before leaving,” said Elkins, the spouse of Chief Warrant Officer 2 Nate Elkins, USAG-KA’s marine engineering officer,

“only really seeing each other when we were all at the Hobby Shop or at other community events.”

“I had never heard of the Camino de Santiago before last spring,” said Kennington, spouse of Jason Kennington from the 500th Military Intelligence Brigade. “While at the hobby shop, my new friend Jenny started talking about this hike with the group of regulars who frequent the hobby shop. At first it was Jenny relaying how she didn’t get to go due to the pandemic and then how she was planning on going in 2024. She was hoping her friends would be able to go but either way she was going to hike it.”

“I was intrigued and thought it was a cool idea. Then she asked if anyone wanted to go with her. I was like ‘Sure’ I would like to go on a hike in Spain. At this point I didn’t realize this would be a 7-week journey. I thought it was a two-week hike and still had zero idea of what the Camino entailed,” she said. The trio made plans to do the Camino two months later.

### The Training

And while the three spent significant and overlapping time off island over the summer, they only had a few weeks to spend together to train for their journey and coordinate their pilgrimage.

“(Initially), the hike was more than a year away and I had time to plan or back out if I couldn’t make it work,” said Kennington. “I was ready for a break from Kwaj and the idea of going on a girls trip to Spain sounded exciting. At this point it was still kind of in its fairytale stage for me,” she said, admitting she went home and searched for the Camino online, binge watching videos from the hike. “I couldn’t get enough of the Camino. I still had zero idea how it was going to work out or if Jason could handle the kids with work.”

“Then Jenny and Melissa threw me a curve ball – they moved up the date to August of 2023,” said Kennington. “I was about to leave for the summer to go home to see family for three months and the ladies wanted to leave a few days after I got back here.”

“I didn’t know if I wanted to be away from Jason that long. I was also worried there were too many moving parts for me to go with the kids getting ready to go back to school,” she added.

“This is also where I learned how long the hike was actually going to take – many long weeks away from my family sounded unrealistic.”

Kennington said she went home sad that she wasn’t going to be able to go, but

it was her husband who surprised her and said she should.

“He said if I was ever going to get to do something like this then now was the time and Kwaj was the best place to do it,” she said. He told her that he and the kids would be fine and that she should take this once-in-a-lifetime trip.

“Jason was my biggest supporter during this trip and truly had my back. Having support like that allowed me to do something I never thought possible. I will be forever grateful for him. I was back in for the hike and stoked!”

So, how do you train on a flat island for an 820 km trek from the Pyrenees in France to the coast of Spain?

**“It was hard to get the miles in and it didn’t end up mattering much anyway. Nothing could have prepared us for the terrain, elevation variations and weather that we encountered.”**

**—Melissa Elkins**





📷 COURTESY PHOTO

*Kwajalein residents Jenny Prim, left, Melissa Elkins, and Mandy Kennington, near the border of France on their trek through Spain in fall 2023.*

"I attended as many MWR fitness classes that my work schedule would allow and walked endless rounds around the airfield," said Prim. "Our island is flat and has a different climate. I wasn't really prepared for the Pyrenees and all the smaller mountains and hills we came across."

Elkins added that the only physical training the trio could do was walk laps around the island.

"Sometimes we would start at 5 a.m., walk five miles, come home and get our kids ready for school, then go out and walk five more, then back home to get ready for work."

"It was hard to get the miles in and it didn't end up mattering much anyway," Elkins added. "Nothing could have prepared us for the terrain, elevation variations and weather that we encountered."

#### Family Support

For the three moms who have nine children between them, being away from family was a struggle.

"I missed my family a lot," said Elkins. "By about a week in, the length of time I had planned to be away really hit

me. I texted with my husband daily, and we talked on the phone about every two-three days. It was hard to line up the time zones for calls, and sometimes rough terrain would leave me panting on the phone or needing both hands on my trekking poles. I did FaceTime with my kids about one a week. That was always a great pick-me-up, and I actually got to talk to my son in the States more than normal because that time zone change worked more in my favor."

Prim added that she missed her family from the moment she left. "We are a very tight knit family. But I also knew that if anything was to happen, that there was our

wonderful Kwaj family for support. The boys stayed busy with school, playing sports, and being active in their various clubs and groups."

Prim said that she talked daily with her family on the phone or on FaceTime. "Before I left, I gave my family a map of Spain and by tracking my phone they were able to see exactly where I was and how much progress I had made. Every night they marked the location on the map."

**"Seeing their faces and hearing their voices was like salve for the soul."**

**—Mandy Kennington**

"Missing your family is pretty much a given," said Kennington, who didn't have international call service for the first few weeks. "My phone worked when I arrived in France but two days later once we crossed into Spain the plan switched and I had zero service. I didn't get to speak with my family much. Jenny let me use her phone when I asked but I felt awkward asking."

"After two weeks into our hike, I got to FaceTime my family. It was one of the greatest gifts I could have ever received. I don't think Jenny really knows how much that call meant to me."

Kennington said that it was the first time she had seen her kids in more than two weeks and her emotions were running high. "I stayed back to talk. I have never been away from my kids more than four days and that was only once. I think not having access was sort of a blessing and a curse. It was hard not getting to talk with them but it really allowed me to recognize the impact my family has on my life. That even though I share day to day with them, I don't always appreciate those moments the way I should."

"Seeing their faces and hearing their voices was like salve for the soul," said Kennington. "I cried like a baby for the next 10 minute. Thankfully, I only had one or two hikers pass me and then I got it together, caught up and glowed the rest of the day!"

But the trio not only had their families pulling for them and following their journey online, they had each other for support and leaned on each other throughout their journey right from the start.

"Most of the preparation was actually in the packing," said Elkins. "The weight and distribution of the pack was the second most critical element next to the footwear and foot care."

"The three of us got together multiple times to dump our packs in front of each other and try to sort through what we really needed and what items we might be able to share. Even things like the container for deodorant and the bottle of ibuprofen were tossed to save weight."

Lightening their backpacks and being judicious in what they were carrying with them would prove beneficial as the trio set out on day one up the Pyrenees.



**Continue the journey with our travelers in next week's edition of The Kwajalein Hourglass.**

# THE HUSBANDS TALK: THOMAS PRIM

// MIKE BRANTLEY, USMC, KN PUBLIC AFFAIRS OFFICER

I spoke with each of our trio's husbands while they were making their way across northern Spain last fall. Here is what they had to say about their wives and what they were embarking on.

Up first is Thomas Prim, U.S. Army Garrison-Kwajalein Atoll chief of police, spouse of Jenny Prim. They have three children, three grandchildren and have been married 18 years.

## How proud of your spouse are you?

Words truly cannot explain how proud I am of her accomplishment. Being retired military, I was and am always proud of her – knowing what she did for our family day in and day out while I was working, TDY, or deployed.

I always told her she had the tougher job out of the two of us. This trek of the Camino de Santiago takes it to a whole other level. To get up day after day with sore feet, a tired body, pack up her back-

pack, and walk 20+ kilometers a day, sometimes in not nice weather, is simply amazing! I am beyond proud!

## Any words of wisdom before she departed?

This will be an experience of a lifetime. Take the time to enjoy the little things and try to enjoy the walk. I would be with her every step of the way in her heart. As far as words of wisdom, not so much. Just to take it one step at a time and walk her walk.

## What concerns did you have for your spouse?

Not walking the terrain that she was heading to worried me some; just for the simple fact of walking up and down hills and mountains. How were her feet going to hold up with the constant daily walking long distances? As for myself, the number one goal was don't let the boys get hurt to where we would have to go off island, and not to burn the house down.

It seems I was successful at both.

## Has she always been adventurous or was this a spur-of-the-moment decision?

Jenny has always been adventurous and I love her for that. This journey was something that she wanted to do since she was a teenager.

It just happened that the stars aligned while talking with Melissa and Mandy about the Camino de Santiago one day. They asked when were they going. Then they set up the trip. It is funny how some things work out in life.

## How often did you speak with your spouse while she was away, and what are some things you talked about?

We talked or texted every day. She would let us know how she was doing and I would keep her up-to-date with the boys. With Felix being a senior this year, there were events to share and things that needed to be planned. I think the best moment shared though was the soccer championship game. To be able to share that real time with her was fun.

I also want to thank Melissa Elkins and Jenny Prim for being great friends to my wife and for helping her along the way.

## DID YOU KNOW? FACTS ABOUT THE MEDAL OF HONOR

### COMMUNITY CONNECTION

By Susan Underbrink  
Kwajalein Archaeologist

The first Medal of Honor was awarded on March 25, 1863.

Six U.S. Army Soldiers, "Andrew's Raiders," received the award from the Secretary of War and then met with President Lincoln in the White House.

Of the six, Private Jacob Parrott was the first actual honoree. He was awarded for his volunteering for and participation in a raid on a Confederate train in Georgia during the Civil War.

Bernard John Dowling Irwin was chronologically by action the first to be awarded the Medal of Honor. His act of heroism occurred on Feb. 13, 1861, during the Apache Wars.

To date, only one woman has received the Medal of Honor. Mary Edwards Walker was a civilian acting assistant surgeon in the Army during the Civil War. President Johnson directed that she be awarded the Medal of Honor for

meritorious services, and she received the award in 1865. Secretary of War Stanton ruled that she was not eligible as she was not a Soldier. The award was revoked in 1917 and in 1977 was the questionable reinstatement by the Army's Board for Correction of Military Records.

Did you know that 19 service members have been awarded the Medal of Honor twice? The first double Medal of Honor recipient was Thomas Custer—yes, brother of George—for two separate actions that took place several days apart during the Civil War.

There was only one Medal of Honor to be classified as "top secret." This was awarded to Hiroshi Miyamura for his actions on April 24, 1951 during the Korean War, when he was presumed dead. It was classified as top secret for his protection until his release in August 1953. President Dwight D. Eisenhower awarded him the Medal on October 27, 1953.

To date there have been awarded 3,536 Medals of Honor. 472 recipients were from WW2.





# U.S. ARMY SPACE AND MISSILE DEFENSE COMMAND HISTORY

BY SHARON WATKINS-LANG, SMDC HISTORIAN

Two years after the ground-breaking ceremony, a ribbon cutting ceremony was held on Jan. 18, 1983, for the High Energy Laser Systems Test Facility as the HELSTF achieved initial operations.

This point marked the conclusion of Phase 1 construction which included all the initial construction at the new facility located on White Sands Missile Range.

Incorporating the former Multifunction Array Radar site developed for the NIKE-ZEUS program, the new infrastructure ran the gamut from road construction to an

office and control building, as well as test cells for Army and Navy programs and various cleaning facilities. Key attendees included Representative Joe Skeen; Maj. Gen. Niles Fulwyer, Weapons Systems Management Center commander; Dr. John Davies, Program Manager for the High Energy Laser Program at WSMR; Capt. Al Skolnick, program manager, Navy Directed Energy Weapons Office; John Bachkosky, technical director, Directed Energy Weapons Office; and Col. Harold Shelton director, Air Force Space Laser Programs Office. The HELSTF was a part of the USASMDC family from 1990 - 2011.



Above: An artistic rendering of the first Safeguard Program dual salvo launch, Jan. 11, 1971.

## WHY DOES THE OCEAN HAVE WAVES?

// EXTERNAL REPORT

By the National Oceanic and Atmospheric Administration

**Waves are created by energy passing through water, causing it to move in a circular motion.**

The ocean is never still. Whether observing from the beach or a boat, we expect to see waves on the horizon.

Waves are created by energy passing through water, causing it to move in a circular motion. However, water does not actually travel in waves. Waves transmit energy, not water, across the ocean and if not obstructed by anything, they have the potential to travel across an entire ocean basin.

Waves are most commonly caused by wind.

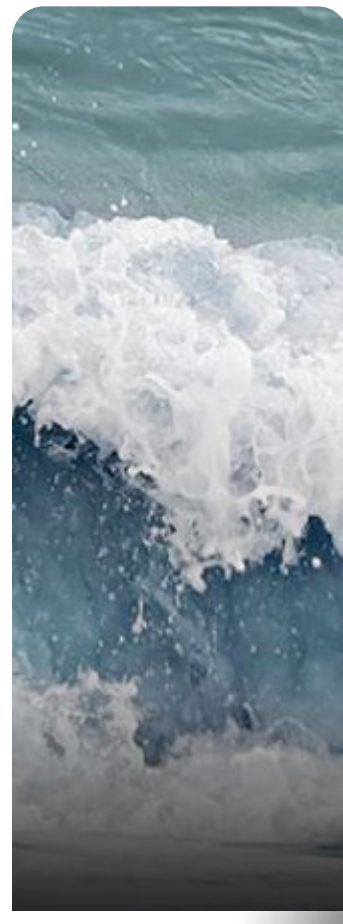
Wind-driven waves, or surface waves, are created by the friction between wind and surface water. As wind blows across the surface of the ocean or a lake, the continual disturbance creates a wave crest. These types of waves are found globally across the open ocean and along the coast.

More potentially hazardous waves can be caused by severe weather, like a hurricane. The strong winds and pressure from this type of severe storm causes storm surge, a series of long waves that are created far from shore in deeper water and intensify as they move closer to land. Other hazardous waves can be caused by underwater disturbances that displace large amounts of water quickly such as earthquakes,

landslides, or volcanic eruptions. These very long waves are called tsunamis. Storm surge and tsunamis are not the types of waves you **imagine crashing down on the shore. These waves roll upon the shore like a massive sea level rise and can reach far distances inland.**

The gravitational pull of the sun and moon on the earth also causes waves. These waves are tides or, in other words, tidal waves. It is a common misconception that a tidal wave is also a tsunami. The cause of tsunamis are not related to tide information at all but can occur in any tidal state.

**The National Oceanic and Atmospheric Administration provides information and resources for science and ocean aficionados around the world. To learn more about the world's oceans and what you can do to improve ocean health, visit [oceanservice.noaa.gov](https://oceanservice.noaa.gov).**



NOAA PHOTO



## ANNIVERSARY COMMEMORATION

### SCHEDULE OF COMMUNITY EVENTS

## 31 JANUARY

7 p.m. Movie “Unbroken” at the Richardson Theater, concessions available

## 1 FEBRUARY

6:30 a.m. Operation Flintlock Sunrise Yoga at Garrison Headquarters

5 - 6 p.m. Marshallese Cultural Center Open

6 p.m. Jobwa Dance Performance at the Richardson Theater, concessions available

Following Performance Operation FLINTLOCK Historical Presentation at Richardson Theater

## 2 FEBRUARY

8 a.m. Operation FLINTLOCK 80th Anniversary Commemoration Ceremony at the Richardson Theater

Following Ceremony Battlefield Tour with Historians, starting at the Richardson Theater. Includes Reconciliation Ceremony and Wreath Laying at the Japanese Memorial.

## 3 FEBRUARY

10 a.m. estimated **ON ROI:** Roi-Namur Commemoration Ceremony followed by Battlefield Tour

## 4 FEBRUARY

8 a.m. Operation Flintlock 80th Anniversary Golf Tournament





## ARMY INTELLIGENCE LEADER: 'CULTURAL SHIFT' WILL HELP SERVICE BECOME DATA CENTRIC

U.S. ARMY PHOTO BY SPC. WILLIAM KUANG

*Maj. Shaun Adams, 2nd Cavalry Regiment, reviews map locations on a Tactical Mission Data Platform during Brave Partner exercise at Ramstein Air Base, Germany Nov. 30, 2023. Army Chief Intelligence Officer David Pierce said that the service has taken a more proactive approach to become more data centric and data driven. Army Intelligence has revamped its data processes by reassigning personnel to more effective positions, bolstering its data literacy courses and reimagining its data management processes. He added that Soldiers of all ranks should become more data literate. Data is critical to making informed decisions on the battlefield, he said.*

### U.S. ARMY REPORT

By Joe Lacdan, Army News Service

**WASHINGTON** — To better acquire and access data on the battlefield, the Army has revamped how it integrates data across warfighting functions, an Army intelligence leader said.

To continue on its maturity path in fiscal year 2024, the Army needs a “cultural shift” to organically transform how the service uses data, said the service’s chief intelligence officer David Pierce.

“While the Army is taking the right steps toward becoming more data-centric, technology is not enough to solve enterprise data challenges,” Pierce said. “Cultural shifts are required to change how the Army views the value of data.”

The branch will take its next steps toward becoming more data centric by moving from a “managed” maturity level to a “proactive” one, Pierce said. This includes bolstering its data literacy programs, improving data management processes, and raising the level of how Army intelligence shares and communi-

cates with data, he added.

To improve the Army’s ability to work with data, Soldiers and civilians of all ranks must become more data literate; improving how they write, understand, analyze, and communicate information.

Introduced in fall 2022, the Army Data Plan established a service-wide framework that adopted a new governance model focused on giving the warfighter advantages through proper data use. The initiative falls in line with the Secretary of the Army Christine E. Wormuth’s pledge for the Army to become more data centric.

Accurate, timely data will enable commanders to make informed battlefield decisions according to the Army’s Data Plan.

The Army changed roles and responsibilities for to become more effective in its data management process, Pierce said. Army units assigned “data champions” to foster a culture of data centrality. Pierce added that Army Intelligence has encouraged innovation by supporting small, successful intelligence communities including one at Fort Ei-

senhower, Georgia.

There, the 513th Military Intelligence Brigade Pierce said Army Intelligence wanted to learn from the brigade’s successes and adopt and scale their practices across all of Army Intelligence.

Similar to what the 513th created at Fort Eisenhower, Army Intelligence and Security Command, or INSCOM, intelligence data science groups scheduled “hackathons” where intelligence professionals could meet and share ideas while solving real world challenges.

The 513th MIB and the U.S. Military Academy at West Point formed a Data Literacy Task Force to improve the unit’s understanding and use of data. The task force achieved that goal by having intelligence professionals take Data 101, West Point’s data literacy course.

The task force encourages innovative solutions while boosting data literacy and readiness, which in turn helps intelligence brigades in real world missions, said Col. Molly Solsbury, 513th MI Brigade commander. Pierce said data accessibly also plays a significant role in multi domain operations, part of joint, all-domain operations.

“Multi-domain operations is largely informed by what a commander can see, both strategically across the globe and within their battlespace,” Pierce said. “Access to the data ... is critical to achieving decision advantage. While the Army still has improvements it needs to make to its sensor capacity, the data we have today still needs to be able to be discovered and delivered to the right platforms and tools of choice.

Pierce said that as the Army’s access to data expands, the service will have more emerging opportunities to find insights that inform commanders’ decisions and create better strategic outcomes. Accessible data will also raise the speed of those decisions.”

“The landscape of data has foundationally changed with globalization and the overwhelming increase of digital information,” Pierce said. “While data has always been critical, the growing scale with which the Army works with data and the breadth of available digital systems and networks that connect them changes how the Army consumes and transforms data into actionable insights and knowledge that commanders can use for decision-making.”

Pierce added that the service’s ability to access and use data directly impacts the Army’s global operations dedicated to addressing worldwide security threats.



## WHAT IS YOUR OBLIGATION TO REPORT?

Personnel subject to the UCMJ who fail to comply with the reporting requirements of Army Regulation 381-12 Threat Awareness and Reporting Program (TARP) are subject to punishment under the UCMJ, as well as to adverse administrative or other adverse action authorized by applicable provisions of the USC or Federal regulations.

Personnel not subject to the UCMJ who fail to comply with the reporting requirements of Army Regulation 381-12 are subject to adverse administrative action or criminal prosecution as authorized by applicable provisions of the USC or Federal regulations.

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# TARP

## TECHNOLOGY PROTECTION

Threat Awareness & Reporting Program



## WHO IS AT RISK?

Cleared defense contractors and scientific researchers—because of who you are, what you research, and your knowledge of manufacturing processes, prototypes, and developed products.

## WHO ARE THEY?

**Traditional Collectors** | Foreign Governments and Foreign Businesses whose intent is to illegally acquire information or trade secrets.

**Non-Traditional** | Can be anyone: scientists, researchers and developers, students, or sometimes our trusted colleagues who work along side us.

## WHAT MAKES YOU A VALUABLE TARGET?

You have access to valuable insider and proprietary information. In the hands of the adversary, it can shorten their R&D efforts, counter our tech advantage, and cost us untold billions of dollars.

## HOW WILL THEY APPROACH YOU OR GAIN ACCESS?

**Official Foreign Visitors** | Collectors may pose as members of a foreign government organization, or an intelligence or security service. Vetted Official Foreign Visitors and their entourage may include last minute, unvetted substitutions.

**Conference/Expo/Tradeshow** | Public venues align new technologies and Subject Matter Experts. The adversary can collect personal information through registration and/or sign-in.

**Academic Solicitation** | "Innocent" requests for information may come from students, professors, scientists, or researchers; a foreign affiliation may not be readily apparent.

**Unsolicited Contact/Email** | The adversary may use the name of a well known company to send requests for military-related information. This method is fast and often undetected.

**Joint Research Ventures** | Alerts an adversary to current scientific initiatives and the military's latest activities, allowing for tailored contact attempts.

**Front Companies** | The adversary may shield their true identity by using a shell company or subsidiary typically financed by a foreign bank and with connections to a foreign business or embassy.



# VET TECH MYTH-BUSTERS

## The Hairy Truth about Kwajalein Ticks and Fleas

COMMUNITY CONNECTION / KWAJALEIN HOSPITAL

**By the Office of the Kwajalein Veterinary Technician**

**There are** many interesting and sometimes peculiar myths and rumors that have been passed down throughout the years since pets were allowed on island.

By far, the most remarkable myth is that the island is completely void of fleas and ticks. This has been mentioned in my office a few times, mostly after a flea infestation has been discovered. Fleas and ticks do exist on Kwajalein.

If you see these pests on your beloved companion, don't panic. These ectoparasite infestations are treatable and, more importantly, preventable.

**What To Do If You Spot a Flea**  
Kwajalein Veterinary Services is here to help. The clinic currently sells products able to treat and prevent these bothersome infestations. Routinely grooming your pet will help you discover fleas and/or ticks sooner.

You can also always schedule a time to bring your pet to veterinary services for a thorough physical examination. While it is more likely that you will see a flea infestation on your island pet, it is important to be aware that ticks have been known to use island pets as hosts from time to time as well.

Aside from being a nuisance, both fleas and ticks have a number of secondary health risks that require attention as well including bacterial infection, anemia, tapeworm infection and even occasional degeneration of organ functions.

### **Act Quickly**

**Fleas and ticks** have been known to transmit diseases to the animals they feed on. It can take as little as 24 hours for a tick-borne disease to transmit to the affected dog or cat. While rickettsial diseases, or tick-related diseases, are not as concerning on Kwajalein as compared to certain regions of the world, keeping your pet protected from ticks guarantees

disease transmission is kept at bay.

Additionally, the population of fleas you see on your pet during an infestation only accounts for approximately five percent of the total population in the immediate environment. The rest of the fleas and larvae are in your home and yard. Treating a home for a flea burden is a multi-step process and involves washing bedding and upholsteries, thorough vacuuming, and surface cleaning. A combination of products to kill the fleas affecting your home may prove to be most helpful. Be sure to follow instructions on product labels carefully and remove pets from the home when recommended as some products can be harmful.

**Choosing The Right Preventative**  
**There is** no single preventative on the market that protects your pet from every possible internal infection or external infestation, but there are tons of options to choose from. A grouping of products is usually recommended to keep your pet fully covered. Picking the right combination to best fit your pet's lifestyle is very important (e.g. collars, oral products, topical products, etc.). To learn more, reach out to veterinary services with help creating a customized, preventative plan that works best for your family.

Use caution when purchasing products from Amazon. Kwajalein Veterinary Services recommends only purchasing products from veterinarian-approved sources, such as 1-800-PetMeds or the clinic. Sometimes products sold via third parties online can be misleading and may not contain the ingredients listed; in other words, there are frauds out there.

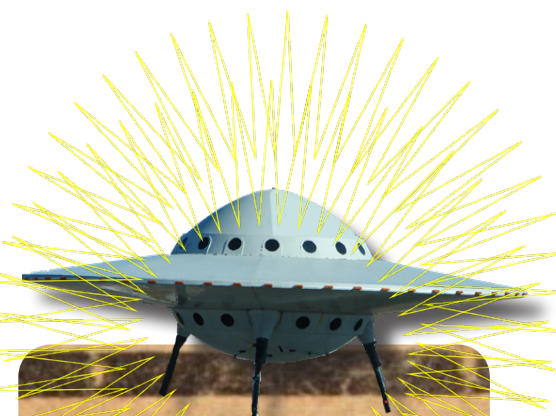
To ensure your pet's safety and that you have purchased the intended product, stick to reputable sources. If you ever have any questions about a product, please contact veterinary services or bring the product by the office.

### **Maintain Regular Treatments**

**Stay diligent** with using monthly preventatives. Preventing ectoparasite infestations is always easier than treating them. For example, it takes approximately three months to break the flea life cycle, so the initial treatments after discovering a flea infestation are very important. However, fleas and ticks don't just go away. In fact, both parasites can live in virtually any environment. Keeping pets on a preventative year-round for the rest of their lives is recommended to keep the animals, your home and even you protected.

### **The Truth Is Out There**

For more information, contact Kwajalein Veterinary Services at 480-2017 or send an email to [KwajaleinVeterinaryClinic@ms.internationalsos.com](mailto:KwajaleinVeterinaryClinic@ms.internationalsos.com).



**I WANT  
TO BELIEVE**

### **A Common Kwaj Flea Myth Busted**

**Myth:** My pet cannot have fleas because they live entirely indoors.

**Fact:** Fleas thrive particularly well in the well-regulated temperatures in the home.

**Myth:** My pet cannot have fleas because if there were any fleas they would be biting (insert name of a person in the family reportedly sensitive to flea bites). Since this person is not being bitten, there must not be any fleas.



# CLASSIFIEDS

The community wants to hear from you. Email announcements and advertisements to [kwajaleinhourglass@gov2x.com](mailto:kwajaleinhourglass@gov2x.com). Wednesdays by close of business. Ads received after deadline will be published in the next issue of The Kwajalein Hourglass.

## ANNOUNCEMENTS

New 2024 Kwajalein Dining Services Meal Prices (for all cash customers)

Breakfast - \$4.35  
Lunch - \$7  
Dinner - \$6.05  
Holiday - \$11.40

2024 PCB Management Training (ENV-190). Required training for contractors and tenants who manage PCB items will be conducted by the Environmental Services Department in January and February 2024. Kwajalein: Religious Education Building Conference Room. Wednesday, Jan. 24, 2024, from 9 – 11 a.m. Roi-Namur: TRADEX Conference Room, Thursday, Feb. 1, 2024, from 9 – 11 am. Please call the Environmental Services Department at 480-2633.

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.). Call 480-8496.

HYDRANT TESTING BEGINS. The Kwajalein Fire Department will begin annual water hydrant testing beginning next weekend. Testing will begin on the south end of the island and is expected to continue through January 2024. The community is advised to stay clear of the hydrants during testing.

### CHILD & YOUTH SERVICES.

All youth must be register at the USAG-KA Child & Youth Services to participate in activities. Call 480-3796 for information.

## 3D Heart Ornament Workshop

Join us at the shop and make someone special a keepsake heart.

Jan. 24, 2024, 6 – 8 p.m.  
Members: \$10  
Non-members: \$15  
8 available spots

Children under 14 must be accompanied by an adult.

Kwajalein Hobby Shop, Bldg. 815, Phone: 480-1700

Open Wednesday & Thursday: 1 – 8 .pm.

Friday: noon – 8 p.m. Saturday – Monday: noon – 6 p.m.; Tuesday: closed



CYS TEEN BBQ. Sunday, Jan. 21 from 5 – 7:30 p.m. at the Namo Weto Youth Center. Students are required to register at the Youth Center to attend. For more information, call 480-3796.

CYS TEEN BEACH CLEAN-UP. Sunday, Jan. 28 at 1:30 p.m. Teens, do you need service hours? Do your part for the environment by meeting at the Namo Weto Youth Center to be part of a pick-up crew.

### DINING

SHORT ORDER MENU at the USAG-KA Warrior Restaurants Available Now on Kwaj, Meck and Roi-Namur

Grilled Zamperini Burger\*  
Grilled Turkey Burger\*  
Grilled Italian Sweet Sausage \*  
Grilled Bratwurst\*  
Shredded BBQ Pork\*  
Philly Cheesesteak\*  
Chicken Tenders\*  
Chicken Nuggets\*  
Corndog/Hotdog\*  
Vegan Black Bean Burger\*  
Vegan Chicken Tenders\*  
French Fries  
Onion Rings and Tater Tots  
Sweet Potato Fries  
Jalapeno Peppers  
Grilled Onion Slices  
Grilled Mushrooms  
Chili and Baked Beans  
Sliced American Cheese  
\*Starred items served daily

### DRIVER'S LICENSING CLASSES

Kwajalein Driver's Licensing classes meet Wednesdays, 9 a.m. – Classes for RMI Workforce; 1 p.m. – Classes for expat Workforce. Classes are in Bldg. 856 Rm. 101 Vehicle Maintenance Compound. Space is limited. Registration is encouraged. For more information, call 480-3376. To register, email [brian.arnett@vectrus.com](mailto:brian.arnett@vectrus.com) and [kaisha.wilson@vectrus.com](mailto:kaisha.wilson@vectrus.com).

Roi Driver's Licensing classes meet second Wednesdays in C-building. No registration needed. Class times are as follows: 9 a.m. – Classes for RMI Workforce; 1 p.m. – Classes for expat Workforce.

### EVENTS

Call 480-4198, visit the MWR Desk in the Grace Sherwood Library, Bldg. 805, and visit the Kwajalein Community Events Facebook page.

Monthly Oceanview Club Nights  
From 8 p.m. – midnight  
1st Saturday: Karaoke Night  
2nd Saturday: Salsa Night  
3rd Saturday: Country Night  
4th Saturday: R&B Night

Kwajalein Community Fitness  
10-Day Challenge, now through Jan. 25

Collect "coconuts" by posting an accountability photo in the Kwajalein Community Fitness group page on Facebook.  
1 coconut = 1 entry to a prize drawing  
2 coconuts = Use your MWR class pass to attend a class





Complete a daily challenge activity from the calendar.

15 coconuts: Attend three MWR fitness classes.

25 coconuts: Complete all daily activities on the 10-Day calendar.

Day 05 - 30 Minute Walk

Day 06 - 15 Minute Cardio

Day 07 - 20 Minute Strength Training

Day 08 - 30 Minute Walk

Day 09 - 20 Minute Yoga

Day 10 - Your Choice

Join the Kwajalein Fitness Facebook group. Complete the daily activity and post an accountability photo in the group to collect two coconuts.

**QUIZZO.** Monday, Feb. 12 at 8 p.m. at the Oceanview Club. Test your knowledge in this team trivia contest. Arrive early to register your team. Team sizes should not exceed available seating at each table. Those interested in hosting a Quizzo night should visit the MWR Desk at the Grace Sherwood Library or call 480-3133.

**CYS VARIETY SHOW Auditions.** Open to adults and students in grades 6 – 12 at the MP Room. Audition 1 is Saturday, Jan. 27, 4 – 6 p.m. Audition 2 is Saturday, Feb. 10, from 4 – 6 p.m. Participants must be able to attend the dress rehearsal on Saturday, March 16 from 4 – 7 p.m. and the Variety Show on Sunday, March 17,

beginning at 6 p.m. Event sponsored by USAG-KA CYS.

**E-WARENESS: No Fishing Areas**

No fishing areas exist at the Kwaj landfill and in the Kwaj, Meck, Roi, and Illeginni Harbors due to PCB and/or heavy metals contamination.

Ejjab melim enwod turin Kwaj landfill ak dump eo im bareinwot ob ko ion Kwaj, Meck, Roi, im Illeginni kin wot PCB im jonan lap in paijin ko ie rej walok jen metal ko.

**FACILITIES & HOURS**

**SALON WALK-INS.** Surfside Salon Walk-In Appointments are available on Fridays from 1:30 - 6 p.m.

**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.

**KWAJALEIN SMALL BOAT MARINA** hours of operation. 7:30 a.m. – 6 p.m. Friday through Monday, and on holidays, excluding Thanksgiving and Christmas. Morning boat reservation times are from 7:30 a.m. – noon. Afternoon boat reservations are from 1 – 5 p.m.

**ROI-NAMUR SMALL BOAT MARINA** hours of operation. 8 a.m. – 6 p.m. Friday through Monday, and on holidays, excluding Thanksgiving and Christmas.



**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**

Morning boat reservation times are from 8 a.m. – 12:30 p.m. Afternoon boat reservations are from 1 – 5 p.m.

**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.

For more information, please call 480-3364 or email Chief Gregory Collins at gregory.collins@gov2x.com.

**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 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.



**FLYROI RESERVATIONS.** To schedule reservations and for correspondence related to flights, email [LCVKwajalein-FlyRoi@wsp.com](mailto:LCVKwajalein-FlyRoi@wsp.com).

#### HEALTH

**KWAJALEIN HOSPITAL WALK-IN CLINICS.** Available to the community now, 1:30 – 6 p.m. Flu shots are also available on a walk-in or appointment basis, Tuesday through Saturday, from 7:30 a.m. 4:30 p.m. 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@internationalssogs.us](mailto:judy.wiser@internationalssogs.us), or call 480-2223 for additional questions.

**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.

**VET SERVICES.** 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.

**EAP SERVICES.** The EAP provides mental health services on Kwajalein, Roi Namur and Meck which include but are not limited to the following:

- Psychological assessments
- Counseling
- Anxiety and depressive disorders
- Family distress
- Post-traumatic stress disorder assessment and counseling
- Job - and - work - related counseling
- Cross-cultural adjustment issues in counseling
- Crisis management consultation
- Conflict mediation/resolution
- Addiction counseling
- Consultation on violence in the workplace
- Crisis management for employees assigned to USAG-KA

EAP services are also available to the management structure to improve employee retention, performance improvement plans, workplace resilience, and the development of people management skills to build and maintain effective teams. Employee Assistance Program counselor (EAP) Kenneth Thomas MHS, LPC, LCADC, can be reached at kenneth.



**Valentine's Dinner**  
**Sunday, Feb. 18**  
**Vets Hall**  
**Doors open at 6:30 p.m.**  
**dinner service begins at 7 p.m.**  
**Four-course steak dinner**  
**Tickets sales open on Jan. 27**  
**Live Music by Band of the Year**  
**All proceeds benefit the Yokwe Yuk Welcome Club's Education Assistance Fund**



**CAN YOU GIVE TWO HOURS A MONTH?**  
The Bargain Bazaar & Mic Shop are looking for new volunteers  
**Contact [YYWCinfo@gmail.com](mailto:YYWCinfo@gmail.com) for information on how to get involved**

[thomas@internationalssogs.us](mailto:thomas@internationalssogs.us) or 480 – 5362.

**PET HEALTH.** January is weight loss awareness month. Start 2024 with your pet the healthy way. According to the Association for Pet Obesity Prevention, 59.9 percent of cats and 55.8 percent of dogs in the United States were classified as overweight or obese. Animals that are obese are at an increased risk of experiencing diseases of the heart, lung, liver and/or gastrointestinal system.

They may also suffer arthritis, diabetes, decreased immune function and overall decreased quality of life. If an animal is too obese, they may not be fit for travel off island. A proper diet and exercise

during cool times of the day are recommended. For more information, please contact Kwajalein Veterinary Services at 480-2017 and email [KwajaleinVeterinary-Clinic@internationalssogs.us](mailto:KwajaleinVeterinary-Clinic@internationalssogs.us).

**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. Mike Klein at the Island Memorial Chapel by calling 480-3505.

**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.

#### JOBS

To apply for government employment opportunities on U.S. Army Garrison-Kwajalein Atoll and worldwide, visit [usajobs.gov](http://usajobs.gov).

ARKEL International is hiring. Send CVs and resume to [christopher.fuentes@arkel.com](mailto:christopher.fuentes@arkel.com) and [jasper.gomez@arkel.com](mailto:jasper.gomez@arkel.com). Visit Arkel online at <http://arkel.com>. Call 480-1006 for more information.

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/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](http://www.nanhawaii.com) and contact Clint Ueatari at 480-2632, 480-4995 or 480-4996.

PARSONS is now 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>.

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 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. To apply, visit [rgnext.com](http://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](mailto:uhrenp@kwajaleinschools.org). For more information call 480-3601.

## Starlight Concert Series

MWR introduces the first session of a live music series featuring numerous talents.

Event details to be shared soon!



Featuring Sefo Hansen



Sunday, Feb. 11, at 7 p.m.



## VARIETY SHOW AUDITIONS!

Open to adults and 6th-12th graders

### AUDITION #1

Sat., Jan. 27  
4 - 6 P.M.

Location:  
**MP ROOM**

### AUDITION #2

Sat., Feb. 10  
4 - 6 P.M.

**Must be able to attend the DRESS REHEARSAL on Sat., March 16 from 4 - 7 p.m. & the VARIETY SHOW on Sun. March 17 starting at 6 P.M.**



EXPIRED / UNUSED  
MEDICATION TAKE BACK  
RECEPTILES LOCATED AT:

1. HOSPITAL PHARMACY  
BUSINESS HRS TO DROPOFF  
WITH PHARMACIST OR 24/7  
RECEPTICLE LOACED IN  
FRONT OF PHARMACY

OR

2. 24/7 RECEPTICLE  
LOCATED AT BLDG. 803  
KWAJ POLICE / SECURITY  
DISPATCH

## Look Familiar?

Might be time to clean out  
the medicine cabinet





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](http://www.tribalco.com/careers.html).

TORCH TECHNOLOGIES seeks an MDA Support Analyst (Req#5588). The candidate will support the Missile Defense Agency on Kwajalein. This position is an on-island accompanied position with housing. Applicants must possess an active clearance. Please apply directly at <https://torchtechnologies.hua.hrsmart.com/hr/ats/Posting/view/5588>. For questions, email [dalia.kardaman@torchtechnologies.com](mailto:dalia.kardaman@torchtechnologies.com).

V2X JOBS. V2X has several opportunities for on-island hires: Harbor Controller I (35649), Logistics Analyst (32717), Inventory Associate (35067), and Bartender (32355). Apply online at [www.careers.vectrus.com](http://www.careers.vectrus.com) or stop by the HR office in building 700.

#### NEWCOMERS

ISLAND ORIENTATION and Newcomer's Briefings occur in the REB, behind the Is-

land Memorial Chapel. To register, email [KWAJ\\_OSO\\_Ops@Vectrus.com](mailto:KWAJ_OSO_Ops@Vectrus.com) or call 480-3511.

OPSEC. See something, say something. All employees on USAG-KA are required to receive annual Threat Awareness and Reporting Program training provided by KRO; Reporting: Report suspicious activities to the Kwajalein Resident Office at 480-9859/1293/8006 at Bldg. 1163.

#### POST OFFICE CLOSURES FOR 2024

Jan. 15 – Martin Luther King Jr. Day;  
Feb. 19 – G. Washington 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](mailto:james.e.smith2295@army.mil).

#### 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.

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

HAM SHACK Amateur Radio Operators. All amateur operators will now be required to file for a Marshall Islands call-sign. Please contact Lisa at [V73ML1@gmail.com](mailto:V73ML1@gmail.com) for an application and information.

FM99 THE WAVE & 97.9 ROI RAT RADIO. Tune in 7 - 9 a.m., 11 a.m. - 1 p.m. and 4 - 6 p.m. Tuesday through Saturday for live broadcasting, music, and community

## Keep Kwaj clean!

- Litter detracts from the appearance of Kwaj – it harms the environment, attracting insects and rodents
- Much of the litter ends up in the water and harms marine life
- Bottles, cans, cigarette butts, paper and plastic are the most common
- We live, work and play here so please be responsible!
- Join together and pick up litter on Kwaj!



Kwajalein



MIA Project

# NEVER FORGET.

<https://kwajaleinmiaproject.us/>



updates.

RF EQUIPMENT. Bringing new Radio Frequency equipment or wireless devices on island? Please contact the NETCOM Spectrum Management Office. This may require three months' approval process. Report any interference problems ASAP. Home use of commercial electronics does not require approval. Call 480-4135.

#### TAXI SERVICE

Call 480-TAXI (8294) or 3341 to book your ride at least 24 hours in advance of your check-in time.

#### WARDROBE FOR VISITING EBEYE

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 prepared by Yolanie Korab.

#### CLOTHING FOR MEN

Opt for lightweight, breathable fabrics such as cotton or linen to stay comfortable in the warm and humid weather. Wear collared shirts or T-shirts that cover the shoulders. Avoid sleeveless shirts or tank tops, as they may be seen as inappropriate. Choose knee-length shorts or trousers. Avoid wearing excessively short shorts or swimwear in public.

#### CLOTHING FOR WOMEN

**DRESSES OR SKIRTS:** Women should wear knee-length or longer dresses, skirts, or sarongs, and not pants. Loose-fitting and lightweight fabrics are recommended. Select modest tops that cover the shoulders and avoid low necklines or revealing clothing. Hats or caps are useful for protecting yourself from the sun, especially during the hot daytime hours. Apply sunscreen, wear sunglasses, and carry a light shawl or umbrella for extra sun protection.

**FOOTWEAR FOR MEN AND WOMEN:** Comfortable shoes or sandals are suitable. Sandals are easy to slip on and off when visiting homes or certain establishments.



Kwaj Eyecare

Eye Exams, Dry Eyes, Eye Disease  
Glasses for all ages  
Contact Lenses (including multifocal)  
Safety Frames and Lenses

Call 480-2224 to be added to the waitlist Feb. 6 -17, 2024

[www.kwajeyes.com](http://www.kwajeyes.com)

[drwtblack@aol.com](mailto:drwtblack@aol.com)

## Kwajalein Community Fitness

### 10-Day Challenge, Jan. 16 - 25

Collect "coconuts" by posting an accountability photo in the Kwajalein Community Fitness group page on Facebook

1 COCONUT = 1 entry to a prize drawing

2 COCONUTS = Use your MWR class pass to attend a class  
OR

Complete a daily challenge activity from the calendar

15 COCONUTS = Attend three MWR fitness classes

25 COCONUTS = Complete all daily activities on the 10-Day calendar

Day 06 15 Min. Cardio

Day 07 20 Min. Strength Training

Day 08 30 Min. Walk

Day 09 20 Min. Yoga

Day 10 Your Choice

\*Join the Kwajalein Community

Fitness group on Facebook\*

FOR MORE INFORMATION, PLEASE CALL MWR AT 480-3331



# Kajitok? Abnōnō?

Questions? Concerns?

Call the Commander's Hotline at 480-1098.



# WEATHER AND TIDES

// RTS WEATHER STATION

## WEATHER DISCUSSION

Kwajalein has been enjoying mostly pleasant and seasonally dry conditions over the last week, but is entering a period of unsettled weather and high surf as we head toward the weekend.

The broad remnants of a wind shear line, driven south by strengthening high pressure to the south of Japan, will lead to increased low-level convergence across the northern half of the Marshall Islands.

This will coincide with an influx of deep mid-level moisture from the south, all of which will contribute to showery conditions on Saturday and Sunday.

Some showers will be locally heavy, and a much-needed downpour or two will be possible, especially on Saturday.


Expect higher winds to accompany these showers, with sustained speeds approaching 20 knots with gusts in the mid- to upper 20s.

At the same time, large northerly swells and high surf will impact Kwajalein Atoll, driven by powerful winds far to the north associated with a strong low-pressure system over the Central North Pacific.

There is currently a High Surf Advisory in effect for Kwajalein until Jan. 21/1800L.

Ten to 14-foot surf is expected to impact north- and east-facing reefs on Saturday and Sunday, particularly at Roi-Namur and Third Island, and may bring minor inundation for one to two hours on either side of high tide, at 12:17 p.m. on Jan. 20, and 1:45 p.m. on Jan. 21, respectively. Ebeye, Kwajalein island, and Gugeegue causeway may also experience some slop-over around high tide.

Avoid venturing near ex-

 <b>SUN-MOON-TIDES</b>				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
<b>SUNDAY</b>	7:09 a.m. 6:51 p.m.	2:51 p.m. 2:56 a.m.	12:52 a.m. 2.1' 1:42 p.m. 3.3'	6:40 a.m. 1.0' 8:37 p.m. 0.7'
<b>MONDAY</b>	7:09 a.m. 6:51 p.m.	3:44 p.m. 3:53 a.m.	2:23 a.m. 2.3' 2:40 p.m. 3.6'	7:58 a.m. 0.8' 9:24 p.m. 0.3'
<b>TUESDAY</b>	7:10 a.m. 6:52 p.m.	4:39 p.m. 4:49 a.m.	3:15 a.m. 2.5' 3:23 p.m. 3.9'	8:52 a.m. 0.5' 9:59 p.m. -0.0'
<b>WEDNESDAY</b>	7:10 a.m. 6:52 p.m.	5:34 p.m. 5:44 a.m.	3:53 a.m. 2.8' 3:59 p.m. 4.1'	9:33 a.m. 0.2' 10:30 p.m. -0.3'
<b>THURSDAY</b>	7:10 a.m. 6:53 p.m.	6:28 p.m. 6:36 a.m.	4:24 a.m. 3.0' 4:31 p.m. 4.3'	10:08 a.m. -0.0' 10:58 p.m. -0.4'
<b>FRIDAY</b>	7:10 a.m. 6:53 p.m.	7:19 p.m. 7:24 a.m.	4:53 a.m. 3.3' 5:00 p.m. 4.4'	10:39 a.m. -0.2' 11:24 p.m. -0.5'
<b>JANUARY 27</b>	7:10 a.m. 6:53 p.m.	8:07 p.m. 8:08 a.m.	5:20 a.m. 3.4' 5:28 p.m. 4.5'	11:09 a.m. -0.3' 11:50 p.m. -0.5'

posed reefs and beaches along north- and east-facing beaches during this time. With high surf in addition to strengthening trade winds contributing to rough sea conditions, a Small Craft Advisory may be issued.

Next week, mostly dry and blustery trade wind conditions will resume as the subtropical ridge strengthens to the north of Kwajalein.

Expect winds to sustain in the mid- to upper teens out of the east-northeast throughout the early week, gusting to the mid- to upper 20s.

Winds will occasionally sustain at around 20 knots, which may lead to Small Craft Advisory conditions if sufficiently long-lived, but should fall to 10-15 knots by next weekend.

## SATURDAY

Mostly cloudy with widely scattered to scattered showers. Winds NE-ESE at 14-19 knots with higher

gusts in the mid- to upper 20s, especially near showers. Showers may be heavy at times.

## SUNDAY

Mostly cloudy to partly sunny with widely scattered showers early, decreasing to stray showers. Winds NE-ESE at 13-18 knots with higher gusts in the low 20s, especially near showers.

## MONDAY

Partly to mostly cloudy with stray to isolated showers, mainly in the morning. Winds NE-ESE at 15-20 knots with higher gusts approaching 30 knots near showers.

## NEXT WEEK

Partly cloudy to mostly sunny with stray showers, increasing to isolated showers at times. Winds NE-ESE at 15-20 knots for the first half of the workweek, gradually decreasing to 10-15 knots by the end of the week.

# MOVIE SHOWTIMES

Shows start at at 7:30 p.m.

## RICHARDSON THEATER

Saturday, Jan. 20  
"DC League Of Super-Pets"  
(Pg) 105 Min.

Sunday, Jan. 21  
"Encanto"  
(Pg) 102 Min.

Saturday, Jan. 27  
"Fantastic Four: Rise Of The Silver Surfer"  
(Pg) 92 Min.

Sunday, Jan. 28  
"Ice Age: Collision Course"  
(Pg) 94 Min.

Saturday, Feb. 3  
"Groundhog Day"  
(Pg) 101 Min.

Sunday, Feb. 4  
"Indiana Jones And The Temple Of Doom: (1984)  
(Pg) 118 Min.

Saturday, Feb. 10  
"Lightyear"  
(Pg) 100 Min.

Sunday, Feb. 11  
"Lyle, Lyle Crocodile"  
(Pg) 106 Min.

Saturday, Feb. 17  
"Madagascar"  
(Pg) 86 Min.

Sunday, Feb. 18  
"Minions: The Rise Of Gru"  
(Pg) 87 Min.

Saturday Feb. 24  
"Paw Patrol: The Mighty Movie"  
(G) 86 Min.

Sunday Feb. 25  
"Ralph Breaks The Internet"  
(Pg) 112 Min.

## ROI-NAMUR C-BUILDING

For movie times, contact MWR at 480-9205.

## YUK THEATER

Saturday, Jan. 20  
"Dumb Money"  
(R) 105 Min.

Sunday, Jan. 21  
"Free Guy"  
(Pg-13) 115 Min.

Saturday, Jan. 27  
"Kandahar"  
(R) 119 Min.

Sunday, Jan. 28  
"Mad Max – Fury Road"  
(R) 120 Min.

Saturday, Feb. 3  
"Mechanic: Resurrection"  
(R) 98 Min.

Sunday, Feb. 4  
"The Equalizer"  
(2014) R 132 Min.

Saturday, Feb. 10  
"The Menu"  
(R) 107 Min.

Sunday, Feb. 11  
"Love Again"  
(Pg-13) 104 Min.

Saturday, Feb. 17  
"The Nun II"  
(R) 110 Min.

Sunday, Feb. 18  
"Aquaman"  
(Pg-13) 143 Min.

Saturday, Feb. 24  
"Malignant"  
(R) 111 Min.

Sunday, Feb. 25  
"Barbie"  
(Pg-13) 114 Min.