

RANGE OPERATION ANNOUNCEMENT Ronald Reagan Ballistic Missile defense test site

ENGLISH

A RANGE OPERATION IS SCHEDULED FOR 19-20 FEBRUARY 2025. CAU-TION TIMES ARE 7:00 PM. (1900hrs) THROUGH 2:41 A.M. IN CONJUNCTION WITH THIS OPERATION. 20-20 FEBRUARY IS BACK-UP DAY WITH SAME CAU-TION TIMES.

DURING OPERATIONS, NOTICE TO MARINERS (NOTMAR) AND NOTICE TO AIR MISSION (NOTAM) CAUTION AREAS WILL EXTEND INTO THE OPEN OCEAN NEAR THE KWA- JALEIN ATOLL AND SUR-ROUNDING AREAS.

THE MID-ATOLL CORRI-DOR WILL BE CLOSED FROM 1900 HOURS, 15-FEB-2025 THROUGH AC-TIVITY COMPLETION. THE CAUTION AREA EX-TENDS FROM THE SUR-FACE TO UNLIMITED AL-TITUDE.

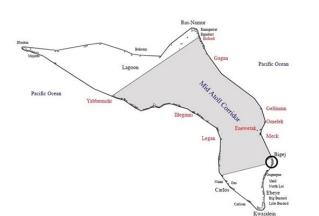
SEE THE ROLLER AND HOURGLASS DATED 8-FEB or 15-FEB FOR A MAP OF THE CLOSED AREAS. QUESTIONS SHOULD BE DIRECTED TO REAGAN TEST SITE (RTS) MISSION. SAFETY OFFICE AT (808) 580-2230.

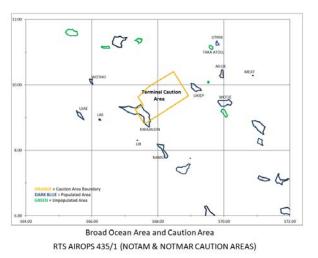
MARSHALLESE

JUON IEN KOKEMELMEL ENAJ KOMAN ILO RAN KO 19-20 FEBRUARY 2025. AWA KO REKAUWOTOTA EJ JEN 7:00PM JOTA LOK NAN 2:41AM IN JIMAROK/JIBON.

ILO IEN KOMELMEL IN, ILO KILAAN KARONG NAN MARINERS (NOTMAR) IM AIRMEN (NOTAM), JIKIN KAUWOTATA KEIN RE-NAJ LAPLOK IM KITBUUJ MALO ILO TURIN AILIN IN IM MALO KO TURIN EAAK IN AILIN IN BAREINWOT. ENE KO ILO IOLAP IN AELON IN (MID-ATOLL CORRIDOR) RENAJ KILOK JEN 7:00PM AWA ELKIN RAELEP ILO 15 (JONOUL LALEM) RAN IN FEBRUARY NAN NE ED-EDELOK KOKEMELMEL KEIN.

LALE ROLLER IM HOUR-GLASS EO JUON 8 RAN AK 15 RAN IN FEBRUARY NAN AM LALE IA KO REJ KILOK. NE EWOR AM KA-JITOK JOUJ IM CALL E LOK KWAJALEIN RANGE SAFE-TY OPIJA RO ILO (808) 580-2230.





MID-ATOLL CORRIDOR CLOSED FROM 1900 HOURS, 15-FEB-2025 THROUGH OPERATION COMPLETION OR FLAGS ARE REMOVED.



EARN YOUR TEAM KWAJ TAB!

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 USAG-KA. It is published Saturdays in accordance with Army Regulation 360-1.

Phone: Defense Switching Network: 315-480-5169 Local phone: 480-5169

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OPERATION FLINTLOCK 1940S THEMED COMMEMORATIVE HANGAR DANCE

HOURGLASS REPORT

By Christy Wagnon; CYS Deputy Director

Operation Flintlock was a pivotal invasion in WWII where the US Forces launched the largest amphibious assault at the time resulting in the seizure of Kwajalein Atoll and Majuro and significantly contributing to the Allied Victor in the Pacific 80 years ago. USAG Kwajalein Atoll commemorated the 81st Anniversary of Operation Flintlock and the 8oth Anniversary of Victory in the Pacific, bringing the end to WWII with a 1940s themed hangar dance.

The event took place at the fixed-wing hangar, with planes serving as backdrop decoration. Big band music played by the 25th Infantry Division Band set the mood for 1940s-inspired hair, makeup, and swing dancing throughout the night. Karen Brady created a swing line dance for the event, drawing inspiration from classic 1940s dances such as the Charleston and the Lindy Hop. A group of 20 women practiced and performed the dance during the event.

The event began with speeches from Colonel Andrew Morgan, Ambassador Laura Stone, and Senior Mis-



PHOTO BY MELISSA DETHLEFSEN

sion Commander Lieutenant General Sean Gainey, who highlighted the unique and important relationship between the Marshall Islands and the United States, as well as the significance of Kwajalein.

Command Sergeant Major Ernest Miller, serving as master of ceremonies, kicked off the TEAM KWAJ punchbowl ceremony, inspired by a traditional military grog bowl. All Kwajalein Mission Partners took part in a series of toasts during the event.

The community also had a chance to participate in the event by creating a decorative centerpiece for each of the tables. These tables featured the Prinz Eugen, MIA Project, and classic photos, maps, and memorabilia from WWII. There two winners of the coveted coconut were the Fox Family and Kwajalein Schools.

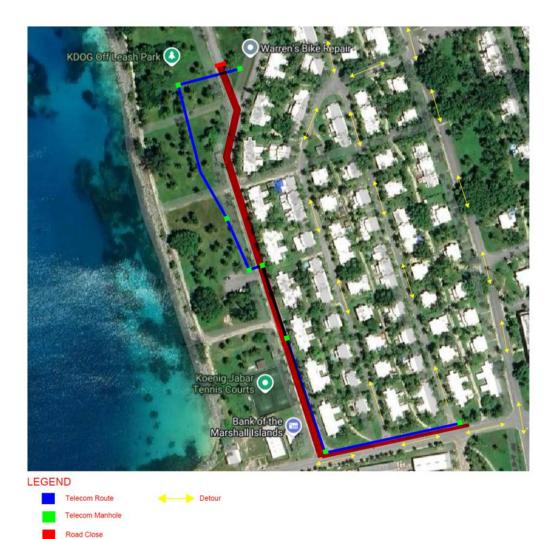
The event provided a

unique opportunity for the Kwajalein community to come together and celebrate a significant moment in our nation's history and its unique relationship with the Marshall Islands. It also served as a reminder of the importance of our work in supporting national security.





4



CONSTRUCTION NOTICE FY21 KWAJALEIN ARMY FAMILY HOUSING CONSTRUCTION

Nan, Inc. construction company, will be continuing telecommunication construction activities for the FY21 Kwajalein Army Family Housing project as highlighted in blue on the attached map.

Trench excavation activities will start at the intersection of Pacific Drive and Palm Street and will end on 6th Street as shown in red. 6th Street will still be passable due to its half road closures. VEHICULAR AND PEDESTRIAN ROAD CLOSURES WILL OCCUR IN SECTIONS ALONG THIS ROUTE WITH DETOURS MARKED ANTICIPATED CLOSURE DATES WILL BE FEBRUARY 27 – APRIL 15, 2025

Nan, Inc. will secure the area with barriers, safety signage and road plates. Traffic control personnel will be on-site to manage the flow of traffic and ensure safety for both workers and the public.

For inquiries, please contact the project team at 480-2548. Nan, Inc. appreciates the support and cooperation of the community for this transformative construction project.

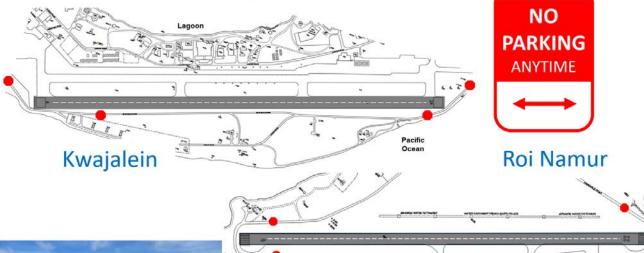
Mahalo, Nan, Inc.





Please remember to stop and look both ways for aircraft on: Zeus Blvd., Ocean Rd., Perimeter Rd., Pandanus Rd., Eleanor Wilson Rd.

If aircraft are on approach or taking off, you must hold your position and wait!





Stop at designated signs and look for aircraft landing or taking off. If you see an aircraft, hold your position at the stop sign and wait until the aircraft has landed or departed before moving.



SATURDAY, February 15, 2025 / VOLUME 65 NUMBER 59

Attention Kwajalein Pet Parents!
While the vet tech is off island, we are fully operational with no lapse in services!
Your furry friends will continue to receive the best care.

For any assistance, please contact the Vet Clinic at & 480-2017.

Thank you for your patience and support! ^{CC}合 (이)





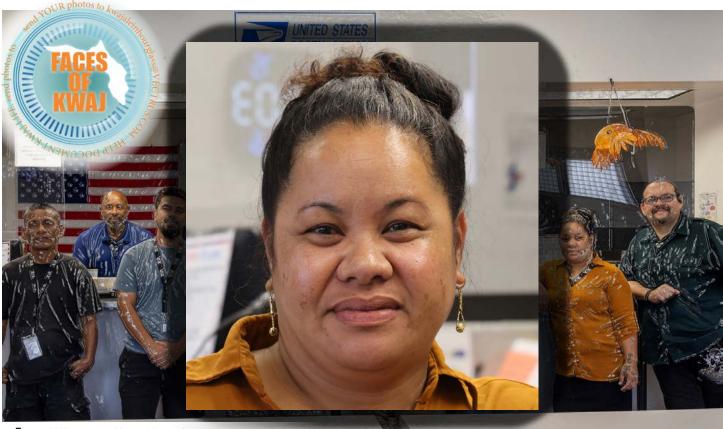


Attention Kwajalein Pet Parents! Please be advised to register any new pets with the Vet Clinic no later than 7-days after their arrival to Kwajalein. This ensures proper care and compliance with community regulations.

For more information, contact the Vet Clinic at & 480-2017.



SATURDAY, February 15, 2025 / VOLUME 65 NUMBER 59



• PHOTO BY MELISSA DETHLEFSEN

COMMUNITY KWAJALEIN RESIDENTS | MEET NEIRITHA LANWI

HOURGLASS REPORT

Meet Neiritha Lanwi, one of our dedicated Postal Clerk Assistant here at V2X! As a key part of our mail operations, Neiritha ensures that inbound mail is processed efficiently and accurately. With her keen attention to detail and commitment to organization, she plays a crucial role in keeping our communications running smoothly. Let's take a moment to learn more about Neiritha and the important work she does behind the scenes.

Q: Can you tell me a little bit all about yourself? And your role with V2X?

A: I'm Neiritha, but they usually call me Tita, and I'm a Postal Assistant.

Q: How long have you

been with the company? And what brought you to V₂X?

A: I first came in April 2012 and that will be 13 years. I was just applying for jobs at the job fair and they put me here. I came in work, and I love it here, so I continue work.

Q: So, what do you enjoy most about your job?

A: I enjoy work at the mail, walking for exercise while I work.

Q: So, what's a typical day like for you?

A: Every day we have a meeting at 9. After that, I start my work by checking the expired mail and updating my forward mail and clos-

ing boxes.

Q: Okay. So how would you describe the company's culture?

A: I enjoy the training classes that I take every year.

Q: All right, what do you enjoy mostly about working with your team?

A: I like working with the team and making fun, we enjoy working the mail while talking.

Q: What is one fun fact about you?

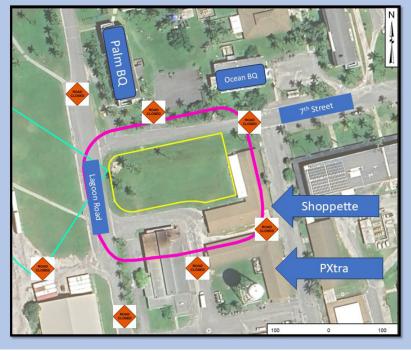
A: My big sense of humor!

Our Postal Service interviews are brainstormed-developed by James Smith & Glenna Carter.



Public Notice – UXO Clearance Operations

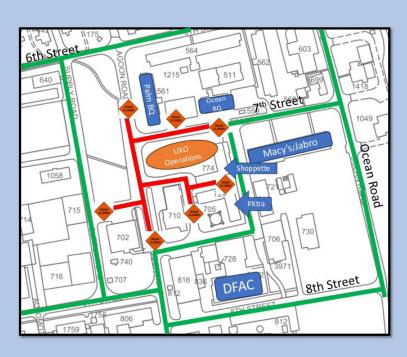
- The following facilities <u>must</u> be vacated NLT 1900 each night Monday-Friday 17 Jan thru 17 May
 - Shoppette Building 774
 - PXtra– Building 729
- Palm BQ residents should only use the Northern entry/exit doors
- Ocean BQ residents should only use the Eastern entry/exit doors





Road Closures

- Do not cross any barriers. If the barriers remain up after 0400, do not cross.
- UXO Clearance Operations are ongoing in the area overnight
- Lagoon Road and 7th Street adjacent as shown will be closed
- Roads in red will be closed each night Monday-Friday 17 Jan thru 17 May
- Roads will be closed from 1900 0400
- Ocean road is unaffected
- Any questions reach out to Mike Flinchbaugh at 480-4255





ABOVE: Artist's depiction of the concerned citizens' query. **POSTMASTER UNIVERSITY | PACKAGE SEARCHES**

HOURGLASS REPORT

Postmaster here! Great question!

Here are some steps you can take if your mail is misdelivered:

1. If You Receive Someone Else's Mail:

• Do not open it.

• Return it to the Post Office, let the Postal Assistant know that you have been given the wrong package.

Please note: It is always a best practice to check the label before walking away from the window.

2. If Your Mail Is Lost or

Stolen:

• File a missing mail claim with USPS online or visit the Post Office.

• If it's a package, contact the sender for a possible replacement or refund.

Please feel free to chat with our knowledgeable Postal staff if you require any assistance with tracking information.



We are still experiencing issues with residents not turning in their keys prior to leaving the island. As a gentle reminder, please leave your key with the Post Office staff and complete the required paperwork for any planned time away from the island. Also, mail can be held only for 30 days.

1. By turning in your key, you reduce the likelihood of incurring the cost of re-cutting a mailbox key and the replacement of a new mailbox core just in case you lose it while off island.

2. By leaving the key with the Postal staff, it ensures only authorized users have access to your box, therefore ensuring the security of your mail.

3. Establishing an authorized point of contact allows for your mail to be retrieved on a frequent basis. In accordance with Postal Regulations, any mail not retrieved within 30-days is required to be return to sender, not my rule, but the US Postal Systems policy. To help avoid this, the Postal Personnel will be happy to assist with providing the appropriate paperwork for you to complete prior to departing the island.

Our Postal Service PSAs are brainstormed-developed by James Smith & Glenna Carter.

EARN YOUR TEAM KWAJ TAB

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 attender!

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.

FOR KWAJ COMMAND **TEAM INFO & UPDATES**

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.



TEAM KWAJ COMMANDER

@TeamKwajCommander

KEEP FOLLOWING

NASA ASTRONAUT ANDREW "DREW" MORGAN

@AstroDrewMorgan





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



NEVER FORGET. https://kwajaleinmiaproject.us/

U.S. ARMY GARRISON - KWAJALEIN ATOLL

COMMUNITY CLASSIFIEDS

Submit Announcements to the Roller Channel and The Kwajalein Hourglass

OPEN CALL FOR ANNOUNCEMENTS The island community is invited to submit listings for events and for sale items; announcements; department trainings; safety updates; public service messages; and thank-you messages.

Preparing Your Message

For questions about your messaging, please reach out to the USAG-KA Public Affairs Office at 480-4848.

Ads should always include a point of contact, phone number and/or email address.

Private parties, fundraisers and events requesting and/or accepting donations are typically not allowed for publication per AR 360-1. Fundraisers and support activities for private and schools-based organizations, scouting groups, civic clubs and other listings may be subject to a legal counsel review to determine their eligibility for publication.

Formatting Your Listings It is recommended that graphical advertisements and announcements intended for the Hourglass and the AFN Roller Channel be formatted as PowerPoint slides.

Graphic designers are asked to maintain a generous margin (.75-1-inch) around all sides and to size fonts no smaller than pt. 20.

If your Roller Channel advertisement requires a special expiration date, please note this for the Roller team in the body of your message.

Deadlines for Submissions

Send advertisements for the Kwajalein Hourglass and the AFN Roller Channel to kwajaleinhourglass@gov2x.com on Wednesdays by close of business/Thursday morning.

Roller Channel ads are accepted on a rolling basis by 4 p.m. for a mid-week and late-week update. Ads received after 4 p.m. will be loaded in the next update. Please ensure you submit ads in good time to ensure timely upload.

For more information, reach out to the USAG-KA Command team through the USAG-KA Facebook page.

ANNOUNCEMENTS

AFH Construction Is Ongoing. Nan, Inc. Construction is scheduled to commence the telecommunication scope of work for the FY21 Kwajalein Army Family Housing project in our community from February – September 2024. Residents and commuters should be aware of possible changes in traffic patterns and to plan their routes accordingly. Nan, Inc. Construction is committed to minimizing any inconveniences, and we will strive to ensure a smooth and efficient construction process.

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.

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. Walkin 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. Demolition at the Capt. Louis S. Zamperini Dining Facility. Phase three of the Zamperini DFAC demo has begun and is projected to be finished March 2026 for the dining and serving area. Be careful around the dining facility during the phases.

Do Not 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. Contact the Kwajalein Archaeology Office at 480-8867.

Driver's Licensing Classes. Kwaj: Every Wednesday, Bldg. 856, Rm. 101, 9 a.m. for RMI, 1 p.m. for Expats. Preregistration is encouraged. Space is limited. Roi Classes: Every second Friday in C-building. 9 a.m. - RMI, 11 a.m. for Expats. No preregistration required. To register, email wilson.kaisha@gov2x.com, audrey.hughes@gov2x.com, and/or george.parker3@gov2x.com, or call 480-3376.





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

Emergency Management. 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.

E-Wareness: It is each driver's responsibility to ensure vehicles are not leaking fluids other than air conditioning condensate. Call 911 to report spills and arrange with automotive for routine maintenance. Please call Environmental at 480-0722 with questions.Ej an ri-kator eo eddo non lolorjake bwe wa eo ejjab leak jabdewot oil ijelak in drennin air condition eo jen wa eo. Ne elon jabdwot leak/lutok in oil jen wa eo, Kiir 911 non report- e lutok eo. Ak kiir Environmental ilo 480-0722 non kajitok.

Fire Safety Tips. Some pets are chewers. Watch pets to make sure they don't chew through electrical cords. Pets are curious. They may bump into, turn on, or knock over cooking equipment. Keep pets away from stoves and countertops. Make sure pets are included in your family's fire evacuation plan. Build an evacuation kit for each pet in your household.

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 Fri-

day—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 LCVKwajaleinFlyRoi@versar.com.

How to dress in the RMI. Out of respect for the Marshallese culture, residents are asked to dress appropriately when visiting Ebeye, Third Island, or anywhere within Kwajalein Atoll. Women should wear clothing to cover shoulders and knees. None are permitted to wear shorts when visiting churches on Ebeye. Men should wear long slacks to church.

Kwaj Small Boat Marina hours are 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.

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.

Operational Security. 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.

PCS & Vacation Tips. 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.

Salon Walk-Ins. Surfside Salon Walk-In Appointments are available on Fridays from 1:30 - 6 p.m.

Smoking. 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.

HELP WANTED

For employment with contractors within the U.S. Army Garrison - Kwajalein Atoll please check contractor company websites for employment opportunities.

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

Millican Family Pool Hours. Closed for cleaning on Thursdays. Open noon to 5 p.m. Tuesdays, Wednesdays, Fridays and Saturdays. Open 11 a.m. to 5 p.m. Sundays and Mondays.

The NEC Testing Center Is Open to the Community - Giving you the head start you need to thrive! - Open Tuesday through Saturday by appointment

Authorized Pearson VUE Test Center. Schedule A test Today!

NEC testing Center, 480-4344, FN 1008-131 ACUITY International

Job Postings for this contract have "Marshall Islands" in the job title. https://acuityinternational.com/careers/ Anyone interested please reach out directly to Melani.Gebhardt@acuityinternational.com

All-Year Licensing Classes Kwajalein: Wednesdays, Bldg 856/Rm 101 Roi Namur: Every 2nd Wednesday, Bldg C • 0900 hrs (RMI) • 1300 hrs (Expats) REGISTRATION - None required for Roi Namur. Kwajalein registration encouraged as space is limited. Call 480-3366 or email: George.Parker3@gov2x.com Kaisha.Wilson@gov2x.com





Kwajalein Jr/Sr HS Bands Proudly Present...



Kwaj POPS!

Tons of popular artists & themes: The King of Pop; Billie Eilish; Taylor Swift; Wonka, and much more!

Friday, Feb 21 @ 6:30pm Davye Davis Multi-Purpose Room

Accepting Donations: breakfast bars, granola bars, and snacks for our Ri-Katak students.





E-Wareness – Coconut Crab

The coconut crab (*Birgus latro*), known locally as Barulep, is a type of land-based hermit crab. However, unlike other hermit crabs, the coconut crab does not make use of a shell beyond the juvenile stages of its life. It is this characteristic which allows the coconut crab to grow so large in size.

USAG-KA's Environmental Standards identify the coconut crab as a protected species. For this reason, USAG-KA residents and personnel should not disturb (touch), harass, injure, or kill coconut crabs. If you have any questions or concerns, please contact the V2X Environmental Office at 480-0722.



Juvenile



Adult



E-Wareness – Coconut Crab (Barulep)

Barulep (*Birgus latro*), et eo juon etan ej coconut crab, ej bar juon baru in ioon ene im ejej uaan kin jokjok eo an. Ijoke, ejjab einwot baru kein jet, Barulep ejjab aikuji libuke eo nan libobo kake ilo ak rittolok. Ej unin an barulep maron in rittolok im kilep nan jonan ko rellap.

Ekkar ko an USAG-KA's Environmental rej kalikar bwe barulep ej juon men in mour eo nan jab komakit im iroje. Kin un in, ro rej jokwe im mour iloan USAG-KA rejjab aikuj komakit (jibwe), iroje, kakkure, ak mane barulep ko. Elane ewor am kajitok im inebata ko nae, jouj im kebaak ak kirlok V2X Environmental Office eo ilo 480-0722.



Juvenile



Adult



COMMUNITY

PREVENT HEART DISEASE: KNOW THE SIGNS—UNDERSTANDING HEART ATTACKS & STROKES

HOURGLASS REPORT

Recognizing Symptoms Early Can Save Lives

Heart disease is the leading cause of death worldwide, but knowing the warning signs of a heart attack or stroke can significantly improve survival and reduce long-term damage. Early intervention is critical, and understanding the symptoms can help you or a loved one get the medical attention needed as quickly as possible.

<u>Heart Attack Symptoms</u>

Heart attacks occur when the blood flow to part of the heart is blocked, causing damage to the heart muscle. Some common symptoms of a heart attack include:

• Chest pain or discomfort: Often described as a feeling of pressure, tightness, squeezing, or fullness in the chest.

• Pain radiating to other parts of the body: This can include discomfort or pain in the shoulders, arms, back, neck, jaw, or stomach.

• Shortness of breath: Difficulty breathing or feeling winded, even without physical exertion.

• Cold sweats: Unexplained sweating, often accompanied by nausea or dizziness.

• Lightheadedness or fainting: A feeling of dizziness, weakness, or a loss of balance.

If you experience these symptoms, especially if they last for more than a few minutes or come and go, call emergency services immediately. It's better to be safe than sorry.

Stroke Symptoms

A stroke occurs when blood flow to the brain is interrupted, causing brain cells to die. There are two types of strokes—ischemic (caused by a blood clot) and hemorrhagic (caused by bleeding in the brain). The symptoms of a stroke can come on suddenly and may include:

• Sudden numbness or weakness: Especially on one side of the face, arm, or leg.

Sudden confusion or

trouble speaking: Difficulty understanding speech, or slurred speech.

• Sudden trouble seeing: Blurry or lost vision in one or both eyes.

• Sudden difficulty walking: Loss of balance or coordination, dizziness, or trouble walking.

If you suspect that someone is having a stroke, use the FAST test to help identify the symptoms:

• F – Face: Ask the person to smile. Does one side of their face droop?

• A – Arms: Ask the person to raise both arms. Does one arm drift downward?

• S – Speech: Ask the person to repeat a simple sentence. Is their speech slurred or strange?

• T – Time: If any of the above signs are present, call emergency services immediately. Time is crucial in minimizing brain damage.

<u>What to Do in an Emergen-</u> cy

If you or someone around

you shows signs of a heart attack or stroke, time is of the essence:

• Call emergency services immediately: Don't wait to see if symptoms improve. Quick action can save lives and prevent long-term complications.

• Stay calm: Try to remain as calm as possible to assist the person in need.

• If it's a heart attack: Chewing an aspirin (if not allergic) can help thin the blood and prevent further clotting, but only do this if advised by emergency personnel.

• If it's a stroke: Do not give the person anything to eat or drink, as it may increase the risk of choking.

Recognizing these symptoms and acting quickly can make a life-saving difference. Use this information to educate yourself and those around you, and encourage others to prioritize heart health in honor of Heart Health Awareness Month.

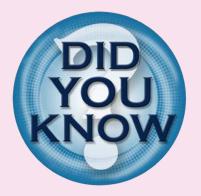




Kwajalein Atoll is a significant archeological location. If you find anything, take a photo, remember where it is and notify the Public Affairs officer at Sherman.hogue.civ@army.mil but do not pick up, or remove the object.



SATURDAY, February 15, 2025 / VOLUME 65 NUMBER 59



Did you know that when leaving the island for a much-needed R&R, you should complete a Designation of Caretaker form for family quarters?

Doing so gives you a peace of mind that the family quarters will be protected while you are away. It provides awareness to Security and allows them to keep a watchful eye over the family quarters. It also allows the Housing / Public Works to address any issues related to a burst in your water tank, required repairs, etc. So please, ensure you take a moment to complete the form to ensure everything runs smoothly in your absence.

	FOR FAMIL	YQUARTERS	
ERMANENT OCCUPANT (LAST, Frid M.I.)	QUARTERS#	QUARTERS PHONE #	OCCUPANT'S EMPLOYER
ARETAKER'S NAME (LAST, First M.L.)	CARETAKER'S EM	NOVER	CARETAKER'S PHONE #
SATE OF DEPARTURE		DATE OF RETURN	
INDUCATE THE STA CARETAKER WILL LIVE IN THE QUA CARETAKER WILL ONLY MAKE PER CARETAKER WILL MAKE PERIODIC THERE WILL DE NO CARETAKER	RTERS		RIOR
U			

To foster a cleaner, more enjoyable community for all of us please smoke in Designated Areas

Designated smoking areas

- •Promote a healthier community environment
- •Encourages a sense of community responsibility
- •Reduces secondhand smoke exposure for non-smokers
- •Enhances the aesthetics of our surroundings
- •Helps in maintaining a clean and safe environment

Proper Disposal of Cigarette Butts

- Importance of using designated disposal containers
- •Prevents litter and maintains cleanliness
- •Reduces fire hazards

Reporting Maintenance Needs

•For any issues with cigarette butt cans:

- Facility Buildings: Call Custodial Department at 480-1590
- Bachelor Residential Housing: Call Shelter & Billeting Department at 480-3450

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WEEKLY TROPICAL WEATHER THREAT OUTLOOK

RTS WEATHER STATION STAFF

Discussion:

Through yesterday, we have received 0.75 inches of rain for February, which is 0.66 inches below normal for the month. So far in 2025, we have only received 2.49 inches of precipitation, which is 2.93 inches below normal for the year. Generally negative trade-wind inversion conditions have dominated, but a more positive MJO circulation has helped to give a bit of a bump in the last few days for the central RMI, and we anticipate some troughing to move through our area on Monday with greater shower coverage, but expecting generally dry conditions on Wednesday. We are now just over halfway through the dry season. No thunderstorm days occurred over the past seven days. A thunderstorm day is defined as an "in situ" lightning strike within five miles of the weather station. The Intertropical Convergence Zone (ITCZ) is established to the south of the Marshall Islands, as is typical through February, but is expected to migrate to the north somewhat by Sunday night, giving us the augmented shower chances for the atoll on Monday. The Madden/Julian Oscillation (MJO) has transitioned to its positive phase over the Marshall Islands. This positive phase acts to assist in increased shower coverage, when working in concert with any major atmospheric lifting mechanism that transits our area. The El Nino Southern Oscillation (ENSO) is in mild La Nina conditions, with the sea surface temperatures (SST) in the central Pacific (ocean to the east of the RMI) below normal. Cooler temperatures in the Pacific to the east of the RMI work to temper our shower activity, and are the main reason for the lower-than-normal precipitation so far this year, as almost all of our rain producers come from the east. These cooler temperatures are having a disproportionate effect on the central Pacific compared to their normal impacts on the eastern Pacific. Cooler surface ocean temperatures in the central Pacific also tend to work again tropical cyclone development to the east of the RMI, where it could pose a threat to our region. We are also out of the tropical cyclone season as a whole for the western Pacific with the northern winter now climatologically in place.

The National Weather Service is currently indicating that Kwajalein Atoll is in Moderate Drought Conditions, and as the lowest precipitation anomaly of all major atolls in the RMI.

Tropical Cyclones:

No significant tropical cyclone activity expected to affect anywhere in Micronesia, the Mariana Islands, Wake Island or Hawai'i. We are in climatological winter for the northwest Pacific, which generally bring a considerable decline in tropical cyclone activity.

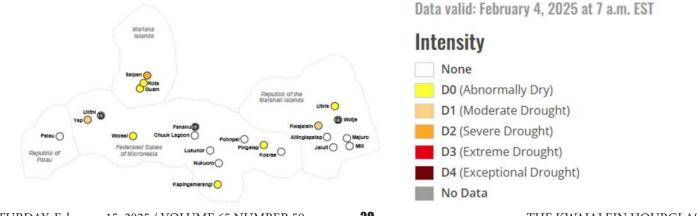
Damaging West Winds / Westerly Swell:

None expected. Micronesia is northeast trade wind dominant.

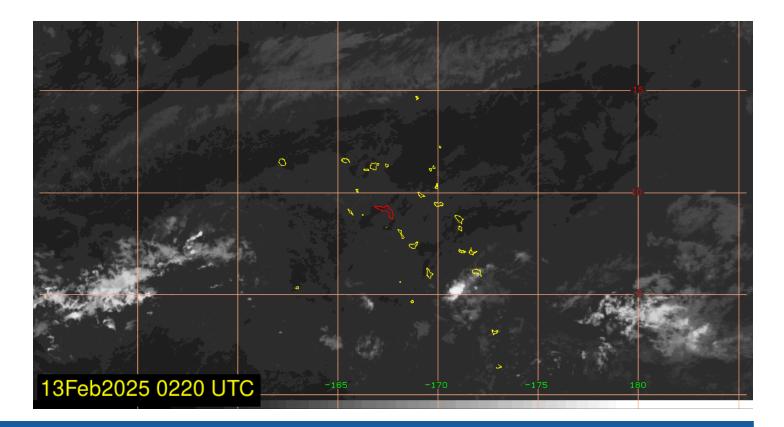
<u>Swell / Tide Inundation</u> <u>for Kwajalein Atoll and</u> <u>Wake Island</u>:

Tonight, will be the fullmoon with a high tide range above four feet until 16th, and then we move back into a neap tide situation with the waning half-moon on the 20th. Swells will have more of a northly component to them for the next seven days, but will be well below any advisory levels, and come from more of a 350 to 360 northerly direction which causes them to encounter Rongelap Atoll, to become tempered some in the atoll's lee. Expect winds to be lower than normal windy season levels, maintaining mostly in the low lower teens. We anticipate winds to increase more back to their Windy Season levels during the workweek to the middle teens. There may be some gusty winds on Monday associated with heavier showers that occur near the atoll. The issuance of a Small Craft Advisory (SCA) or a High Surf Advisory (HSA) is not expected for the next seven days.

Purpose: This weekly briefing is delivered Thursday mornings to island leadership. The intention of this briefing is to provide situational awareness of weather events that may interrupt operations and transportation around Kwajalein, to/ from Hawaii and Guam, and in the Wake vicinity. The main threat assessed in this brief is existing and potential development of tropical cyclone activity. This brief also provides an outlook of abnormal winds, sea state, and precipitation guidance for next 7 days around the Kwajalein Atoll. The distribution list will also receive updates on any developing tropical cyclone activity in the Kwajalein region that occur between the weekly outlook product.



Map released: Thurs, February 6, 2025



WEATHER

RTS WEATHER STATION STAFF

WEATHER DIS-CUSSION

Dry conditions are expected to continue on Saturday and for the first half of the weekend before somewhat wetter weather moves in on Monday. Subtropical ridging to the north continues to promote dry, sinking motion throughout the atmospheric column. This, along with a lack of surface forcing mechanisms, means shower activity will be limited to stray for Saturday and Sunday. On Monday, an atmospheric wave will move through the RMI, which may bring some much needed rainfall to the Atoll. Additionally, there may be enough colder temperatures and divergence aloft to gen-

or two, so there will be a remote chance of a stray thunderstorm on Monday. The lack of a well-established Inter-Tropical Convergence Zone (ITCZ) to the south has loosened the pressure gradient across the RMI, and this will continue to result in unseasonably light winds. Winds generally will be east-northeasterly in the upper single digits to low teens through Sunday before becoming more easterly on Monday as the atmospheric wave moves through.

erate a lightning strike

SATURDAY

Mostly sunny with stray showers. Winds will be NE-E at 8-13 knots with higher gusts possible near showers.

SUNDAY

Partly sunny with stray showers. Winds will be NE-E at 6-11 knots with higher gusts possible near showers.

MONDAY

Partly sunny with isolated showers. A stray thunderstorm cannot be completely ruled out. Winds will be ENE-ESE at 8-13 knots with higher gusts possible near showers.

NEXT WEEK

Relatively dry conditions appear likely for most of next week, outside of occasional shower chances generated by areas of speed convergence. Winds look to gradually inthroughout crease the week, as the ITCZ begins to reorganize somewhat to our south and works to tighten the pressure gradient across the RMI.

SUN-MOON-TIDES

	and the second s		And Annual Annua
SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
7:07 a.m.	9:45 p.m.	6:14 a.m. 4.0'	12:11 a.m0.5'
6:59 p.m.	9:19 a.m.	6:20 p.m. 4.2	12:12 p.m0.2'
7:07 a.m.	10:28 p.m.	6:38 a.m. 3.9'	12:32 a.m0.3'
6:59 p.m.	9:55 a.m.	6:42 p.m. 3.9'	12:39 p.m. 0.0'
7:07 a.m.	11:13 p.m.	7:02 a.m. 3.7'	12:52 a.m0.1'
6:59 p.m.	10:32 a.m.	7:03 p.m. 3.4	1:06 p.m. 0.3'
7:07 a.m.		7:28 a.m. 3.5'	1:13 a.m. 0.2'
6:59 p.m.	11:11 a.m.	7:25 p.m. 3.0'	1:35 p.m. 0.7'
7:06 a.m.	12:00 a.m.	7:58 a.m. 3.2'	1:33 a.m. 0.5'
6:59 p.m.	11:53 a.m.	7:46 p.m. 2.5	2:12 p.m. 1.1'
7:06 a.m.	12:50 a.m.	8:43 a.m. 2.8'	1:54 a.m. 0.9'
7:00 p.m.	12:39 p.m.	8:12 p.m. 1.9	3:20 p.m. 1.5'
7:06 a.m.	1:42 a.m.	10:45 a.m. 2.5'	2:25 a.m. 1.3'
7:00 p.m.	1:29 p.m.		8:16 p.m. 1.4'
	SUNSET 7:07 a.m. 6:59 p.m. 7:07 a.m. 6:59 p.m. 7:07 a.m. 6:59 p.m. 7:07 a.m. 6:59 p.m. 7:06 a.m. 7:06 a.m. 7:00 p.m. 7:06 a.m.	SUNSET MOONSET 7:07 a.m. 9:45 p.m. 6:59 p.m. 9:19 a.m. 7:07 a.m. 10:28 p.m. 6:59 p.m. 9:55 a.m. 7:07 a.m. 10:32 a.m. 7:07 a.m. 11:13 p.m. 6:59 p.m. 11:13 a.m. 7:07 a.m. 11:11 a.m. 7:07 a.m. 11:11 a.m. 7:07 a.m. 11:11 a.m. 7:06 a.m. 12:00 a.m. 7:06 a.m. 12:30 a.m. 7:08 a.m. 12:32 p.m.	SUNSET MOONSET 7:07 a.m. 9:45 p.m. 6:14 a.m. 4.0' 6:59 p.m. 9:19 a.m. 6:20 p.m. 4.2' 7:07 a.m. 10:28 p.m. 6:38 a.m. 3.9' 6:59 p.m. 9:55 a.m. 6:42 p.m. 3.9' 7:07 a.m. 11:13 p.m. 7:02 a.m. 3.7' 7:07 a.m. 11:13 p.m. 7:02 a.m. 3.4' 7:07 a.m. 11:11 a.m. 7:28 a.m. 3.4' 7:07 a.m. 11:11 a.m. 7:28 a.m. 3.2' 6:59 p.m. 11:11 a.m. 7:25 p.m. 3.0' 7:06 a.m. 12:00 a.m. 7:58 a.m. 3.2' 7:06 a.m. 12:50 a.m. 8:43 a.m. 2.8' 7:00 p.m. 12:39 p.m. 8:12 p.m. 1.9'

FOR QUESTIONS ABOUT ISLAND LIFE AND ARMY REG-ULATIONS, PLEASE CALL THE COMMANDER'S HOTLINE AT 480-1098. FOLLOW THE USAG-KA FACEBOOK PAGE TO RECEIVE INFORMATION AND UPDATES REGARDING SAFETY INFORMATION, EVENTS, AND OFFICIAL COM-MAND ACTIVITES.



