

VOLUME 65 NUMBER 60

FEBRUARY 22, 2025

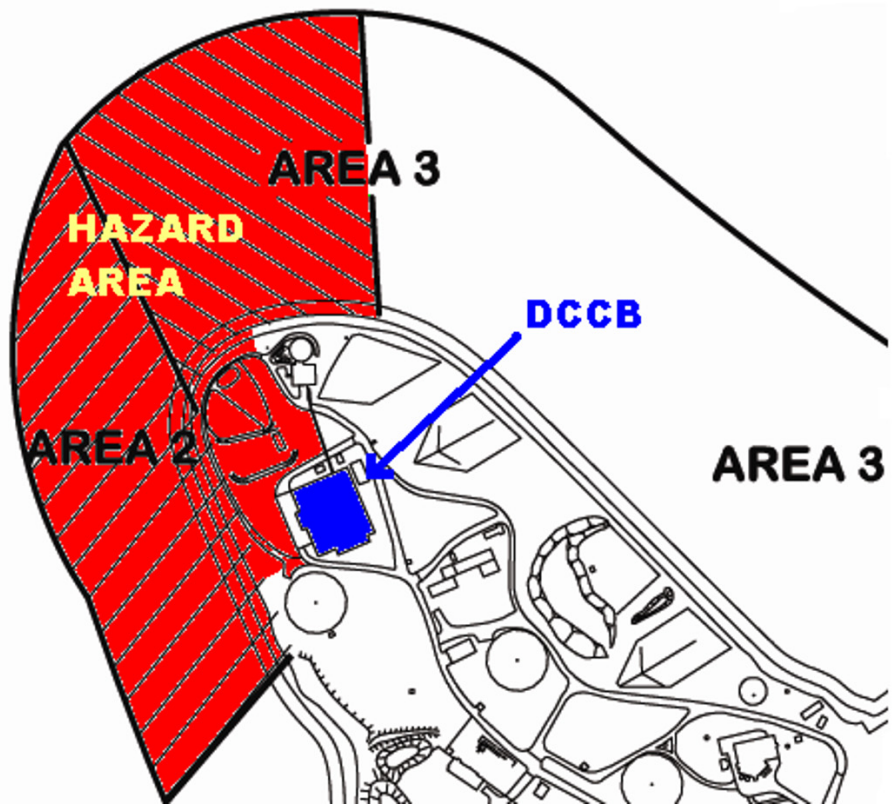
THE KWAJALEIN HOURGLASS





Chenega will be conducting a small arms range on 21 February 2025 from 0800hrs to 1200hrs.

Please observe the **RED FLAG** hazard area. If you have any questions, contact CPT Johnson at 480-9046.



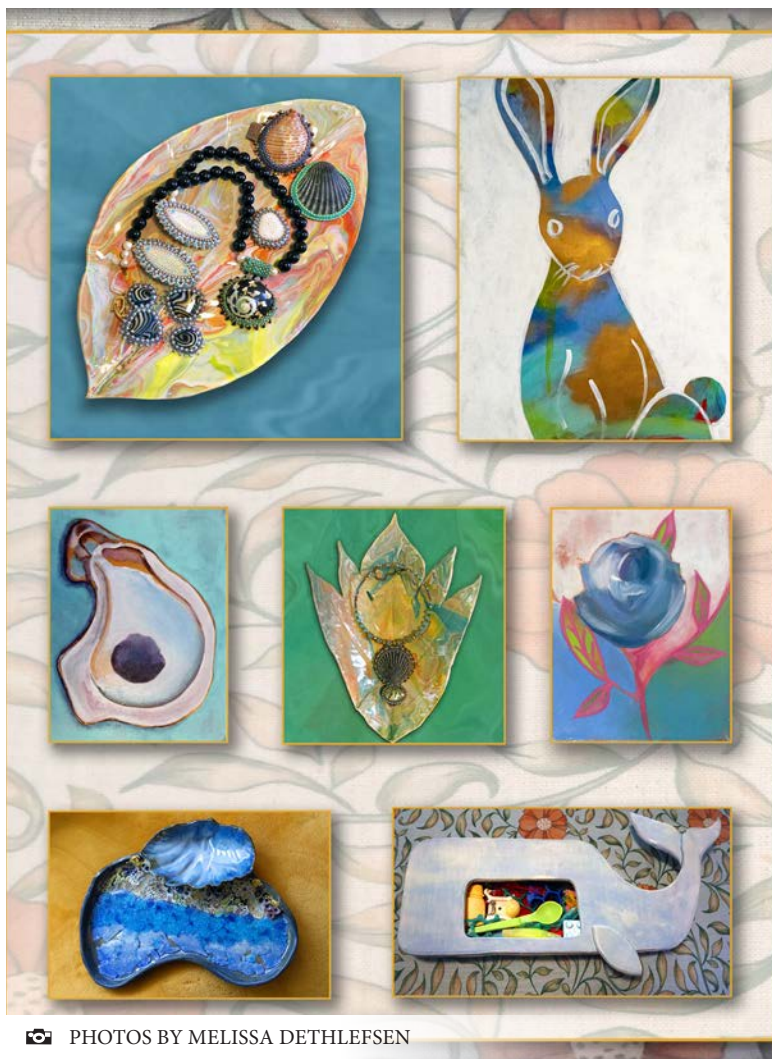
THE KWAJALEIN HOURGLASS

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.

EARN YOUR TEAM KWAJ TAB!

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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Garrison CSM.....Command Sgt. Maj. Ernest Miller
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Reporter.....Christy Wagnon



PHOTOS BY MELISSA DETHLEFSEN



COMMUNITY LOCAL ARTIST ANNE HISLE

HOURLASS REPORT

From the moment you walk into Anne's house, you can tell someone creative lives there. It is a visual feast for the eyes. There is artwork all around, and every piece is unique. Anne is multi-talented, from creating intricate beaded jewelry and pottery to paintings. She brings many styles together through color, texture, and shape. A variety of her pieces are mixed media, such as her beaded shell pendants and a whale pottery piece that has found plastic items from the beach.

What sort of art/craft do you make?

All sorts. I enjoy beading, making jewelry, painting, fiber arts, mixed media art and since coming to Kwaj, I create a bit more with "found objects." Oh, and I've definitely enjoyed learning to make pottery at the Hobby Shop!

What material and techniques do you prefer, and why?

I actually prefer making larger items such as larger paintings and jewelry pieces, but lately I tend to work more with smaller surfaces. Access to materials is one of the hurdles out here, but also from a time and space standpoint. I

don't have enough of either to work on a lot of the larger things that I'd like to execute.

How long have you been making art/crafts?

As long as I can recall. I have always "made stuff."

Can you describe your creative process?

I have a little journal that I jot down ideas in but generally speaking, I don't really have one. I mostly think of something that I want to create, and if time and materials allow, I work on making it come to life.

How do you approach a new project?

It depends. Sometimes I can't wait to dig into something and get it done. Unfortunately, often times life gets in the way and items sit unfinished for quite a while, and in the meantime, I discover another totally different project that I can't wait to begin on.

What on Kwajalein inspires you?

The Marshallese. I really love the people—their kindness and generosity is unparalleled. I also really love the vibrancy and use of color

and patterns on the ladies' dresses and skirts! They just always bring joy to the eye. I am equally in love with the use of existing materials such as shells and plant fibers in Marshallese jewelry. I love the palm weaving that the women do at Mani Day. The

Marshallese cultural influence here has pushed me to do some more work with my own beading as a half Native American.

What is the best or most interesting art/craft you've made? Why?

I can't say it's always the best, but to me the most interesting thing is always what I'm currently working on. Recently, I have really been enjoying making beaded earrings. They are each unique depending on the cabochon inserts and beads that are

used. It's very important to me that whatever I make is one of a kind. Also, I find beading is peaceful, somewhat meditative, and mostly portable. It's then just a bonus that I get to wear it afterwards! 🕒

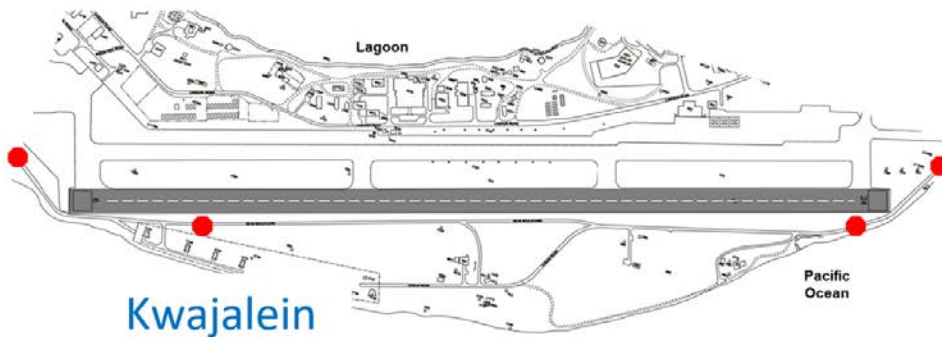


KWAJALEIN & ROI NAMUR, STOP FOR AIRCRAFT!!

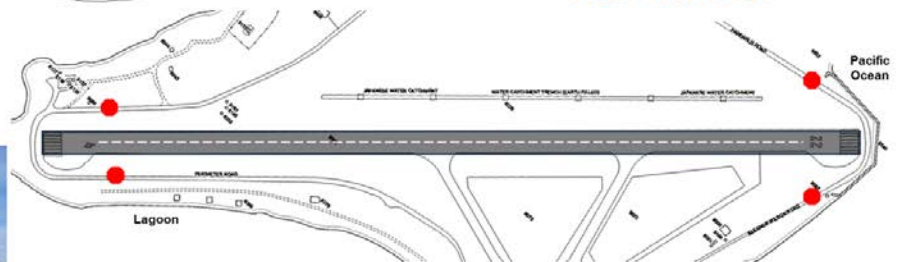


Please remember to stop and look both ways for aircraft on:
Zeus Blvd., Ocean Rd., Perimeter Rd., Pandanus Rd., Eleanor
Wilson Rd.

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



Roi Namur



**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.**

2025 SWEETHEART RELAY RUN RESULTS

HOURLASS REPORT

The Kwajalein Running Club's 48th Annual Sweetheart Relay took place on Monday, February 17, 2025. 13 teams of 4 gathered to run their fastest handicapped mile. Handicaps were computed based on age and gender where the old and the young received the highest handicaps and those in their teen years to twenties, received little to no handicap.

The team of JP Melody, Mandy Melody, Heather Miller and Eric Miller finished first, 2 minutes ahead of the nearest competition. Highlights were high school female, Sydney Jones and Eric Hanson in a mad home-stretch sprint to finish neck and neck. Youthful entertainment came from Isaiah Gerber (7 yrs). When Isaiah rounded the last corner, 100

yards from the finish, the finish line crowd erupted in a loud cheer. Inspired by this, Isaiah broke into an entertaining sprint that included slaloming down the crown of the road and even hurdling a small pothole at high speed! The youngest participant was 5 year old Emerson Mack running on a team with his big brother Wesley, and parents, Andrew and Kaila Mack. The fastest actual mile was 5:20 by the promising youth, 14 year old Lucas Robins. The fastest net mile by nearly one minute was Holly Graf's unprecedented 3:09! Whoa! 🏃



IMAGE BY KWAJALEIN HOURLASS

Annual Hazardous Materials, Wastes, and Petroleum Product (HMWPP) Training (ENV-100), Spill Response Awareness Training (ENV-110), and PCB Management Training (ENV-190) on Roi-Namur Island

Training is required for tenants on Roi that manage HMWPP storage areas (i.e., facilities that store an aggregate quantity greater than 55-gallons of HMWPP) or deal in PCBs.

Roi-Namur (The TRADEX Conference Room):

Tuesday, March 25, 2025 (HMWPP Custodian Training)

- 9:00 a.m. – 11:00 a.m.
- 1:00 p.m. – 3:00 p.m.

Wednesday, March 26, 2025 (PCB Management Training)

- 9:00 a.m. – 11:00 a.m.

Pre-register is not required to attend trainings.

Questions? Please Call the Environmental Department at 480-2633.

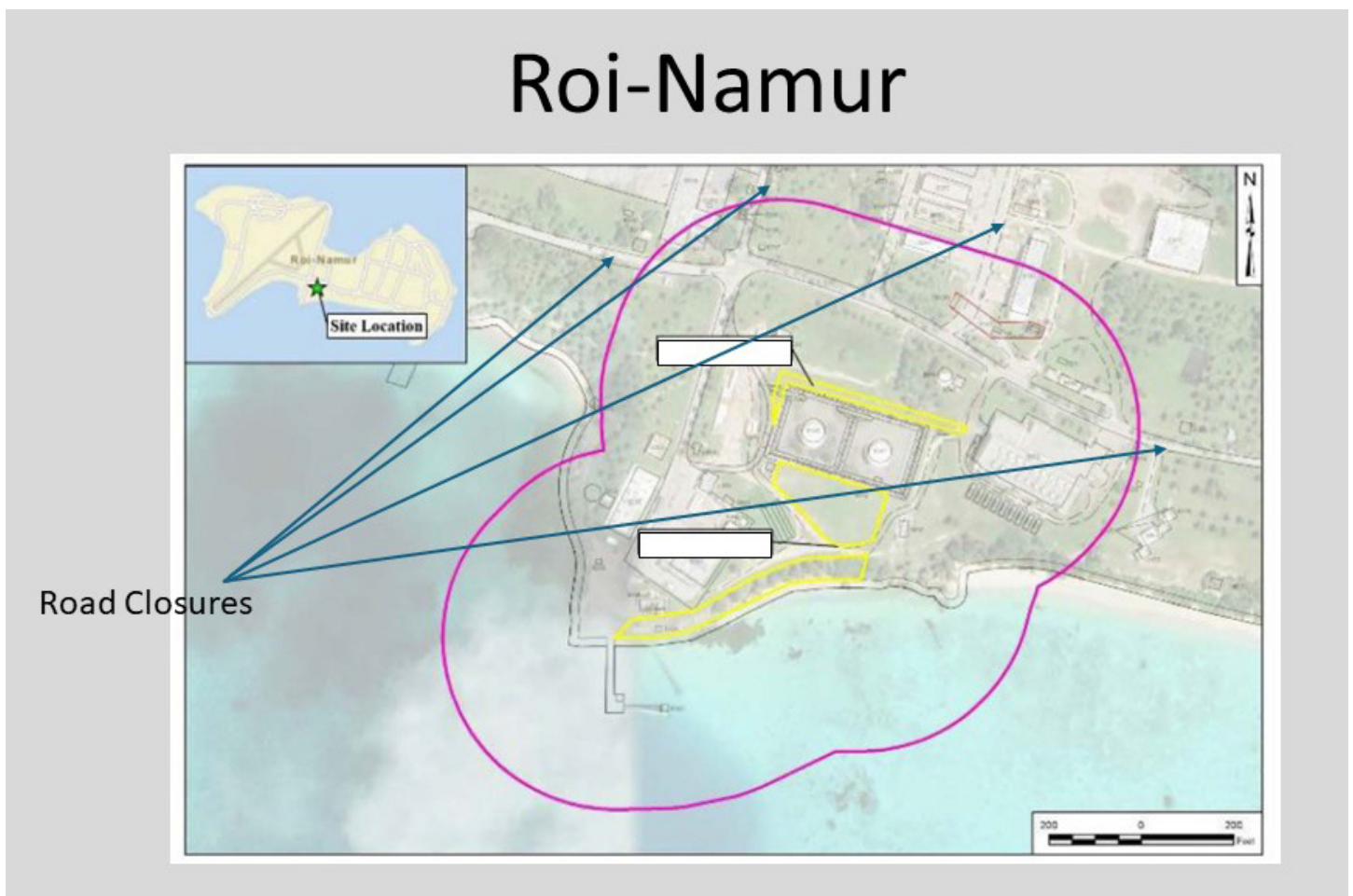


UXO CLEARING FOR CONSTRUCTION SUPPORT

On Roi-Namur Beginning 21 February Operations will be conducted at night from 2000-0430 Monday-Friday The following maps show Road Closures, Exclusion Zones, & Operations Overview

Roi-Namur POL/AST

- Construction operations anticipated to start 21 February
- Operations will be conducted at night from 2000-0430 Monday-Friday
- UXO Techs will conduct clearance operations in identified areas
- Barricades will be placed to signal all pedestrians and vehicles to use alternate routes
- Please avoid traveling or traversing in the indicated areas without a UXO Escort



HEY, POSTMASTER. WHEN WE RECEIVE THE NOTIFICATION THAT WE HAVE A LARGE AMOUNT OF MAIL AND NEED TO BRING A TRAILER, WE DO NOT GET NOTIFICATIONS FROM THE SYSTEM THAT TELL US WE HAVE MAIL READY FOR PICKUP, NOR NOTIFICATIONS STATING THAT THE MAIL HAS BEEN DELIVERED.



IMAGE BY KWAJALEIN HOURGLASS

ABOVE: Artist's depiction of the concerned citizens' query.

COMMUNITY

POSTMASTER UNIVERSITY | MAIL NOTIFICATION

HOURGLASS REPORT

Great question! Glad you asked! First, we have identified an issue with a premature email stating that Customers should bring a trailer. It was meant to be a proactive approach, and it was not intended to cause confusion. I understand your concern; however, it is always best practice to wait for the notification advising that you have mail available for pick-up.

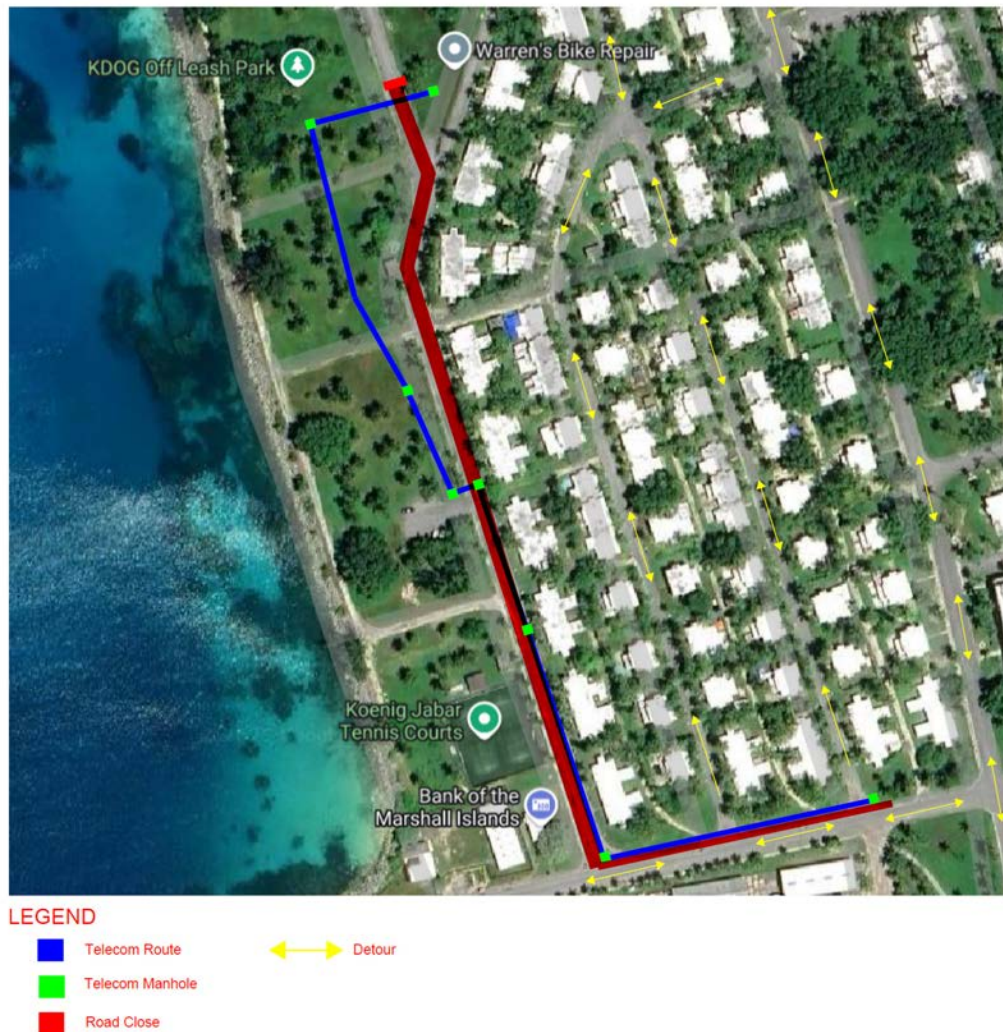
We have a multiple step process, the first email alerts the customer that they have mail/packages available for pick-up. The second email alerts the customer that their mail/packages are ready for pick-up and how many.

As always, we appreciate the patience of the Community. 🙏

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



PHOTO BY MELISSA DETHLEFSEN



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

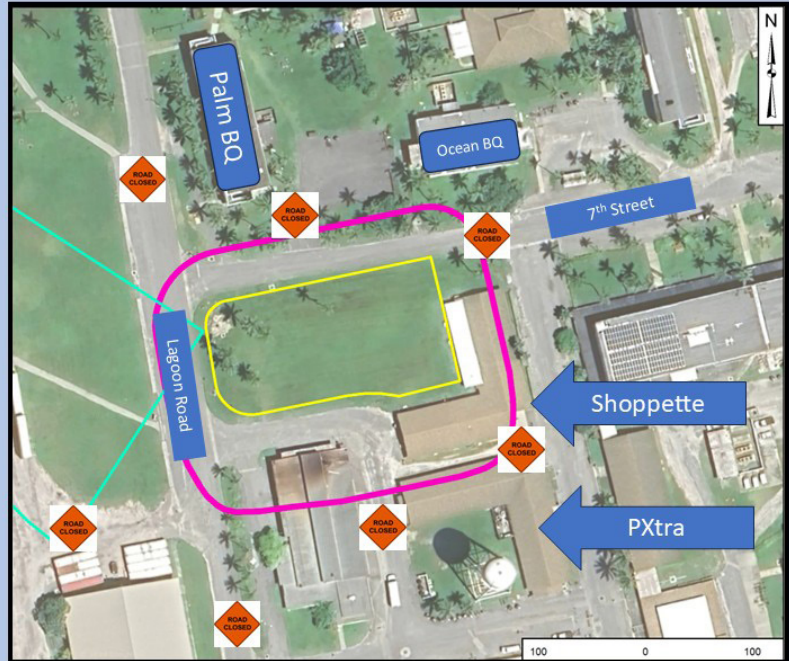
Nan, Inc. will secure the area with barriers, safety signage and road plates. Traffic control personnel will be on-site to manage the flow of traffic and ensure safety for both workers and the public.

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.

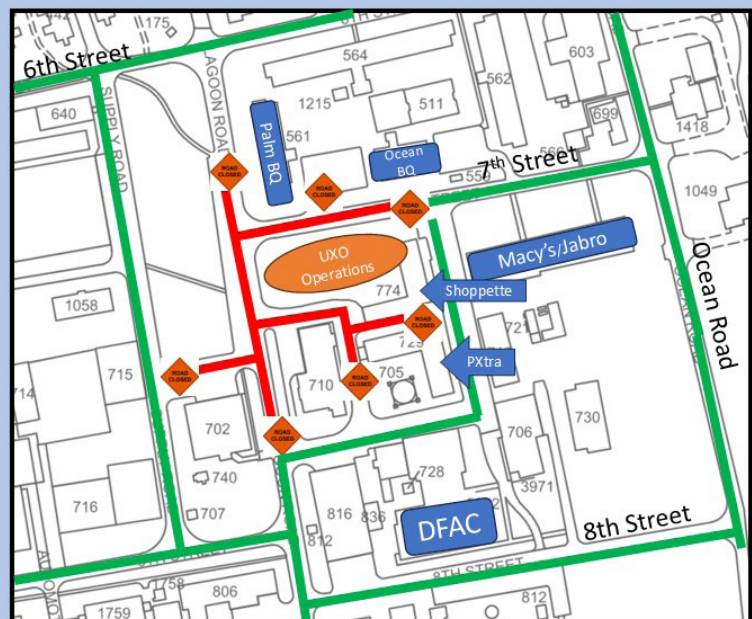
Public Notice – UXO Clearance Operations

- The following facilities must 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



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 attendee!
6. Visit Marshallese Cultural Center in last 3 months prior to tab award.
7. Visit Ebeye, Third island or Majuro in last 3 months prior to tab, use a Marshallese phrase or two and visit a store/restaurant.
8. Tell three co-workers how to earn the TEAM KWAJ tab.
9. Swim, snorkel, boat or paddle on the lagoon at least once with a teammate.
10. Complete the TEAM KWAJ Circle-island 6-mile ruck march/walk/bike and read all historic battlefield markers. This is an organized USAG-KA hosted event several times per year.
11. Mission Partner wild card event—discuss with your supervisor any additional organizational requirement. Could be knowledge-based, achievement-based, or physical challenge.
12. Final event, "Board of Review" -- meet with Col. Morgan face-to-face individually or in a small group with all requirements fulfilled. Schedule with garrison front office. Discussion items may include but are not limited to; TEAM KWAJ pact - "Healthy Community of Excellence," Kwaj history, Marshallese culture, military/strategic missions and their significance, and future operational potential.

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



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

FOR KWAJ COMMAND TEAM INFO & UPDATES



TEAM KWAJ COMMANDER



@TeamKwajCommander

KEEP FOLLOWING



U.S. ARMY GARRISON - KWAJALEIN ATOLL



NASA ASTRONAUT ANDREW "DREW" MORGAN



@AstroDrewMorgan

Kwajalein



MIA Project

NEVER FORGET.

<https://kwajaleinmiaproject.us/>

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.

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.

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. 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.



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

UA Schedule Effective Now: Monday and 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. Morn-
ing 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 ap-
pointment 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 some-
thing. All employees on USAG-KA are required
to receive annual Threat Awareness and Re-
porting Program training provided by KRO; Re-
porting: Report suspicious activities to the Kwa-
jalein Resident Office at 480-9859/1293/8006 at
Bldg. 1163.

PCS & Vacation Tips. Notify the post office be-
fore 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 consid-
ered 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 Appoint-
ments 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.

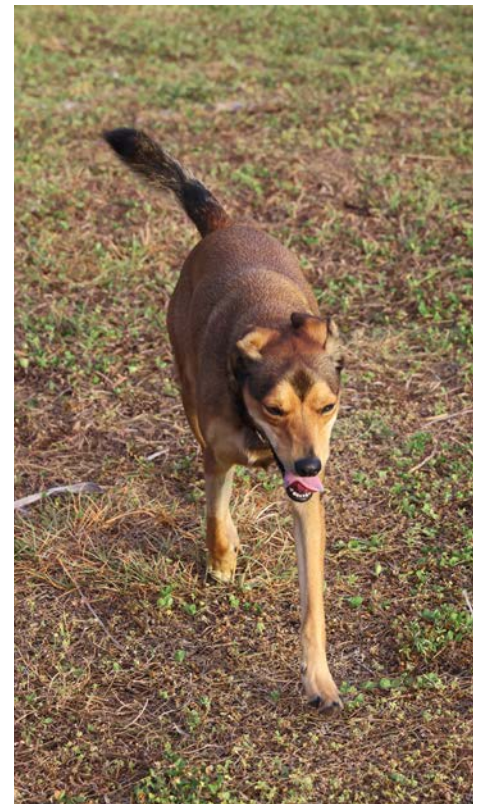
HELP WANTED
For employment with contractors
within the
U.S. Army Garrison - Kwajalein Atoll
please check
contractor company
websites
for employment opportunities.

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 Com-
munity - Giving you the head start you need to
thrive! - Open Tuesday through Saturday by ap-
pointment
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

A poster with a dark background. On the left, a military helmet sits on a tripod-mounted device, silhouetted against a bright, hazy sky. In the bottom left corner is the U.S. Army logo and the text "Like and share @USArmyOPSEC". On the right, a dark grey box contains the text "OPSEC IS NOT RETROACTIVE. THINK BEFORE YOU SHARE INFORMATION. ONLINE AND OFFLINE." in yellow and white capital letters.

**OPSEC
IS NOT
RETROACTIVE.**
**THINK BEFORE
YOU SHARE
INFORMATION.**
ONLINE AND OFFLINE.


Like and share @USArmyOPSEC

Presented by



VARIETY SHOW

Everyone is invited to watch!

**Sunday, March 30
6 P.M. - MP Room**

Social Hour:
Popcorn
5 - 5:55 P.M.



**All proceeds from donations
will go to sponsoring students
in Ebeye to attend school.**

Republic of the Marshall Islands (RMI) Driver's License Renewal and New Issue

- Republic of the Marshall Island's Department of Motor Vehicle will visit USAG-KA to process RMI driver's license renewals and new issues on these date and times:



- **Roi-Namur**
Venue: Roi Library
Date: Thursday, 06 March 2025
Times: 9am to 5pm
- **Kwajalein**
Venue: RMI Liaison Office, Down-Town
Date: Monday, 03 March 2025
Times: 9am to 5pm
- If you would like to renew or get a new RMI driver's license, please bring a current picture-identification card (e.g. State-side driver's license, K or C- Badge, passport). Cost for a renewal or new issue is \$20. Please pay in cash only. Questions, please call the RMI Representative to USAG-KA's office at 480-3620/3600 or the USAG-KA Host Nation Office at 480-2103/5325.

E-wareness: Shoreline Protection

USAG-KA leased islands at Kwajalein Atoll have several miles of shoreline that are protected naturally or with man-made structures. Shoreline areas provide habitat (birds, crabs, turtle nesting), recreation for residents, and protection from waves. Threats to the shoreline areas include run-off from on-island activities, offshore spills, and erosion from wave action. Vegetation along the shoreline provides soil stability, habitat areas, and prevents runoff.

What can you do?

- Scoop the poop! Pet waste can contribute bacteria and excess nutrients to surface waters.
- Any activities with the potential to impact areas within 50 ft. of the shoreline (demolition, construction, vegetation removal...etc.) require review and approval.

If you have any questions, please call Vectrus Environmental at 480-0722. Thank you!!



E-wareness: Kejbarok Ibarijet

Aeto ko emoj an USAG-KA lease i ion Kwajalein Atoll ewor jet mile ko me emoj komman ak illik jet men ko ak kokkalle ko non kejbarok i. Konan emman ibarijet in jokkein, ekomman bwe en emman non jikin kabbed (bao, baru, jikin lik an won), jabdrewot men ko armej remaron kommane ie, im kejbarok jen no ko. Men ko remaron kakkure ijokein rej einwot jabdewot men ko ilo rej bed ilo dren ko rej lutoklok jen enne non lojet, lutok in oil, kab jorren ko jen no ko. Menin errek ko itorerein ibarijet rej komman bwe en tot bwirej ko, komman jikin kabbed, im kejbarok lutoklok in dren jen ene non lojet.

Ta komaron kommane?

- Bok jen bwirej! Bwirej ko an menin mour ko remaron komman kij ko non ion lojet.
- Jabdewot makutkut iloan 50 ne (rubrub, ekkal, ka-iine...etc.) rej aikuj bar lale im komalim.

Elane elon am kajjitok, jouj im kurlok vectrus Environmental ilo 480-0722. Komol!



WHAT COULD THIS BE? 🤔



SEND YOUR GUESS TO
THE PAO EMAIL BELOW!

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.

Kwajalein Reclaimed Water Standard Violation

The Reclaimed Water System Document of Environmental Protection (DEP) requires public notification when the standards for reclaimed water are not met. In January 2025, 92.2% of all reclaimed water samples were above 0.5 mg/L chlorine concentration which is less than the required 95% standard. Chlorine is added as a disinfectant at the Point of Entry into the Reclaimed Water System. On 22 & 24 January 2025, the 7-day rolling turbidity average in the reclaimed water distribution system measured above the 2.0 Nephelometric Turbidity Units (NTUs) standard. Turbidity is the cloudiness or haziness of a liquid caused by particles that are generally invisible to the naked eye. No health-based restrictions on the normal use (irrigation, vehicle washing, etc) of reclaimed water are necessary. There is no threat to public health or the environment resulting from this turbidity exceedance. Questions? Contact V2X Environmental at 480-0722.

Jorraan Eo Ilo Reclaimed Water System Eo Ion Kwajalein

Ekkar non Reclaimed Water Document eo an Environmental Protection/ak naetan (DEP) aikuj bwe en karon jukjuk in ped elane ewor jorraan ko rejolet dren eo ion Kwajalein. Kar January 2025, 92.2 % in sample ko rar ilon in 0.5 mg/L chlorine concentration eo erik jen jonin ej required 95% standard. Ilo 22 im 24 January 2025, 7-ran rolling turbidity average in the reclaimed water distribution system eo ej kalog ke ej ilon lok 2.0 Nephelometric Turbidity Unit (NTU) Standard. Menin ekomman bwe en laplok an tap ak ettoon dren in ilo an koman kii ko jeban loi. Ejjab jelet ejmour non karon im rejan ikkijeon ko jermal dren in (non wutdrikdrik, kwali waa ko, im jermal ko eirlokwo) non aikuij ko jet. Jokjok in eban jelet ejmour ak jukjuk bed ilon alik kar ilo ekotak kein. Kajitok kir V2X Environmental ilo 480-0722.

C I N E M A

Now Showing at the Yuk Theater

Saturday, February 1

"Air" (2023) (R) 111 min.

Sunday, February 2

"Cadillac Records" (2008)

(R) 109 min.



Saturday, February 8

"Bob Marley: One Love" (2024)

(PG-13) 107 min.

Sunday, February 9

"I Wanna Dance with Somebody"

(2022)

(PG-13) 144 min.

Saturday, February 15

"Nope" (2022) (R) 130 min.

Sunday, February 16

"The Woman King" (2022)

(PG-13) 135 min.



Saturday, February 22

"Big George Foreman" (2023)

(PG-13) 129 min.

Sunday, February 23

"Sweetwater" (2023) (PG-13) 118

min.

All showtimes start at 7:30 p.m.



RICHARDSON THEATER

SATURDAY, FEBRUARY 1

"Glory Road" (2006)

(PG) 118 min.

SUNDAY, FEBRUARY 2

"The Great Debaters" (2007)

(PG-13) 126 min.

FRIDAY, FEBRUARY 7

"Unbroken" (2014)

(PG-13) 137 min.

SATURDAY, FEBRUARY 8

"Midway" (2019)

(PG-13) 137 min.

SUNDAY, FEBRUARY 9

"Hidden Figures" (2016)

(PG) 127 min.

SATURDAY, FEBRUARY 15

"Soul" (2020)

(PG) 100 min.

SUNDAY, FEBRUARY 16

"The Color Purple" (2023)

(PG-13) 141 min.

SATURDAY, FEBRUARY 22

"Mr. Malcolm's List" (2022)

(PG) 117 min.

SUNDAY, FEBRUARY 23

"Devotion" (2022)

(PG-13) 139 min.

All showtimes start at 7:30 p.m.



I didn't mean for you to do them all at once. Overdoing it is just as ill-advised as being sedentary.

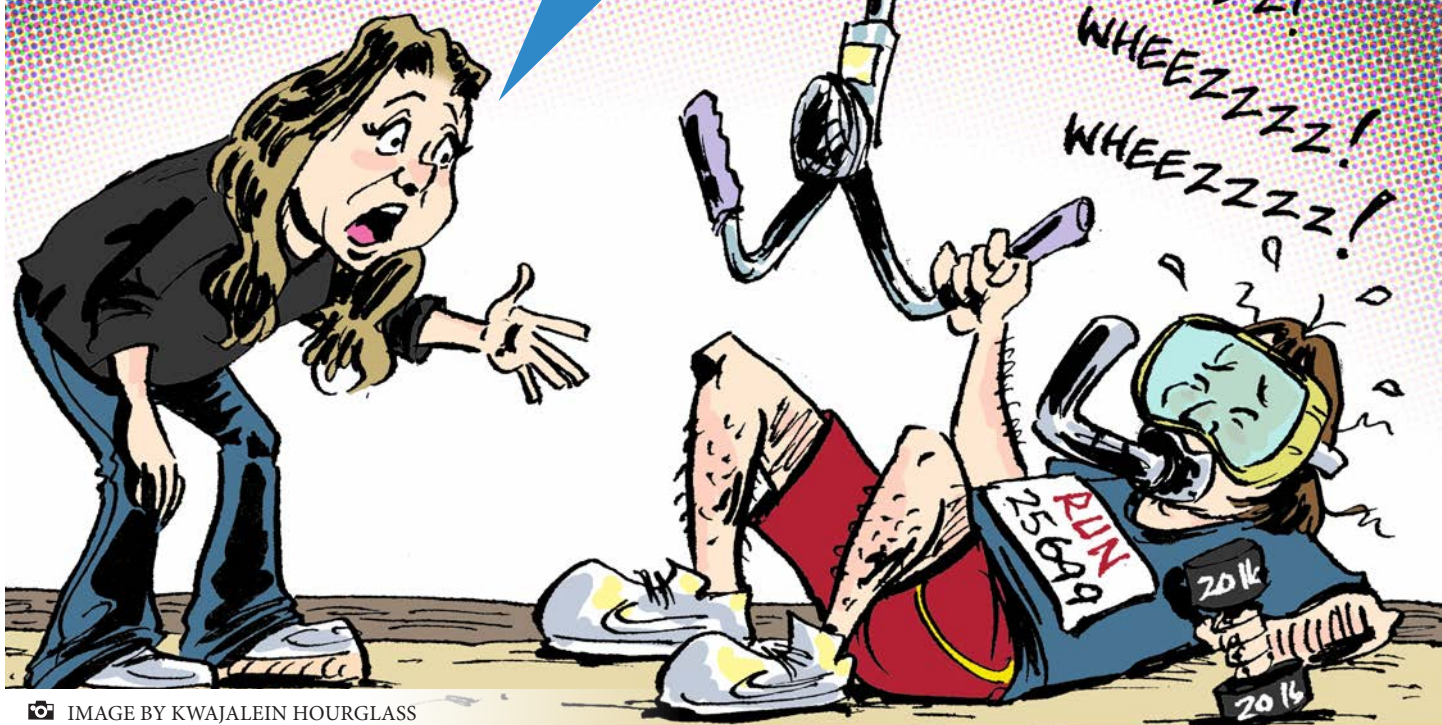


IMAGE BY KWAJALEIN HOURGLASS

COMMUNITY

EXERCISE FOR YOUR HEART: TOP HEART-HEALTHY ACTIVITIES

HOURLASS REPORT

Move Your Body, Protect Your Heart

Did you know that regular physical activity is one of the best ways to lower your risk of heart disease? Exercise strengthens your heart muscle, improves circulation, helps manage your weight, and lowers blood pressure and cholesterol. Plus, staying active reduces your stress levels, which further protects your heart.

Here are some heart-healthy exercises you can start doing today:

1. Walking

Walking is one of the easiest and most accessible forms of exercise. It's gentle on the joints but still provides a solid cardiovascular workout. Aim for at least 30 minutes a day, whether it's a brisk walk around the block or a leisurely stroll along the beach. If

you're new to exercise, start with 10–15 minute walks and gradually increase the duration.

2. Swimming

Living on an island, you have a built-in advantage when it comes to swimming! Swimming is an excellent full-body workout that builds cardiovascular endurance and muscle strength. It's also easy on the joints, making it ideal for people of all ages and fitness levels.

3. Cycling

Cycling is another low-impact activity that boosts heart health. Whether you prefer road biking or cycling indoors on a stationary bike, aim for 20–30 minutes of cycling three to five times a week. It's a fun way to get your heart pumping while exploring your surroundings.

4. Strength Training

Building muscle through strength training is crucial for heart health, as it helps improve circulation and metabolism. Use bodyweight exercises like squats, lunges, and push-ups, or incorporate weights or resistance bands if available. Aim for two or three strength-training sessions a week.

5. Yoga

Yoga isn't just about flexibility—it's also great for cardiovascular health. Regular practice can help reduce blood pressure, improve circulation, and manage stress. Incorporating deep breathing and meditation into your yoga practice can help you feel calmer and more centered.

6. Dancing

Whether it's a fun dance class or just dancing around

your living room, dancing is a fantastic way to get your heart pumping. It's enjoyable, social, and provides both aerobic and strength-building benefits. So, put on your favorite music and get moving!

Start with activities you enjoy and aim for a combination of aerobic exercise and strength training for maximum heart health benefits.

February is Heart Health Awareness Month, and it's the perfect time to focus on your heart health. Whether through preventive measures like exercise and diet, recognizing symptoms early, or simply making small lifestyle changes, there are many ways to protect your heart. This month, commit to prioritizing your heart health and encourage those around you to do the same. ▽

Soccer and Suds

Sunday (February 23rd) on Brandon Field



6:00pm – Music and Concessions

6:30pm – Kwajalein vs. Majuro (exhibition soccer)

8:00pm – Foam Party (Yastamon and DJ Pat)



Fun for the whole family!



During the dry months here on Kwajalein Atoll, we all need to be diligent in conserving non-potable water. In an effort to control water usage please limit the watering of plants to 30 minutes every other day.

Thank you for your efforts in conserving our precious resources.

WEEKLY TROPICAL WEATHER THREAT OUTLOOK

RTS WEATHER STATION STAFF

Discussion:

Through yesterday, we have received 1.04 inches of rain for February, which is 1.20 inches below normal for the month. So far in 2025, we have only received 2.78 inches of precipitation, which is 3.47 inches below normal for the year. Dry mid-levels and trade-wind inversion conditions have dominated the central RMI for the first half of February, but a more positive MJO circulation has helped to give a bit of a bump in the last few days for the central RMI, to slow the rate at which Kwajalein is becoming negative on its rainfall deficit. We should see a bump in shower coverage late afternoon tomorrow into Saturday morning due to trade-wind speed convergence, as the winds build back to their normal windy season levels. The next increase in shower coverage after that will be about a week from today with some troughing accompanied by a decrease in the winds to mostly the low teens. 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. It will be displacing farther to the north on Thursday next week, to bring about the increase in shower coverage expected on that day. 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) are about 0.3C 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 against 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.

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:

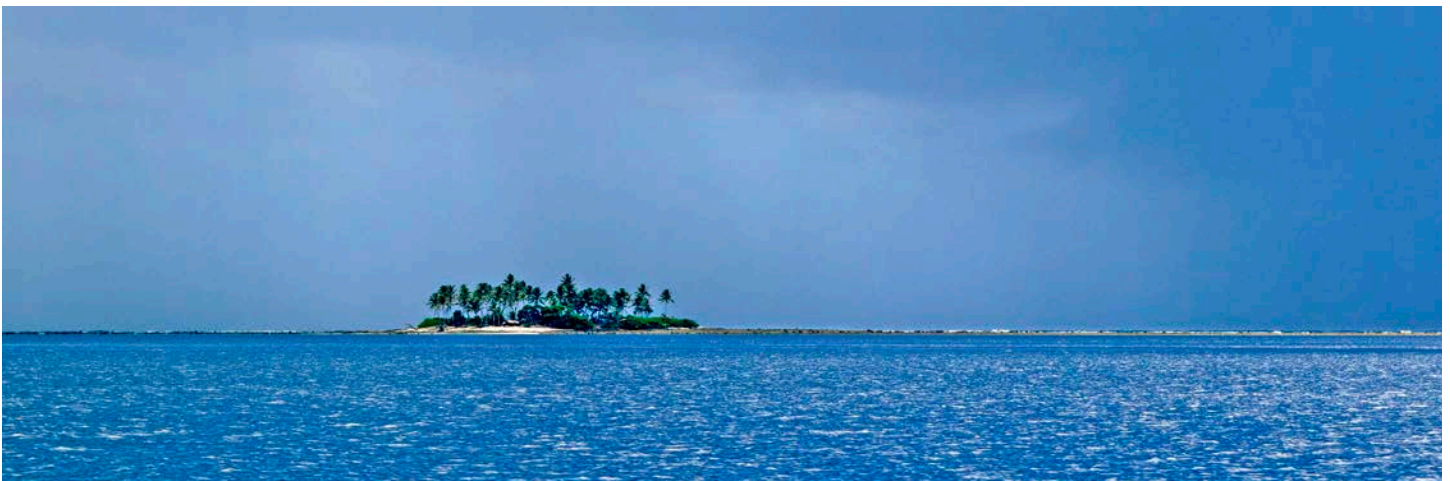
None expected. Micronesia is northeast trade wind dominant.

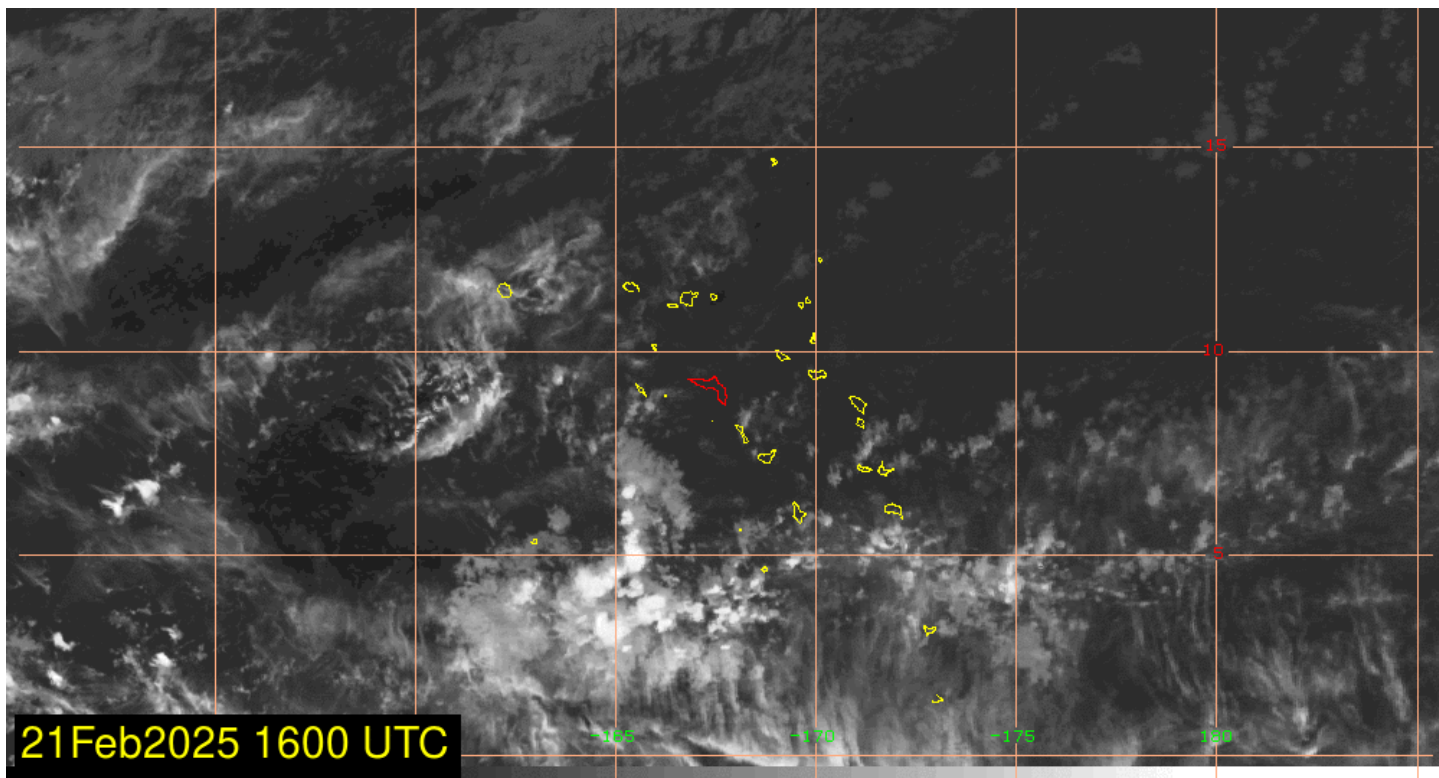
Swell / Tide Inundation for Kwajalein Atoll and Wake Island:

We are currently back in a neap tide situation with the waning half-moon today. As we move back toward a new moon on the 28th, it will be a Perigean spring tide with the Moon closer to Earth, bringing a tide situation with high tides of five feet or more from the 27th through the 1st of March. We will be watching the winds and swells carefully, as that time approaches. Winds have recovered to the low teens, for the most part, with the unusually light February winds behind us. Winds will further build back to the middle teens and upper teens

from time to time by Saturday and into the weekend. Sunday afternoon looks to see the strongest winds with gusts routinely over 20 knots occurring due to a stronger than normal northeast cross-Equatorial flow. They will settle down a bit into the work week. 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. ❏





WEATHER

RTS WEATHER STATION STAFF

WEATHER DISCUSSION

A subtropical high to the northeast will dominate the weather pattern over the atoll this weekend. As the high strengthens, we can expect a trade wind surge, with winds potentially exceeding 20 knots from Sunday into Monday, which could trigger a Small Craft Advisory. This surge in winds will create low-level speed convergence, potentially bringing additional showers throughout the weekend. The atmosphere is not favorable for thunderstorm development, so the risk of lightning will remain low. Early next week, a wave developing along the Inter-Tropical Convergence Zone

(ITCZ) could bring much-needed rain to Kwajalein.

SATURDAY

Partly sunny with stray showers. NE-E at 15-20 knots with occasional higher gusts, especially near any showers.

SUNDAY

Partly sunny with stray showers. NE-E at 19-23 knots with occasional higher gusts, especially near any showers.

MONDAY

Partly sunny with stray showers. NE-E at 18-22 knots with occasional higher gusts, especially near any showers.

NEXT WEEK

Stray showers will

begin the workweek, with winds from the NE-E at 17-21 knots, gusting higher near

showers. By Wednesday, shower coverage is expected to increase to isolated to widely

scattered. Winds will be ENE at 15-20 knots, with higher gusts near showers. ⚡

 SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	7:05 a.m. 7:00 p.m.	2:37 a.m. 2:24 p.m.	1:56 a.m. 1.7' 1:34 p.m. 2.9'	6:10 a.m. 1.5' 8:47 p.m. 0.9'
MONDAY	7:05 a.m. 7:00 p.m.	3:33 a.m. 3:22 p.m.	2:42 a.m. 2.2' 2:30 p.m. 3.5'	8:00 a.m. 1.1' 9:13 p.m. 0.3'
TUESDAY	7:04 a.m. 7:00 p.m.	4:29 a.m. 4:21 p.m.	3:10 a.m. 2.8' 3:08 p.m. 4.1'	8:47 a.m. 0.5' 9:40 p.m. -0.1'
WEDNESDAY	7:04 a.m. 7:00 p.m.	5:22 a.m. 5:19 p.m.	3:38 a.m. 3.3' 3:42 p.m. 4.6'	9:24 a.m. 0.0' 10:08 p.m. -0.5'
THURSDAY	7:04 a.m. 7:00 p.m.	6:12 a.m. 6:16 p.m.	4:08 a.m. 3.8' 4:15 p.m. 5.0'	9:59 a.m. -0.4' 10:37 p.m. -0.8'
FRIDAY	7:03 a.m. 7:00 p.m.	7:00 a.m. 7:12 p.m.	4:38 a.m. 4.2' 4:48 p.m. 5.2'	10:34 a.m. -0.8' 11:06 p.m. -1.0'
MARCH 1	7:03 a.m. 7:00 p.m.	7:46 a.m. 8:06 p.m.	5:10 a.m. 4.5' 5:21 p.m. 5.2'	11:09 a.m. -0.9' 11:36 p.m. -1.0'

FOR QUESTIONS ABOUT ISLAND LIFE AND ARMY REGULATIONS, 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 COMMAND ACTIVITIES.



Until Next Week!

