

THE KWAJALEIN HOURGLASS



THIS WEEK

**RMI TRADE FAIR
RETURNS TO USAG-KA 2**

**SURVIVOR
MAKES A DIFFERENCE 5**

**ALL FUN AND GAMES
AT FALL CARNIVAL 6**

KWAJALEIN RESIDENT LABTAK LANGRUS SHOPS FOR FRESH PRODUCE AND LOCAL FOODS AT THE RMI TRADE FAIR NOV. 7.

 JESSICA DAMBRUCH



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH ①



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Sales teams at the 2021 RMI Trade Fair came from Majuro, Ebeye and other locations in the Marshall Islands to sell handcrafted and locally-produced items. 1) Lina Kijiner-Kisino displays a handful of beautiful, woven flowers at the 2021 RMI Trade Fair Nov. 7 at the Corlett Recreation Center. 2) Members of team Toblar, a Majuro copra production company, stand for a photo with skin-care and coconut soap products. From left: Regina Alberttar, chief of operations, who has been with the company since July 1978; Mison Levai; procurement and assets manager; and Jason Heran, accounts receivable. 3) Annmery Tarki, of the Ebeye MISCo store, is ready for the RMI Trade Fair to begin.

GARRISON COMMUNITY WELCOMES BACK RMI TRADE FAIR

BY JESSICA DAMBRUCH

Kwajalein residents gathered at the Corlett Recreation Center Nov. 7 for the grand opening of a special, returning event.

The annual Marshallese Trade Fair was cancelled last year due to the impact of Covid-19 on travel and logistics outside the Republic of the Marshall Islands. Much anticipated, this year's event attendees welcomed back guests and vendors from Majuro and Ebeye, selling an array of fresh foods and handcrafted gift items, many of them made in the outer islands.

RMI Minister of Natural Resources and Commerce John Silk, USAG-KA Commander Col. Thomas Pugsley and USAG-KA Director of Host Nation Activities Maj. Jay Parsons opened the ceremony with words of welcome.

Pugsley, a first-time trade fair attendee, thanked the community members and guests queued outside for their support for an event which continues to have a positive impact on the island community.

"We are excited to offer up an opportunity for our community here on Kwa-

jalein to share and to spend some time with our host nation," Pugsley said. "We have a lot of vendors, friends and families from Ebeye and Majuro, fresh foods, unique fish and an unbelievable selection of handicrafts."

Early visitors had their pick of fresh yellowfin tuna and marlin at an outdoor sales tent. Inside the CRC, new island residents greeted members of the atoll community, tried new foods and took the opportunity to truly "shop local."

One of those shoppers is Tina Hopkins.

"I got marlin jerky," Hopkins said. She also picked up handicrafts and a tub of spiced mangoes and was eager to try the new foods.

Nearby, Kwaj resident Jay Thornton sipped a "bob" milkshake made from pandanus and ice cream.

"I've never had anything like it before," he said. "It's very sweet."

But not everyone at the trade fair is a first-time shopper.

Kwajalein resident Labtak Langrus made a beeline for tables laden with Majuro produce and purchased a bag of fresh papaya and bottles of sweet coco-

nut drinks and syrups.

"It's not always easy to find these things here," said Langrus, a Marshallese citizen.

Elsewhere, others hunted for the latest styles in locally-made jewelry.

Kalani Riklon paused at a table of necklaces and wuts from Arno Atoll studded with small, brown cowries. She was searching for a wide cuff bracelet made from these shells, but a new product caught her eye.

For Riklon, the product tells the story of its origin, an initiative marketed by the RMI Ministry of Natural Resources and Commerce as "one island, one product."

Often, it is women residents of the outer islands, Riklon said, who design and weave the finely detailed handicrafts that shoppers covet and collect each year.

She pointed out the latest in wut style—a wide, double-band of shells studded with faux black pearls—and described how she shops. "We don't have these shells [in such abundance] everywhere," Riklon said. "They are collected far away and shipped in for the fair. Many things purchased here help to support those people living in the outer islands."



NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH

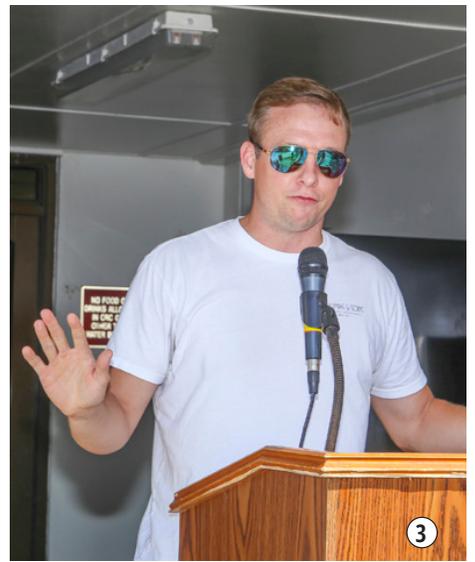
This month, the Department of Defense honors the culture, customs and contributions of Native Americans and Alaska Natives.

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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Garrison Commander.....Col. Thomas Pugsley
Garrison CSM.....Command Sgt. Maj. Ismael Ortega
Public Affairs Officer.....Mike Brantley
Communications Manager.....Randall Hisle
Editor.....Jessica "JD" Dambruch



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) RMI Minister of Natural Resources and Commerce John Silk discusses trade fair history. 2) USAG-KA Commander Col. Thomas Pugsley welcomes attendees to the trade fair. 3) USAG-KA Director of Host Nation Activities Maj. Jay Parsons opens the fair. 4,5) Inside the Corlett Recreation Center, jewelry, food and home décor vendors sell their products. 6) A vendor displays a woven

mat from Ailinglaplap. 7) Shoppers, vendors and members of a visiting Majuro delegation stand for a photo with Majuro Mayor Ladie Jack, center. 8) Jay Thornton sips a pandanus milkshake. In the Marshall Islands, the sweet fruit is called "bob." 9) Community member Maria Satterfield holds up an "obong"—round wall-hanging—studded with atoll shells.



1) Annshita Jacob displays a bottle of sweet, coconut syrup sold in repurposed soft drink bottles. 2) Jebar Julian displays colorful wut, woven flowers and wut marmar at her vendor table. 3) Surrounded by decorative wall hangings, Loreena Maie represents Elefa, a popular store on Ebeye. 4) Members of a visiting team from the Majuro Office of Commerce, Investment and Tourism offered friendly advice and travel tips to Kwaj residents planning their visits to Majuro.

5) RMI Liaison Office Specialist Kalani Riklon models a new style of wut, studded with black faux pearls. 6) This was the first RMI Trade Fair for Kwajalein resident Tina Hopkins, and she is excited to try marlin jerky. 7) A group of Kwaj residents show their enthusiasm for the trade fair at the outdoor MISCo sale tent for fish and shellfish. 8) Kwajalein resident Hernan Melo holds up two Marshallese lobsters for sale. One might say he caught a great deal.



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

Dr. Lauren Wallach, left, talks about sexual assault and domestic violence awareness with Victim Advocate Cindy Wase, from the Majuro Office of Women United Together Marshall Islands, a nonprofit human rights initiative that advocates for survivors of gender-based violence.

STORIES TO TELL OUR DAUGHTERS: WOMEN UNITED TOGETHER, MARSHALL ISLANDS

BY JESSICA DAMBRUCH

The assault was wrong.

Afterward, when preteen Cindy Wase told her grandmother she'd been sexually assaulted by a drunk cousin, the older woman asked her not to tell her grandfather. To her, the reason seemed simple.

"He'll kill him," her grandmother said.

Wase, now a mother, regularly sees her tormenter walk free, and she remembers.

Instead of staying silent, Wase found the opportunity to speak. Today, she is one member in a team of women advocates for human rights throughout the RMI. WUTMI—Women United Together Marshall Islands—serves women aged 14 and older who have been targeted or are experiencing domestic assault and gender-based violence. In addition to offering counseling, assistance and safe harbor to women who seek help, with the help of international sponsors, WUTMI offers medical screenings for colorectal cancer, breast cancer and women's health exams.

A local WUTMI office, Weto In Mour, opened on Ebeye earlier this year. Staff members there are working on a way to open a safehouse.

Wase is rare. She is a woman who is being heard, and she wants others like her to speak up.

According to a national survey published by WUTMI in 2014, more than 65 percent of Marshallese female respondents had experienced gender-based domestic violence and sexual assault. According to that survey, 90 percent never tell anyone.

"I still see him around," Wase said. After joining WUTMI—Women United Together Marshall Islands—Wase became a victim advocate for the chance to do something few might expect: to talk.

"I thought maybe my story could help someone," she said. "I want them to know they are not alone. ... I didn't know about anything like WUTMI before."

WUTMI hopes to spread its message to unite women in their struggle for equal human rights. Part of that work is educating the communities around the RMI about what to do and how to respond and offer the best assistance.

Thanks to support from the USAG-KA SHARP program and Legal Counsel,

during a recent visit to USAG-KA, Wase and team members were able to begin those conversations with members of the island community. WUTMI met with emergency responders, law enforcement and school and health officials to discuss Marshallese women's cultural concerns in asking for help.

A speaking engagement with island high school students is tentatively planned for next year.

As more women and girls learn that they can speak up, justice is being built

slowly. More voices are speaking out.

"My daughter is 11-years old, now," said Wase. "I talk to her. I tell her what to look out for."

Even if only a few people hear Wase's story, she hopes she can help them work through a terrible ordeal toward a healthier outlook.

"If you are a woman or girl who has experienced sexual assault, speak up," said Wase. "It will cause more problems if you stay quiet. It can be traumatizing. You are not alone."



COURTESY OF CINDY WASE

Wase joined *The Kwajalein Hourglass* on the air at the AFN Kwajalein studio. Check on the official USAG-KA Facebook page to listen to an audio version of her interview.



Weto in Mour

FREE AND CONFIDENTIAL SUPPORT SERVICES FOR
WOMEN AND GIRLS AGAINST GENDER-BASED VIOLENCE

MAIN EBEYE OFFICE: 625-4296

455-1724, 456-1724 AND 456-6409 TO GET HELP.

SENIOR CLASS HOSTS FALL CARNIVAL FUNDRAISER

BY JESSICA DAMBRUCH

Shrieks of laughter, pop music and the scent of buttery popcorn filled the air at the Kwajalein High School Davy Davis Multi-Purpose Room Nov. 7, as Kwaj kids and their parents traveled from game station to snack bar for the KHS Senior Class Fall Carnival.

Organized and planned by the Senior class games committee, the event is the class' only fundraiser. Proceeds fund decorations and items needed for the

spring commencement ceremony.

Activities included all the traditional carnival games—gigantic tic-tac-toe, indoor hockey, a ring toss, basketball hoops and other fun tests of skills. Kids could earn tickets to return for prizes earned.

Of course, there were a few unexpected moments.

"I got 'pied,'" said senior high school student Morgan Dethlefsen.

The afternoon featured the chance to "pie" a senior in the face. One of the hap-

less victims was Morgan Dethlefsen. He lived to share the story, and to run a prize table for the duration of the afternoon.

Fellow student Anna Acosta, a resident of Kwaj for three years, enjoys the event for the chance to interact with members of the community she doesn't often see: parents.

"You get to meet all of these different people," Acosta said. "I never knew all of these people had kids."



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

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2



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4



5

1) Tatina Samson leads play at a bubble-blowing station. 2) Kwajalein High School senior Morgan Dethlefsen mans the prizes table at the Senior Class Fall Carnival Nov. 7 at the Kwajalein High School Davy Davis Multi-Purpose Room. 3) Kwaj kids wait in line at a game station for the chance to win prize vouchers. 4) A young island resident demonstrates the proper technique for indoor "tile hockey." 5) Carnival attendees visit a prize table to pick out their winnings.

U.S. SPACE AND MISSILE DEFENSE COMMAND HISTORY

BY SHARON WATKINS-LANG, USASMDCC HISTORIAN

It wasn't his first visit to Japan, but on Nov. 11, 1983, United States President Ronald Reagan became the first U.S. president to address the National Diet—Japan's bicameral legislature.

Reagan's meeting came at a time of tense U.S.-Soviet relations. Reagan observed: "I have lived through four wars in my lifetime. So, I speak not just as president of the United States, but also as a husband, a father and as a grandfather. I believe there can be only one policy for preserving our precious civilization in this modern age: A nuclear war can never be won and must never be fought. The only value in possessing nuclear weapons is to make sure they can't be used—ever. I know I speak for people everywhere when I say our dream is to see the day when nuclear weapons will be banished from the face of the Earth."



President Reagan making remarks to the National Diet in Tokyo, Japan. Nov. 11, 1983.

Visit <https://www.youtube.com/watch?v=4nddQAcHAHk> to watch Reagan's full address from 1983.



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U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

KWAJ PIRATES ARE HOOKED ON SWASHBUCKLER'S BALL

1) From left: Julie Makovec, Mike Makovec, Larry Hensley, Christina Young and Mark Young are suited up in their fantastical finest Nov. 7 at the 2021 Kwajalein Yacht Club Swashbuckler's Ball. 2) Jordan Packard, left, stands for a photo with KYC Commodore and real-life pirate Ron Sylvester. 3) Robert Walter, left, and "pirate chaplain" Brian Conner are ready for a good party. 4) This must be the place: Produced by KYC volunteers, the Swashbuckler's ball is an annual favorite event.

Special thanks to the hardworking volunteers of the Kwajalein Yacht Club for producing a fun-filled Swashbuckler's Ball.

VETERANS DAY

WE HONOR ALL WHO HAVE SERVED



THIS WEEK IN KWAJALEIN HOURLASS HISTORY: VETERANS DAY 2001 HELD AT RICH THEATER

KWAJALEIN HOURLASS ARCHIVE

By Peter Rejcek, Associate Editor
Friday, Nov. 9, 2001

The tradition of honoring those who served in the armed forces continues this Veterans Day with a noon ceremony on Nov. 11.

But in a break with tradition, the event will take place at the Richardson Theater, not at the flagpole area near the airport as in previous years. The idea behind the move is to accommodate a larger crowd, according to Pres Lockridge, USAKA Public Affairs officer.

Lockridge said that with Soldiers again in harm's way, it's more important than ever for the public to support its veterans.

"We're hoping to have a big crowd out," Lockridge said. "We had such good success with the candlelight ceremony after the Sept. 11 attacks."

The ceremony includes remarks by

Col. Curtis L. Wrenn, Jr., USAKA commander, and Lt. Col. Clarence Johnson, RTS range commander, who will represent all veterans.

Also expect a more musical program this year, with performances by the Jr./Sr. High School Band, the Chapel Quintet, the Chapel Trip and "Amazing Grace" by the Kwajalein Pipes and Drum Corps.

Veterans Day traces its origins back to 1918, when on the 11th hour of the 11th day of the 11th month, a hush fell over the battlefields of Europe. WWI, the war to end all wars, was over. One year later, President Woodrow Wilson proclaimed Nov. 11 Armistice Day to celebrate the end of the war to honor those who fought.

In 1954, Armistice Day was redesignated "Veterans Day" to honor all American veterans, living and deceased, whether they served in war or peacetime.

"It should be a very nice ceremony, and we hope everybody comes out," Lockridge said.



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

On Nov. 10, 2018, The Kwajalein Hourglass published proceedings from an Oct. 30 range community town hall. Technical experts and range employees met at the Kwajalein High School Davye Davis Multi-Purpose Room for the special presentation hosted by U.S. Army leaders from U.S. Space and Missile Defense Command and its Technical Center. Webber discussed the future outlook for range operations and an array of Technical Center goals and objectives.

From left: RTS Master Sgt. William Gorman; Lt. Col. Jason Wamsley, RTS site director; Thomas Webber, Technical Center director; Col. Rod Stuckey, RTS range director and David Browning, Technical Center deputy director.



Island Memorial Chapel Services & Worship

Join the congregations of the Island Memorial Chapel for weekly services and praise and worship opportunities. Everyone is welcome.

Protestant Services

Early Sunday Services
Sunday, 8:15 a.m.
Traditional Worship
Small Chapel

Mid-morning Services
Sunday, 11 a.m.
Contemporary Service
Main Sanctuary

Catholic Services

Sunday, 9:15 a.m.
Main Sanctuary

Daily Mass
Tuesday through Friday
5:15 p.m.
Island Memorial Chapel office

Saturday Evening Mass
5:30 p.m.
Small chapel

Roi Services
Protestant Services
1st & 3rd Fridays at 6:30 p.m.

Kwajalein Youth Fellowship
Join us in the REB this fall at 6 p.m. on the following dates: Oct. 18; Nov. 15; and Dec. 6. For more information, contact the Island Memorial Chapel at 5-3505.

Night of Prayer and Praise
Join the Island Memorial Chapel for a night of worship. Event meets monthly at 7 p.m. on first Sundays in the IMC main sanctuary.

Prayer requests
Send prayer requests electronically to: m.me/IMCKwajalein

Counseling sessions
Counseling sessions are available by appointment. Please call 5-3505 for more information.

Kwajalein MIA Project



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

Coming Up Next

Dad's Movie Night - "Onward" (PG)
Saturday, Nov. 13 at 7:30 p.m.
Yuk Theater



Teenage elf brothers Ian and Barley embark on a magical quest to spend one more day with their late father. Like any good adventure, their journey is filled with cryptic maps, impossible obstacles and unimaginable discoveries. But when dear Mom finds out her sons are missing, she teams up with the legendary manticores to bring her beloved boys back home.

All Atoll Veterans Day Fishing Tournament

Nov. 14 - 15
Kwajalein and Roi
 Get ready for big fish stories. Come cheer on the teams Nov. 14 - 15 at the Small Boat Marina pier awards ceremony at the Annual All Atoll Veterans Day Fishing Tournament. There will be excitement. There will be tears. There will be fish. For details, contact Rick Jameson at 5-6580 or Clinton at 5-3643 for details and registration.

Eighth Grade Bike Clinic
Monday, Nov. 15
from 1 - 4 p.m.
Lagoon Road or 5th Street near the Shopette



Need help with your bike? Join this fun student fundraiser and support the eighth grade this weekend.



Turkey Trot Fun Run
Monday, Nov. 22
Emon Beach main pavilion
Register at 5 p.m.
Event begins at 5:30 p.m.

Meet at the Emon Beach main pavilion to register and walk or run your way to victory. The Turkey Trot is a fun, annual way to focus on fitness over the holidays. The event includes a two-mile run or walk prediction for the chance to win turkeys and other food items. To be fair, no watches or music are allowed for participants.



Kwajalein School System Holiday Music Concerts

The community is invited to attend the Kwajalein School System annual winter music concerts at the Kwajalein High School Davye Davis Multi-Purpose Room.

Kwajalein High School Winter Band Concerts
Friday, Nov. 19 at 6:30 p.m.

Join us as the junior and senior high school bands perform.

George Seitz Elementary School 5th and 6th Grade Bands
Friday, Dec. 3 at 5 p.m.

*VIP Seating: KSS is collecting breakfast bars, granola bars and snacks for our Ri-Katak students. The front two rows of seats are reserved for attendees who donate. For more information, please contact Paul Uhren at 5-3484.



"Talks on the Rock" with Dr. Sarah Willis
Friday, Nov. 19 at 7 p.m.
Emon Beach main pavilion

Join Dr. Sarah Willis and the Yokwe Yuk Welcome Club for "Our Kwajalein Skies," a special lecture under a near-total lunar eclipse. Please bring your own lawn chairs.

Annual Yokwe Yuk Welcome Club Thanksgiving Bake Sale
Wednesday, Nov. 24, from 4 - 5:30 p.m., downtown at the MIC shop

Purchase a delicious baked good to support education in Micronesia. Proceeds from this bake sale benefit the YYWC Educational Assistance Committee. Bakers needed. For more information or to volunteer, contact YYWC President Debbie Proudfoot at YYWCinfo@gmail.com.

Ocean View Biergarten and Horseshoes Tournament
Sunday, Nov. 28
Ocean View Club

Willkommen! Enjoy German beer while you watch the irons fly. Das Ocean View Bier-

garten opens at 6 p.m., and the horseshoes tournament begins at 6:30 p.m. Register your two-person horseshoes team with MWR before Nov. 20.

Kwajalein Holiday Market
Monday, Nov. 29, from 9 a.m. - 1 p.m.
Religious Education Building behind Island Memorial Chapel

If you missed the Kwajalein Art Guild Art and Craft Fair, you won't want to miss this unique island shopping opportunity. Complete your holiday shopping, support local vendors and come get a photo with Santa Claus.

Kwajalein Home Helpers
Annual Holiday Party
Thursday, Dec. 2
11 a.m. - 1 p.m.

Qtrs. 241, the Pugsley residence
 Click the Register online at <https://www.signupgenious.com/go/60/bod4fadad2ea6fe1-home1>



WORLDWIDE DAY OF PLAY

AND TOUCH-A-TRUCK & HELICOPTER

**MONDAY, NOV. 15
4 - 6 P.M. AT DEMEO FIELD
AND THE NAMO WETO YOUTH CENTER
OPEN TO ALL AGES**



U.S. ARMY GARRISON-KWAJALEIN ATOLL CHILD AND YOUTH SERVICES

PARENT REMINDERS

Water Play Day Reminder

The pool is more fun when we are prepared for a great swim. Please send your child with water clothes, dry clothes, a towel and a swim diaper (if needed).

CYS will be closed Nov. 25 for Thanksgiving.

Parents, Did You Know?

- USAG-KA CYS childcare programs have no wait list.
- There are at least six spaces available in newborn to Pre-K, and 10 spaces available in the Pre-K Program
- A physical exam and other paperwork is required for enrollment. Most children can start classes within two weeks.
- CYS also provides limited services for hourly and drop-in childcare.

Want to learn more?

Call CYS registration at 5-2158.

CHILD DEVELOPMENT CENTER

Baru Classroom

Fridays - Infants and young toddlers
Water Play Day

Saturdays - Toddler Water Play Day

Bako Classroom

Tuesdays - STEAM Swim Day.

Wednesdays - Creative Movement

Thursdays - Library

Fridays - Functional Fitness

Thursdays & Saturdays - Pre-K music

Saturday - Pre-K music class

STEAM

Tuesdays - Swim Day.

Wednesdays - STEAM Creative Movement

Thursdays - STEAM Library

Fridays - STEAM Functional Fitness

Saturdays - STEAM Reading Buddies

Sports

Start Smart Sports - Ages 3 - 5:

Soccer - Season runs through Nov. 10

SCHOOL-AGE CARE

Tuesdays - Art

Wednesdays - Culture, Functional Fitness

Thursdays - STEM

Fridays - Recreation

Saturdays - Character Counts

Sports

Soccer - Season runs through Nov. 16

NAMO WETO YOUTH CENTER

Tuesdays - Closed

Wednesdays - Tremendous Trivia - 4:30 p.m.

Thursdays - Documentary - 3 p.m.

Fridays - Frappaccinos - 3 p.m.

Fridays - Fitness Challenge - 4 p.m.

Saturdays - Smoothies - 3 p.m.

Sundays - Art Activity

Special Events

Nov. 14 - Soap Making - 4 p.m.

Nov. 15 - Worldwide Day of Play - 4 - 6 p.m.

Nov. 17 - Native American Heritage Trivia - 4:30 p.m.

Nov. 21 - Bath Bomb Making - 4 p.m.

Nov. 26 - 28 - Three-day Caregiver Course - 12:30 - 3:30 p.m.

Nov. 28 - Henna - 4 p.m.



OFFICE OF THE RMI PRESIDENT

Kids can make a difference in the world. Witnessed by various youth and children, Republic of the Marshall Islands President David Kabua signed the Declaration on Children, Youth and Climate Action Friday, Nov. 5, at his Majuro office. Kabua was invited to sign the declaration with leaders from 17 other nations in anticipation of the Nov. 12 UNICEF event in Glasgow, Scotland.

The declaration is "based on core priorities identified by the official youth constituency—many youth-led organizations, groups and delegations all over the world. It seeks to heighten awareness of the fact that the climate crisis is a child rights crisis, and to acknowledge the historic movement of children and young people demanding urgent action and that their voices be heard."



Night Shift Workers' Flu Clinic Wednesday, Nov. 17 7 – 8 a.m. Kwajalein Hospital

Attention Night Shift Workers: Kwajalein Hospital will hold a special flu vaccine clinic for night shift workers who cannot visit the hospital during regular hours of operation. Please call the Kwajalein Hospital 5-2223 to schedule your vaccine appointment.

HEALTH CONNECTION

BY KWAJALEIN HOSPITAL

Q) What are concerning signs of possible skin cancer and when should I go to the hospital?

There are different types of skin cancers, and they all come in different shapes, sizes, colors and locations. When diagnosed and treated early, most are highly curable. The key is early detection and treatment.

The most concerning and life-threatening skin cancer is melanoma. Melanomas develop in melanocytes, the cells that produce melanin, or skin pigment. As such, they are commonly dark in color and most frequently present on sun exposed areas of the body, often seen on the backs of men, and legs of women. They can occur in other locations like under nails or very rarely in eyes. Look for a new or enlarging dark mole or changing birthmark. Melanomas frequently have irregular borders and different shades of color and may or may not be raised. If you see something new, unusual or changing, get checked right away.

Merkel cell carcinoma is a rare but dangerous cancer that forms from the basal layer of the epidermis (top layer of the skin) in sun exposed areas. Risk factors include fair skin, sun exposure, male, and immunocompromised state after organ transplant or other medical therapy. This cancer can metastasize and recur.

The most common skin cancers are basal cell, squamous cell, and the pre-cancer actinic keratosis. These usually present on sun exposed areas of the face, ears, arms or hands. AKs are rough to the touch and appear a little red on fair skinned people. Basal and squamous cell carcinomas usually manifest in sun exposed areas of the face, neck, ears, arms and hands, are locally invasive—meaning they do not metastasize—and may present as bumps or sores that don't heal or heal and return. These are very treatable, especially if caught early.

In summary, if you find a spot or area of skin that is changing in color, has irregular borders, growing, crusts, scabs, bleeds and doesn't heal within about three weeks, please come to the hospital for an examination.

U.S. Entry Requirement for Unvaccinated Travelers Entering the United States

Attention unvaccinated residents and TDY personnel departing Kwajalein via United Airlines. The Centers for Disease Control and Prevention now require unvaccinated passengers to have a negative Covid-19 test one day prior to departure.

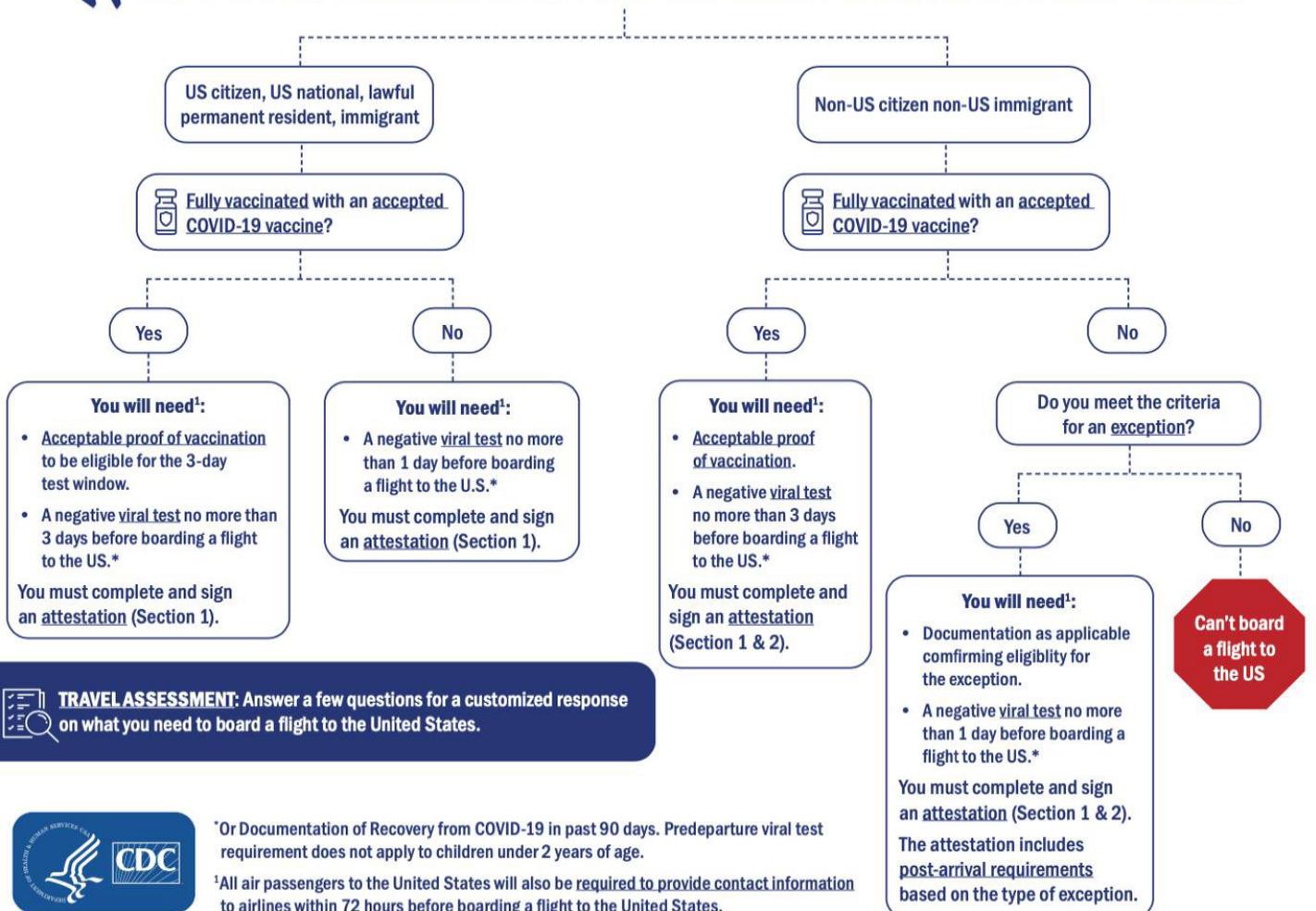
How does this impact you?

If you are traveling to the U.S., you must visit the Kwajalein Hospital during regular business hours the week before your departure to pay for your Covid-19 test and to schedule your weekend swab. The hospital is open 8 a.m. – 4:30 p.m.

For more information, contact USAG-KA Health Systems Specialist Suzanne Mosier at 5-2354 or call the Kwajalein Hospital at 5-2224.



TRAVELING TO THE UNITED STATES FROM A FOREIGN COUNTRY BY AIR



TRAVEL ASSESSMENT: Answer a few questions for a customized response on what you need to board a flight to the United States.



¹Or Documentation of Recovery from COVID-19 in past 90 days. Predeparture viral test requirement does not apply to children under 2 years of age.

¹All air passengers to the United States will also be required to provide contact information to airlines within 72 hours before boarding a flight to the United States.

CS327569-D

HOUSING INSPECTION SCHEDULE

PUBLIC NOTICE

The U.S. Army Garrison-Kwajalein Atoll Housing Office has begun its annual 100 percent Army housing inspection for all Army Family Housing inspections on Kwajalein.

The estimated inspection time per house is 15-20 minutes. Here are a few tips prior to your inspection.

To-Do List Before Inspection Day

1) Call Ahead. To ensure safety for your pets and our inspection team, before inspections begin, it is required that all pet owners please notify Omie Weaver in advance via email: omie.weaver@amentum.com if you have a dog and/or cat residing in your house. All pets must be secured before entrance into the home and remain secured until the inspection is complete.

2) Complete Inspection Forms. A notice will be posted on each AFH front door approximately 72 hours prior to the inspection time. Please complete the information beforehand and have it available for the inspectors. If you are unable to be present, please leave the completed form inside your quarters near the front door and visibly available for collection.

3) Clear a Path. To help the inspection go quickly, please ensure the white government property tag on your furniture are visible and easily accessible. Please move any personal items that may obscure these tags before your inspection. Housing with inaccessible tags will be reported to Army Housing COR and US-AG-KA Command.

Army Family Housing inspections are scheduled for 8:30 a.m. - 4:30 p.m. on the dates below.

Tuesday, Nov. 16

496, 497B, 427, 411, 409, 407, 405

Wednesday, Nov. 17

420, 415, 413, 406, 408B, 410A, 412, 416, 418

Thursday, Nov. 18

490, 491, 492, 493, 494, 495

Thursday, Nov. 18

241, 104, 216, 204, 206, 402, 404

Friday, Nov. 19

Domes 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192

Saturday, Nov. 20

121-C, 134, 136, 137

Saturday, Nov. 20

135, 138, 139, 121



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

Demolition and clearing of debris continues this week at the Vets Hall. Community members are advised to stay clear of the site until operations are complete. Due to the ongoing work, there were not any events at the Vets Hall for this Veterans Day.

MAILING RESTRICTIONS ON E-CIGARETTES, SIMILAR DEVICES

The United States Postal Service has posted its final ruling on part 47 of Publication 52, Hazardous, Restricted and Perishable Mail. The rule implements new restrictions on mailing Electronic Nicotine Delivery Systems, or ENDS, including their liquids, parts, components and accessories.

ENDS devices include any device that delivers a substance—not just nicotine—via an aerosolized solution to users inhaling from the device. These include electronic cigarettes, e-hookahs or vape pens.

All such items are prohibited in inbound and outbound international mail effective immediately. This includes mail to and from overseas military and diplomatic addresses. For more information, visit the USPS Postal Pro online at <https://postalpro.usps.com/node/10267> -Kwajalein Post Office

E-WARENESS Fluorescent Light Bulbs

Fluorescent light bulbs contain mercury and should be handled carefully to prevent breakage. Households should return spent bulbs to Self-Help for recycling.

Questions? Call Environmental at 5-1134.

Fluorescent light bulb ko ewor juon men iloaer etan mercury im jej aikuj in lukkun in kejbarok ad jibwi bwe ren jab rub. Aolep florescent light renaj aikuj in ilok nan Self-Help elkin kojerbal ii nan aer maron buki im recycle'i.

Kajjitok? Kurlok Environmental ilo 5-1134.



CORAL SANDS BONFIRE PIT REGULATIONS

- * Coral Sands bonfire pit must be reserved in advance with MWR in Bldg 805
- * All nails or fasteners must be removed from wood/materials before it is added to fire
- * All fires must be completely extinguished by patrons before leaving the site
- * Any wood/materials remaining after bonfire must be removed from Coral Sands by patrons after event

Have questions or want to make a reservation? Please contact MWR at 5-3331/5-3332



Sign up for your ARMA Account. All routine service order requests for Bachelor Quarters and Army Family Housing must be reported through ArMA. Reporting jobs using ArMA provides residents with the ability to send pictures and have permanent records of their issues. Register for your account and submit tickets at <https://www.armymaintenance.com>. To report emergency service order requests, call 5-3550. Examples of emergency SORs include major water leaks, loss of all AC, no operational toilets, inoperable appliances, plumbing, smoke detectors or door locks. For ArMA questions, contact Scott Hill at 5-0133 or michael.s.hill86.civ@mail.mil.

EAT ON KWAJ

HOURLASS REPORT

When hunger strikes, it's good to know where to get chow. U.S. Army Garrison-Kwajalein Atoll sports multiple dining locations where you can gather with family and friends to enjoy dinner or grab food before heading to Brandon Field to watch a game. Some special rules apply, so please check out the rates and regulations before visiting a facility.

The Kwajalein Hourglass is pleased to feature menu information for the Zam-

perini Cafeteria and Café Roi.

Island vegetarians are in luck. Items with a star denote dishes prepared especially for you by the dining services team.

Do you have a great food story to share? Write to kwajaleinhourglass@amentum.com to go on record with your lunch.

Don't forget to fill out a comments slip to share your food thoughts and feedback with dining services. Slips are located on dining tables and can be deposited in comments boxes in each dining facility. Please note that menu items are subject to change without prior notice.

DINING FACILITY MEAL RATES

Standard*	
Breakfast	\$3.65
Lunch	\$5.85
Dinner	\$5.10
Holiday	\$9.55

***Customers without meal cards must pay with cash or credit card.**

REMINDERS & REGULATIONS

Families are welcome to dine at the Zamperini Cafeteria on Tuesdays, Thursdays, Sundays and Mondays.

Captain Louis S. Zamperini Cafeteria

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 20
Caribbean Beef	Beef Pot Roast	Pepper Steak	Cantonese Spareribs	Braised Beef Short Ribs	Roast Beef	Meatloaf
Baked Chicken	Honey Ginger Chicken	Caribbean Chicken	Grilled Salmon	Baked Pollock Florentine	Teriyaki chicken	Fried Chicken
Tossed Green Rice	Garlic Potato Wedges	Breast	Garlic Fried Rice	Rice Pilaf	Oven-baked Trout	Mashed Potatoes
Mashed Potatoes	Veggie Fried Rice	Oven Potatoes	Mashed Potatoes	Mashed Potatoes	Oven Potatoes	Macaroni & Cheese
Seasoned Corn	Oriental Blend Veggies	Steamed Rice	Peas & Mushrooms	Seasoned Green Beans	Filipino Rice	Monaco Veggies
Club Spinach	Grilled Brussels Sprouts	Steamed Carrots	Steamed Corn O'Brien	Steamed Carrots	Veggie Stir Fry	French Fried Okra
Avocado Pesto Pasta	Veggie Pot Pie	Mixed Veggies	Black Bean Burger w/ Vegan Gravy	Veggie Delight Pizza	Sauteed Bok Choy	Veggie Stuffed Peppers
Chicken Gumbo	Steamed Brown Rice	Rice Frittata	Steamed Brown Rice	Creamy Tomato & Roasted Pepper Soup	Veggie Wraps	Broccoli & Cheese Soup
	Minestrone Soup	Chicken & Rice Soup	Roasted Pumpkin Soup		Pasta w/Marinara	
					Beef & Barley Veggie Soup	

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 20
Spaghetti	Flank Steak w/Gravy	Roasted Pork	Chili Macaroni	Pork Adobo	BBQ Pork Loin	Grilled Porterhouse Steak
Italian Sausage	Creole Baked Fish	Shrimp Scampi	Coconut Chicken Breast	Savory Baked Chicken	Chicken Pot Pie	Shrimp Scampi
Meat Lasagna	Steamed Rice	Roasted Potatoes	Oven Potatoes	Mashed Potatoes	Garlic Cheese Potatoes	Herbed Baked Cornish Hens
Boiled Spaghetti	Roasted Potatoes	Garlic Parmesan Pasta	Steamed Rice	Steamed Rice	Noodles Jefferson	Rice Pilaf
Noodles	Corn on the Cob	French Fried Cauliflower	California Veggies	Peas and Carrots	Seasoned Carrots	Baked Potatoes
Oven Potatoes	Viking Veggies	Seasoned Corn	Herbed Green Beans	Orange Baked Acorn Squash	Steamed Cabbage	Steamed Asparagus
Steamed Broccoli	Pesto Penne	Garden Veggie Wrap	Eggplant Parmesan	Veggie Linguine	Broccoli, Cheese & Rice Casserole	Corn on the Cob
Grilled Summer Squash	French Onion Soup	Pasta w/Marinara	Pasta w/Marinara	Pasta w/Marinara	Potato Chowder	Pasta Primavera
Veggie Lasagna		Cheese Cream of Asparagus Soup	Chicken Noodle Soup	White Bean Chicken Chili		Corn & Potato Chowder
Black Bean Soup						

*Menu current as of Nov. 13

Cafe Roi

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 13
Teriyaki Catfish	Beef Yakisoba	Chicken Jambalaya	Oven Roasted Turkey	General Tso's Ham Hocks	Caribbean Chicken	Grilled Ribeye
Pepper Steak	Cornish Hens	Beef Short Ribs	BBQ Chicken Thighs	Chicken Spaghetti	Breast	Chicken Stir Fry
Roast Turkey	Grilled Trout	Fried Chicken	Lambchops	Beef Fried Steak	Curry Pork	Baked Potatoes
White Rice	Lyonnais Potatoes	Oven Potatoes	White Rice	Veggie Fried Rice	Roast Beef	Fried Rice
Mashed Potatoes	Steamed Rice	Fried Rice	Cheese Potatoes	Fried Potatoes	White Rice	Calico Corn
Seasoned Corn	Steamed Spinach	Steamed Corn	Black-eyed Peas	Mixed Veggies	Garlic Potatoes	Broccoli Parmesan
Mixed Veggies	Mixed Veggies	Squash & Zucchini	Glazed Carrots	Carrots	Broccoli w/Cheese	Tofu Stir Fry
Pasta w/Marinara	Pasta w/Alfredo	Steamed Broccoli	Veggie Wraps	Zucchini & Squash Casserole	Mixed Veggies	
		Veggie Pasta w/Marinara			Veggie Wraps	

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 13
BBQ Pork	Grilled Chicken	Taco Meat	T-Bone Steak	BBQ Ribs	Hot Pork	Beef Spaghetti
Lemon Pepper Trout	Thighs	Diced BBQ Pork	Crab Cakes	Grilled Salmon	Lemon Pepper Wings	Baked Chicken
Steamed Rice	Baked Lemon	Caribbean Chicken	General Tso Pork	Fried Chicken	Fried Wings	Mashed Potatoes
Potatoes w/Cheese	Salmon	Breaded Catfish	Crab Legs	Beef Oxtails	Salisbury Steak	Steamed Rice
Mixed Veggies	Polish Sausage	Mashed Potatoes	Fried Rice	Dirty Rice	Grilled Salmon	Mixed Veggies
Pasta w/Marinara	Steamed Rice	Mexican Rice	Baked Potatoes	Mashed Potatoes	Chicken Parmesan	Tofu Stir Fry
	Mixed Veggies	Succotash	Corn on the Cob	Mac & Cheese	Steamed Rice	
	Pasta w/Alfredo	Peas & Mushrooms	Green Beans	Seasoned Green Beans	Oven Potatoes	
		Veggie Pasta w/Marinara	Veggie Wraps	Zucchini & Squash Cas- serole	Fresh Veggies	
					Veggie Wraps	

*Menu current as of Nov. 13

COMMUNITY CLASSIFIEDS

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

HELP WANTED

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

TRUESTONE seeks a telephone operator. For more information about this position and to apply, please click the URL below to visit https://akima.taleo.net/careersection/akimallc_cs/jobdetail.ftl?job=TRU01055&tz=GMT-05%3A00&tzname=.

TRUESTONE is hiring for a fiber/cable technician and a communications clerk/specialist. For more information, contact Tribalco Human Resources at 5-4344 and visit <https://www.akima.com/careers/>. Applicants must meet job requirements.

SUBSTITUTE TEACHERS wanted. Kwajalein School System seeks student-centered adults available from 8 a.m. – 3:30 p.m. to serve as substitute teachers or teacher assistants. Contact Paul Uhrenp for more information at uhrenp@kwajalein-school.com or 5-3601.

LEAD PRESCHOOL TEACHER needed for USAG-KA Child and Youth Services. Send your resume to CYS Coordinator Dr. Stephanie McCutcheon at stephanie.mccutcheon@dyn-intl.com.

USAG-KA CYS SPORTS & FITNESS TEACHER. This position is unaccompanied and requires an undergraduate degree in physical education, recreation or related field with six months' experience in a sports program or two years in a similar program with solo and team sports. Send resumes to Dr. Stephanie McCutcheon at stephanie.mccutcheon@dyn-intl.com. Apply online at WRSSrecruiting.com, requisition ID: 2101305.

NAN, INC. seeks a quality control manager and site safety and health officer. To apply, visit www.nanhai.com and contact Clint Ueatari or Kevin Short at 5-2632, 5-1260 or 5-2998.

TRIBALCO seeks experienced and highly motivated senior, mid- and junior network technicians to join their team. Apply via <http://www.tribalco.com/jobs.html>.

RGNEXT, LLC seeks qualified candidates to fill several open positions on Kwaj and Roi in engineering, technical and other areas. For more information and to apply, go to www.rgnext.com.

AMENTUM seeks qualified candidates for various positions. Current open positions on USAG-KA include administrative services, data analysts, education services, aviation and airfield operations, marine operations and public works, among others. To apply, contact your local HR representative.

USAG-KA Child and Youth Services is hiring coaches. No experience necessary. All children of head coaches play for free. Visit Central Registration or call 5-2158 in Building 356.

TRIBALCO seeks an Enterprise Services Customer Support Manager, Cyber Security Specialist, Operations Manager, Configuration Manager, Telecommunications Infrastructure SME/Planner and Systems administrator. Candidates must meet job requirements. Contact Tribalco Human Resources at 5-4344. For more information, visit www.tribalco.com/careers.html.

KAIHONUA is hiring for junior and senior network technicians. For more information or to apply, please contact Tribalco Human Resources at 5-4344 and visit <https://honuserVICES.jobs.net/page/kaihonua>. Applicants must meet job requirements.

REFEREES WANTED for paid and volunteer positions all sports. Schedules are flexible and training is provided. Contact Dolly Bakhsh at 5-3872 or dolly.bakhsh@amentum.com for more information.

TRAINING

BLDG. MGR. COORDINATOR TRAINING is ongoing and required for all managers by AR 420-1. Kwajalein training occurs on the first and third Wednesdays of each month beginning at 10 a.m. in the Religious Education Building. Roi-Namur training occurs on the second Wednesday each month at 9:30 a.m. at the C-building. Call 5-3364 to register.

ENVIRONMENTAL NOTICES

SEPARATE aluminum cans from household trash to prevent damage to the island incinerator. Doing your part keeps our island clean. For more information, contact Environmental at 5-1134.

EVENTS

USAG-KA VOLLEYBALL. Season runs through Nov. 30. Come on out to support your favorite teams. Call 5-3331 for more information.

UKULELE CLUB. The Kwajalein Ukulele Club is a free club open to ukulele enthusiasts of all ages and skill levels. Bring your uke and join us for a strum-along each Friday in CRC room 6 from 6 – 7:30 p.m. Sign up for the mailing list to receive updates and sheet music by writing to kwajukeclub@gmail.com.

YOUTH FELLOWSHIP. Join us in the REB this fall at 6 p.m. on Nov. 15 and Dec. 6. For more information, contact the Island Memorial Chapel at 5-3505.

NIGHT OF PRAYER AND PRAISE. Join the Island Memorial Chapel for a night of worship. Event meets monthly at 7 p.m. on first Sundays in the IMC main sanctuary.

NOTICES

ATTENTION BOAT LOT RENTERS. All residents renting boat lots and all hand-launch area patrons must contact Clinton Smith at the Small Boat Marina by Nov. 16. Please call 5-3683 or e-mail Clinton.Smith@amentum.com.

COMMON ACCESS CARD OFFICE is open Tuesday through Saturday from 8 a.m. to 4 p.m. Schedule appointments at <https://idco.dmdc.osd.mil/idco>.



CONTACT THE USAG-KA SEXUAL HARASSMENT/ ASSAULT RESPONSE AND PREVENTION VICTIM ADVOCATE



CW3 Michael Schafer
SHARP Victim Advocate
Work: 805 355 3421

USAG-KA SHARP Pager:
805 355 3241 #0100

DOD SAFE Helpline:
877 995 5247

Weto in Mour
FREE AND CONFIDENTIAL SUPPORT SERVICES FOR WOMEN AND GIRLS AGAINST GENDER-BASED VIOLENCE
MAIN EBEYE OFFICE: 625-4296
455-1724, 456-1724 AND 456-6409 TO GET HELP.

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!
usarmy.bucholz.516-sig-bde.mbx.nec-testing-center@mail.mil
NEC Testing Center
FN1008-153
#5-5332

KWAJALEIN GIRL SCOUTS. The Kwajalein Girl Scouts are open to all school-aged K-12 girls on Kwajalein (USAGSO.org). Membership fees are \$45. Also seeking adult volunteers. For registration, questions or more information contact Carrie Aljure at whatacod@aol.com.

SELF HELP. The Self Help Center is located in Bldg. 1791. Hours of operation are Monday, Wednesday and Friday - 9:30 a.m. - 6 p.m. Visit Self Help to for tools and materials to complete household upkeep projects.

FURNITURE WAREHOUSE. To schedule deliveries and pick-ups of furniture, please call the Army Housing Office at 5-3450.

BARGAIN BAZAAR VOLUNTEERS WANTED. Leadership roles are available. Donations are welcome during Bargain Bazaar hours of operation. Hours are subject to change. Before making a donation, contact a BB volunteer to verify operating hours. Email yywcinfo@gmail.com or visit the Bargain Bazaar Facebook page @KwajBargainBazaarYYWC. Proceeds benefit the YYWC Education Assistance Fund and support education grants.

BAKERS NEEDED for the Annual Yokwe Yuk Welcome Club Thanksgiving Bake Sale. Wednesday, Nov. 24, from 4 – 5:30 p.m., downtown at the MIC shop. Proceeds benefit the YYWC Educational Assistance Committee. For more information, contact YYWC President Debbie

Proudfoot at YYWCinfo@gmail.com.

KWAJ SMALL BOAT MARINA is now open from 8 a.m. - 6 p.m. through Oct. 31. Call 5-3643 with questions.

ALCOHOLICS ANONYMOUS. Open meetings are Tuesdays at 6:30 p.m. in the REB, Room 213.

SMOKING CESSATION. Ongoing smoking and tobacco cessation counseling is available. Please call the EAP at 5-5362 or make an appointment with a physician.

TOBACCO USE. On USAG-KA, smoking is permitted in designated smoking areas. Smoking and cigarette butt receptacles must be at least 50 feet from the entrance of facilities. USAG-KA Policy Memorandum 600-8 protects others from the negative impact of tobacco use. Smoking cessation programs are available. Contact Mary Beth Dawicki at 5-5362 or Marybeth.Dawicki@internationalsosgs.us.

CYS PARENT ADVISORY BOARD MEETING. The board meets first Saturday of the month at 11:30 a.m. in Central Registration, Bldg. 358. All parents are invited to attend. For more information, please call 5-2158.

CYS CAREGIVER CLASS. Learn how to be an expert caregiver. This class is free. Register at the Namo Weto Youth Center. Class runs for three days and three hours for a total of nine credit hours. Participants must attend all three ses-

sions. Classes are offered over Thanksgiving and Spring Break. Call 5-2158 for more information.

MWR RENTALS. When requesting a tent, two weeks' notice is required for dig permit approval. To request tables and linens, chairs, bounce houses, to MWR equipment or for more information, call 5-3331/3332 or visit the Grace Sherwood Library in Bldg. 805 Tuesday through Friday from 8 a.m. – 5 p.m.

GYM REMINDER. Gym wipes are available at the Ivey Gym to clean equipment. Please remember to wipe down equipment after use.

ELECTRIC BIKES are not allowed on the garrison per USAG-KA Regulation 56-4. You are authorized use of the bike on USAG-KA if you disconnect the motor. For more information, contact the PMO at 5-3530.

QUARANTINE DELIVERY LOCATION CHANGE. The dropoff location for quarantine package deliveries has changed. Effective now, Monday and Thursday package deliveries for personnel in quarantine will take place at Macy's. Package delivery time remains the same. The change of location supports ongoing construction at Surfway. Please contact Patrick Dobson at 5-0506 or Mike Snyder at 5-3929 for more information.

FLUSH WITH CAUTION. Island residents are reminded to please never flush paper towels, as these do not disintegrate in the island's plumbing systems and can severely damage machinery at the Wastewater Treatment Plant.

TRAVEL AND FLIGHT INFORMATION

UNITED AIRLINES FLIGHTS

United Airlines has confirmed reinstatement of the full Island Hopper flight schedule. Please note that the travel ban for the Republic of the Marshall Islands is still in effect and all flights are subject to change.

NOVEMBER FLIGHTS

Monday
UA155 (HNL)
Check-in 3:30 – 4:50 p.m.

Tuesday
UA154 (GUM)
Check-in time: 10:45 – 11:20 a.m.

E-FORMS FOR GUAM

The Guam Customs and Quarantine Agency form has transitioned to an Electronic Declaration Form. All passengers and crew arriving and processing into the Guam International Airport Main Terminal will fill out the EDF on their mobile devices or desktop computers, 72 hours prior to their arrival into Guam. United encourages everyone to take advantage of the 3-day eligibility window prior to boarding for a completely touchless entry process with Guam Customs accessible at the following links:

- Mobile device link: <https://traveller.guamedf.landing.cards>
- Desktop computer: <https://guamedf.landing.cards>

The EDF kiosks are accessible in Guam airport baggage claim area for convenience.

Flight Requirements

- No COVID-19 test is required if flying on the ATI or United

Airlines if you are flying on official government orders. All other UA passengers must have a negative COVID-19 test one to three days before traveling. This is a requirement of the Centers for Disease Control to enter the United States.

- Call the Kwajalein Hospital to schedule your test at 5-2223. The cost for the test is \$125. Passengers must bring a copy of their UA flight itinerary at the time of appointment as proof of flight.
- All passengers tested are required to pick up results at 4 p.m. on the day of testing.

For UA departure policies and requirements, contact Alicea Haacke at 5-1015 or 5-4852. For more information on outbound test requirements, contact the Kwajalein Hospital at 5-2223.

ATI FLIGHTS

ATI flights now occur on a twice weekly basis. Additional flights are for cargo movement. Check with your ATI flight representative to confirm check-in and flight departure times.

What does this mean for the community?

- Guidelines for incoming passengers remain the same
- Outbound passengers will have more opportunities to depart
- Travel remains official for duty only. Please note the RMI travel ban is still in effect

OUTBOUND ATI SCREENING PROCESS

- You must visit the hospital to complete your medical clearance on the last business day before your flight.
- Monday and Tuesday departures are screened 8 a.m. - 1 p.m. Saturday.

U.S. Entry Requirement for Unvaccinated Travelers Entering the United States

Attention unvaccinated residents and TDY personnel departing Kwajalein via United Airlines

The Centers for Disease Control and Prevention now require unvaccinated passengers to have a negative Covid-19 test one day prior to departure.

How does this impact you?

If you are traveling to the U.S., you must visit the Kwajalein Hospital during regular business hours the week before your departure to pay for your Covid-19 test and to schedule your weekend swab. The hospital is open 8 a.m. – 4:30 p.m.

For more information, contact USAG-KA Health Systems Specialist Suzanne Mosier at 5-2354 or call the Kwajalein Hospital at 5-2224.



Enjoy original local programming with AFN Kwajalein. Listen to live local radio on 'The Wave' Tuesdays through Saturdays from 7 - 9 a.m., 11 a.m. - 1 p.m. and 4 - 6 p.m. and also on the AFN roller channel, 19-1.

KWAJ CURRENT
CHECK IT OUT.

Click the icon below to watch the latest episode of the Kwaj Current online at <https://www.youtube.com/watch?v=AH-dP1zh4pc>.

2022 EKATAK YEARBOOKS NOW ON SALE

\$65 Order Online at Balfour.com

School Name: Kwajalein School

For questions or to pay with cash for high school orders, contact Don or Cindy Engen at 5-2011. For elementary school orders, contact Jennifer Hill at 5-3601.

Key:

- Accessible to Emergency Response personnel only.
- Accessible to all other vehicle, bicycle, and walking/running personnel.
- Re-route for large equipment/vehicles (crane, top loader, & trailer truck).

USE CAUTION AT ROAD BLOCK

Nov. 17 - Dec. 20 from 8 a.m. - 8 p.m. at Lagoon Road

For more information, contact USAG-KA Safety Officer Deirdre Wyatt-Pope at 5-1412



KWAJALEIN POST OFFICE PRESENTS LETTERS TO SANTA CLAUS

Parents, interested in helping your child receive a postmarked letter from Santa? The Kwajalein post office invites young Kwaj residents to write a letter to Santa Claus by Dec. 4.

Please see a postal clerk for more information about this fun holiday program.



IS IT YOUR APO BOX? THEN IT SHOULD BE YOUR MAIL, TOO.

Help U.S. Army Garrison-Kwajalein Atoll and garrison Postal Operations do their part to protect physical security on island. Island residents are not authorized to share use of their mailbox with unauthorized customers.

Only yourself or registered members of your immediate island household may check and withdraw mail from your mailbox. Please do not give out the combination to anyone not authorized to collect your mail.

Registered APO holders on Kwajalein may elect to have an individual collect packages and letter mail during the APO box holder's extended travel. If this convenience is desired, APO box holders should visit the post office to arrange for temporary authorization for mail pick-up. Questions? Contact the Kwajalein Post Office at 5-3461.



DESTINATION	PRIORITY MAIL EXPRESS MILITARY SERVICE	FIRST-CLASS MAIL LETTERS & CARDS	PRIORITY MAIL	RETAIL GROUND (formerly SAM)
CONUS	16 DEC	9 DEC	9 DEC	6 NOV
APO/FPO/DPO AP	N/A	9 DEC	9 DEC	6 NOV
APO/FPO/DPO AE	N/A	9 DEC	9 DEC	6 NOV
APO/FPO/DPO AA	N/A	9 DEC	9 DEC	6 NOV

MOSQUITO FOGGING SCHEDULE

Kwajalein
6-8 p.m. — Tuesday, Nov. 16 — Friday, Nov. 19**

Roi-Namur
6-8 p.m. — Thursday, Dec. 2 — Friday, Dec. 3**

** Avoid fogged areas for 30 minutes. Spraying may be postponed due to inclement weather.

EcoVia EC is a liquid botanical oil insecticide with Thyme and Rosemary oil as active ingredients. It is safe to use in and around homes and near water. EcoVia is also safe to use around children and pets.

Do your part to eliminate mosquitoes:

- Check for standing water where mosquitoes breed
- Dump any accumulated water at least weekly
- Trim heavy vegetation and eliminate accumulated leaves

DIABETES

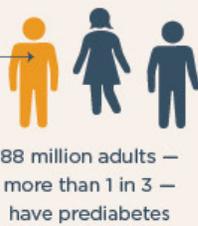
**34.2
MILLION**

34.2 million people have diabetes



PREDIABETES

**88
MILLION**



**MORE THAN
8 IN 10** adults don't know they have prediabetes

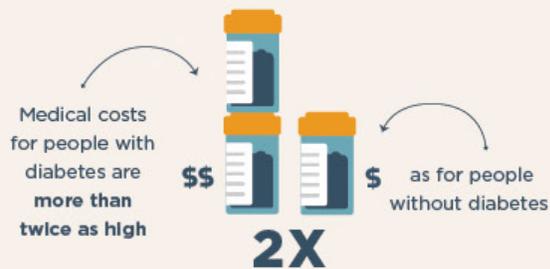


can cut your risk of getting type 2 diabetes in **HALF**

COST

**\$327
BILLION** Total medical costs and lost work and wages for people with diagnosed diabetes

Risk of early death for adults with diabetes is **60% HIGHER** than for adults without diabetes



People who have diabetes are at higher risk of serious health complications:

- BLINDNESS**
- KIDNEY FAILURE**
- HEART DISEASE**
- STROKE**
- LOSS OF TOES, FEET, OR LEGS**

COMMON TYPES OF DIABETES

TYPE 1

BODY DOESN'T MAKE ENOUGH INSULIN

- Can develop at any age
- No known way to prevent it

In adults, type 1 diabetes accounts for approximately

5-10%

of all diagnosed cases of diabetes



Just over 18,000 youth diagnosed each year in 2014 and 2015

TYPE 2

BODY CAN'T USE INSULIN PROPERLY

- Can develop at any age
- Most cases can be prevented

In adults, type 2 diabetes accounts for approximately

90-95%

of all diagnosed cases of diabetes



Nearly 6,000 youth diagnosed each year in 2014 and 2015

REFERENCES

Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2020.

American Diabetes Association. Standards of Medical Care In Diabetes—2019. Diabetes Care. 2019 Jan 1; 42 (Supplement 1).

American Diabetes Association. Economic Costs of Diabetes In the U.S. In 2017. Diabetes Care. 2018; 41(5):917-928.

CDC's Division of Diabetes Translation works toward a world free of the devastation of diabetes.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

CS13643B

REMEMBER THE THREE RS OF UXO

PUBLIC SAFETY ANNOUNCEMENT

Remember the three Rs of UXO: Recognize an item as possible Unexploded Ordnance. Retreat from the area of the UXO. Report suspected UXO immediately by notifying EOD (5-1433) or CPS (5-4445).

Provide the following information: Location (building #, GPS, landmarks, etc.); Size (compared to common items - football, scuba cylinder, etc). Treat UXO like you would treat dangerous sea creatures.

Look but do not touch. For a detailed refresher, please attend the Island Orientation Briefing on the fourth Wednesday

day of every month.

Kemejmej R ko 3. Recognize (kile) juon kwopej bajjok emaron Bokutan ak kein kabokklok (UXO). Retreat (Jenliklik) bed ettolok im jab kepaak UXO eo. Report (Ripoot e) boktun ak kein kabokklok eo ien eo emokajtata non EOD ilo nomba kein (5-1433) ak CPS (5-4445). Ken melele kein: la eo (nomba in ijo, GPS, kakolle in ijo, etc.); Jonan (jonan e ibben jet kain mweik - football, taan in turan, etc.). Tiljek kon UXO kein einwot am kojparok menin mour in lojet ko rekauwotata. Kalimjek wot jab jibwe. Non bar kakemejmej eok, eokwe jouj im koba lok ilo Island Orientation allon otemjej.



WEATHER WATCH

RTS WEATHER STATION STAFF

WEATHER DISCUSSION: The epic battle between the wet and dry-season is presently taking place over the Marshall Islands.

This tug-of-war between a strengthening subtropical ridge to the north and an active Intertropical Convergence Zone to the south will help instigate a wide range of potential conditions over the Kwajalein Atoll over the coming week. Locally, a weak upper tropospheric trough to the north of RMI will help aggravate the ITCZ over the coming days, before weakening further and scooting off to the west later this weekend.

As this trough becomes less relevant, the ITCZ will slowly ease back to the south, relieving the atoll from much of the cloud and shower coverage that has become so normal this past week. By the start of the workweek, ridging to the north will help suppress the ITCZ, allowing for easterly trade winds to increase while limiting shower activity.

There is some uncertainty in next week's weather, as numerical models differ on the overall evolution of the ridge; some models want to develop a ridge more akin to a dry-season like pattern, while others want to develop a lo-

calized trough that would aggravate the ITCZ once again, causing it to behave similarly to how it has been over the last few days.

Based on present information, we believe at least a temporary flare up of activity is likely next week.

SATURDAY AND SUNDAY: Mostly cloudy with widely scattered showers becoming partly sunny with isolated showers at times. A few brief periods of overcast skies and scattered showers are possible from time to time. Winds ENE-E at 9-14 knots with occasional higher gusts.

MONDAY: Partly sunny with isolated showers. Winds ENE-E at 10-15 knots decreasing to 7-12 knots, with higher gusts near showers.

TUESDAY: Partly to mostly cloudy with widely scattered showers and winds ENE-ESE at 12-17 knots with higher gusts near showers. Some showers may contain blustery conditions.

NEXT WEEK: ITCZ activity will be most concentrated over the southern Marshall Islands while occasional surges of activity impact the Kwajalein Atoll. ENE-ESE trade winds will remain elevated for the remainder of the workweek.

SUN-MOON-TIDES

	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:41 a.m. 6:25 p.m.	3:04 p.m. 2:29 a.m.	12:58 a.m. 3.0' 1:52 p.m. 2.9'	7:34 a.m. 0.3' 7:47 p.m. 0.6'
MONDAY	6:42 a.m. 6:25 p.m.	3:43 p.m. 3:17 a.m.	1:49 a.m. 3.2' 2:25 p.m. 3.4'	8:08 a.m. 0.0' 8:27 p.m. 0.3'
TUESDAY	6:42 a.m. 6:25 p.m.	4:20 p.m. 4:02 a.m.	2:26 a.m. 3.4' 2:53 p.m. 3.7'	8:37 a.m. -0.2' 9:00 p.m. -0.1'
WEDNESDAY	6:42 a.m. 6:25 p.m.	4:58 p.m. 4:47 a.m.	2:58 a.m. 3.5' 3:19 p.m. 4.0'	9:02 a.m. -0.3' 9:31 p.m. -0.3'
THURSDAY	6:43 a.m. 6:25 p.m.	5:38 p.m. 5:32 a.m.	3:26 a.m. 3.5' 3:44 p.m. 4.2'	9:27 a.m. -0.4' 10:00 p.m. -0.5'
FRIDAY	6:43 a.m. 6:25 p.m.	6:18 p.m. 6:18 a.m.	3:54 a.m. 3.5' 4:10 p.m. 4.3'	9:51 a.m. -0.5' 10:29 p.m. -0.6'
NOVEMBER 20	6:43 a.m. 6:25 p.m.	7:02 p.m. 7:06 a.m.	4:22 a.m. 3.4' 4:36 p.m. 4.3'	10:16 a.m. -0.5' 10:58 p.m. -0.6'

YOU CAN BE THE FACE OF CHANGE

Join us to Kick-off the 2021 CFC-O!

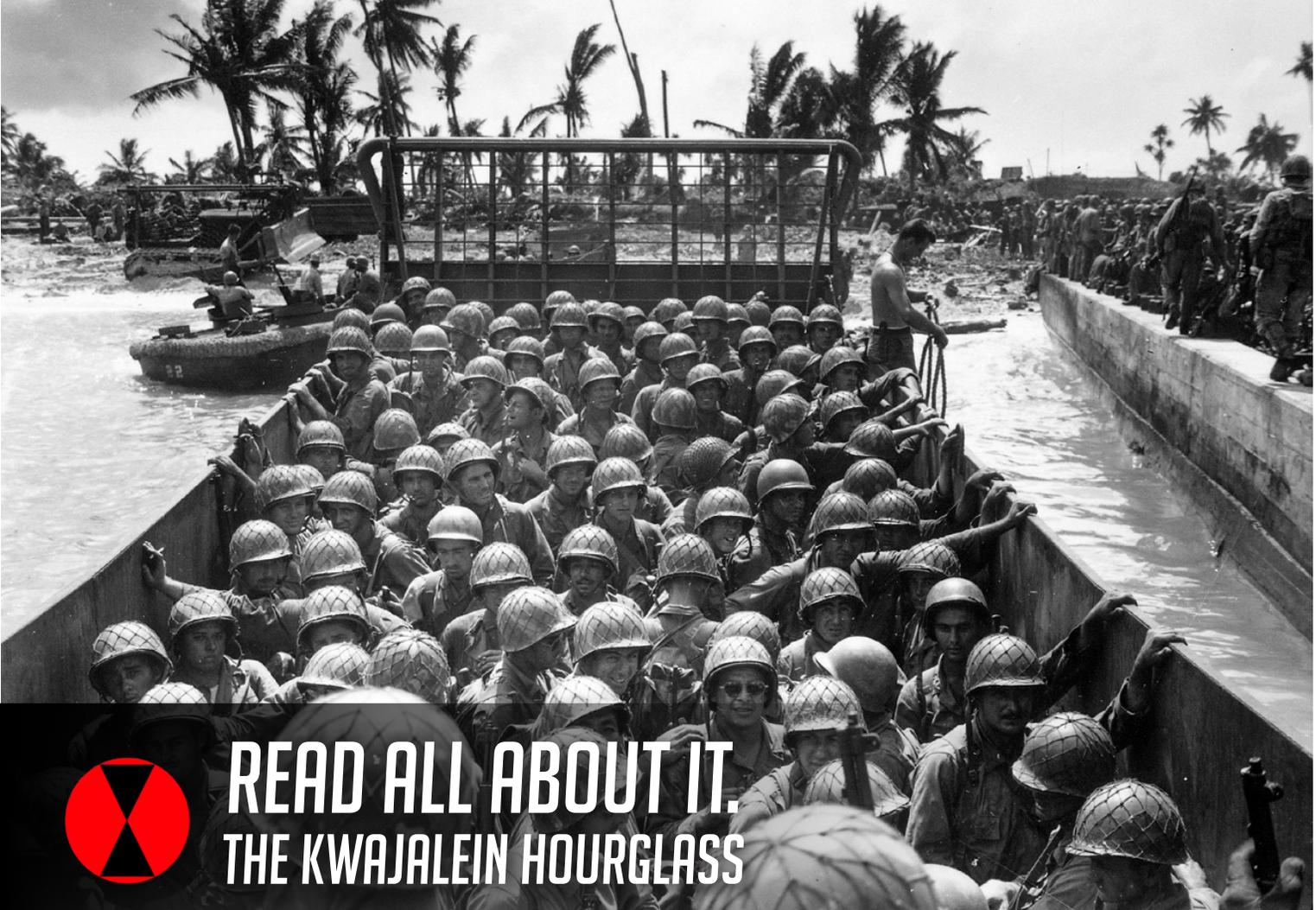
SEP 21, 2021 – JAN 15, 2022

Go to GIVECRF.org or contact Staff Sgt. Effie Banks at 5-1419/0660 or Laura Sampayan at 5-2767.



HOME ON THE RANGE.

Every week, Kwajalein Hourglass issue photos are uploaded to an online gallery for you to share with friends and family. Photos are free for download. Visit <https://www.flickr.com/photos/kwajaleinhourglass/albums>.



READ ALL ABOUT IT. THE KWAJALEIN HOURGLASS

HOW OUR NEWSPAPER GOT ITS NAME

The shoulder sleeve insignia of the 7th Infantry Division consists of two black, equilateral triangles placed vertically on a red circular disc giving it an hourglass shape. The hourglass of the insignia was consequently used in the title of the island newspaper, The Kwajalein Hourglass.

Get The Official Word Each Week

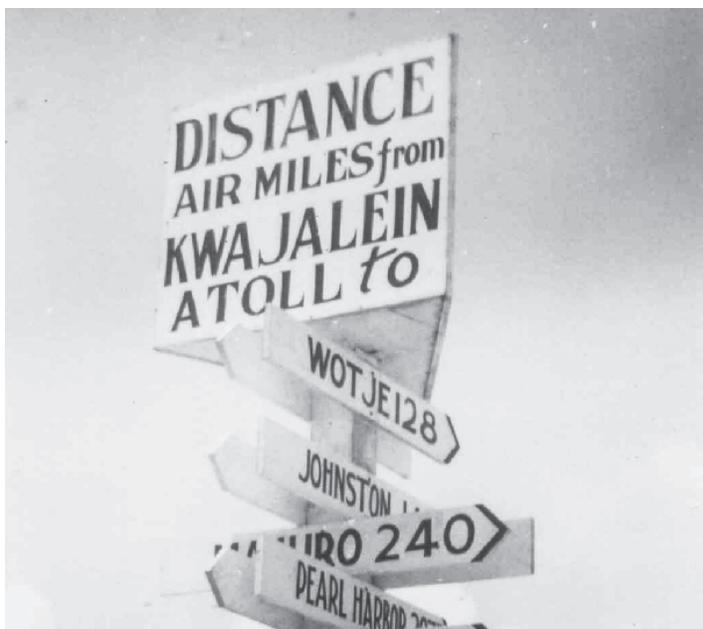
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Send announcements, community updates and event fliers to Kwajaleinhourglass@amentum.com Wednesdays by 5 p.m.



Kwajalein Hourglass Archive photos



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