

VOLUME 62 NUMBER 36

SEPTEMBER 4, 2021

THE KWAJALEIN HOURGLASS



THIS WEEK

**SECURITY SGT.
CAC OFFICER PROMOTION 2**

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DINING MENUS AND REMINDERS 15**

SGT. SAMANTHA ROBERTS, CENTER, STANDS WITH CHENEGA GLOBAL PROTECTION CAPT. OF GUARDS CHARLES COOLEY, LEFT, AND SECURITY CHIEF CHRIS RAMSEY, RIGHT, DURING HER PROMOTION CEREMONY THIS WEEK.

“O” JESSICA DAMBRUCH

SECURITY OFFICER SAMANTHA ROBERTS RECEIVES PROMOTION

BY JESSICA DAMBRUCH

Chenega Global Protection, Security and Access Control contractor, promoted Officer Samantha Roberts to sergeant in a Sept. 2 ceremony at the Central Patrol Station on U.S. Army Garrison-Kwajalein Atoll.

An employee on Kwajalein for three years, Roberts has served in a pivotal role in airfield security for Bucholz Army Airfield. She has maintained security for changing airfield operations as health and safety protocols developed during the pandemic. Roberts also coordinated K-badge issuances with the island’s Entry and Exit office.

Kwajalein residents may know Roberts best from the airfield. Over the past 18 months, she has performed security duties on the tarmac and greeted numerous incoming island residents and repatriated Marshallese citizens.

When asked what she enjoyed most about her work, she answered: “The people.”

Among her new duties, Roberts will be part of the island’s increased patrol presence and will move indoors to coordinate the island’s Common Access Card program.

Roberts accepted her certification of promotion and sergeant pins from Capt. of Guards Charles Cooley and Chief Chris Ramsey.

The CAC Office is a people-focused, high-profile position, said Cooley. It’s “a desk that requires good organizational and community engagement skills.”

“We know she’s going to do great things,” said Cooley, of Roberts. “She’ll get out and talk to the community. For those of you who don’t know, that’s 90 percent of our job—getting out there, whether it be responding to a lockout or potential SCIF breach or going out on boats. It’s a very diverse position to be stepped up in.”



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) Kwajalein SACC Officer Samantha Roberts, recently promoted to sergeant, receives her certification from Capt. Charles Cooley, left, and Chief Chris Ramsey. 2) Roberts, left, and Logistics employee Greg Huey, right, stand by at Bucholz Army Airfield while new island residents are inprocessed before entering quarantine.

SEPTEMBER IS



PATRIOT DAY

The year 2021 marks 20 years since 9/11. USAG-KA will host a special memorial observance for the community at the Island Memorial Chapel Friday, Sept. 11 at 11:30 a.m.



HISPANIC HERITAGE MONTH

We are proud of the rich cultural heritage of our U.S. military service members. From Sept. 15 to Oct. 15, read more about National Hispanic Heritage Month in The Kwajalein Hourglass.



THE SCIENCE OF FALL

Whether or not it still feels like summer on island, the fall season begins Sept. 22, on the autumnal equinox of the northern hemisphere. On that date, the sun crosses the celestial equator in a southerly direction.



DODEA SUICIDE PREVENTION AWARENESS

The Department of Defense has declared September as the month to raise awareness about a year-long issue important to us all: suicide prevention. Read more in this week’s Health Connection.

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
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QUESTIONS AND ANSWERS AT ROI TOWN HALL

BY JESSICA DAMBRUCH

The quarterly town hall series for U.S. Army Garrison-Kwajalein Atoll continued at the Tradewinds Theater Aug. 25 with a meeting for Roi residents.

USAG-KA Commander Col. Thomas Pugsley provided updates on current policies, new initiatives and anticipated developments for the Republic of the Marshall Islands travel restrictions. He encouraged the Roi community to adopt good citizenship, community engagement and self-policing of neighborhood conduct.

Pugsley recognized the value Roi personnel offer to the mission.

“Don’t underestimate the importance you all have in meeting the overall objectives of the garrison,” said Pugsley.

As part of the garrison plan to increase transparency and communication between personnel and program leaders, Department of the Army Civilians and command team members will make regular visits to Roi. Residents of the Roi community are encouraged to approach these personnel during their periodic visits to raise questions related to their respective program areas.

During the town hall, Roi residents raised questions related to island facilities, maintenance, services and other related issues. Read on to learn more.

Exercise Caution

The community is reminded to exercise caution while at work and play. At the time of the town hall, hospitals in Hawaii were at maximum capacity. As a result, medical evacuations were sent to Guam.

Contract Transition

Pugsley shared developing information about the impending transition for the base operations support contract.

“We’re expecting transition to begin roughly in November and to end roughly in March,” said Pugsley. “We don’t know what parts will happen first. We’ll have a more formal schedule on the contracts later this month.”

Channel Change

By popular demand, after months of straight National Public Radio, AFN Kwajalein hopes to gain a few more fans on Roi.

Following a question raised during the town hall, AFN Communications Manager Randall Hisle swapped NPR for AFN 97.9. Roi are now able to tune in to hear AFN’s popular music and live broadcasts from AFN Kwajalein.

ATM Terminal Repairs

The Roi community awaits repairs for its solitary Community Bank ATM machine.

According to USAG-KA Command Sgt. Maj. Ismael Ortega, parts for the ATM are in transit. The garrison is working on a solution to engage the services of a repair technician, but efforts underway are largely impacted due to COVID-19 travel restrictions.



U.S. ARMY PHOTO BY MIKE BRANTLEY

USAG-KA Commander Col. Thomas Pugsley addresses personnel on Roi-Namur during a community town hall at the Tradewinds Theater, Aug. 25.

Groundskeeping

The garrison’s small, dedicated Buildings and Grounds team performs upkeep and landscaping on Kwajalein, Roi, Meck and each of the mission islands. When the team is busy elsewhere, they are missed—and the grass is taller.

“We’re running into a personnel issue,” said Pugsley, who said he anticipates increased resource allocations under the forthcoming LOGCAP V contract.

“Amentum-DI is working on adding additional personnel. We’re looking at adding additional lawncare equipment for Roi in the LOGCAP contract.”

Food and Flights

As discussed during the January town hall, the Roi community faces an ongoing challenge: to have fair access to their grocery shopping privileges on Kwajalein. Please read The Kwajalein Hourglass next week for more information regarding these questions.

Furniture

As furniture allocated to BQs creeps past its lifecycle, solutions to fund, source and ship new items—either individually or through organizational funding—present challenges.

Bachelor quarters maintenance is funded with allocations from USAG-KA’s Facilities Sustainment, Restoration and Modernization program. SRM funds are also utilized for high-priority, health and safety issues like repairs for garrison power plants or utilities systems.

Changes to personal shipping privileges and challenges posed by ordering through AAFES online have made it difficult to obtain updated furniture like mattresses and couches, Roi residents said.

A Reply From AAFES

Following the town hall, AAFES provided USAG-KA Public Affairs Officer Mike Brantley a list of steps for fulfilling orders.

- Customer will find an item on www.shopmyexchange.com they’d like to request
- Once they find an item, they can stop by the store with the item number, page print out, or product description
- The supervisor or manager at the store will then verify the item and get the customer’s contact information.
- The store will then submit an internal product request for fulfillment and/or reach out to the Hawaii stores for support
- If the item is available and approved for shipment, it will be sent to our Hawaii or West Coast facilities and then loaded onto a container.

Fulfillment times will vary due to supply levels at the manufacturer level and general inventory constraints.

Not all furniture and appliance items on www.shopmyexchange.com will be available for delivery to Kwajalein.

“We do always ask that customers attempt to place orders on the website first as some items will ship without issue,” an AAFES representative said in the letter. “This can greatly help in reducing the time it takes for customers to receive their items as well. I’ll also be sure to vocalize this customer concern in the next call with my team.”

Passport Visits

Later this year, Kwajalein residents may not have to wait for a consular service visit to take care of passport issuances and renewals. USAG-KA RMI Relations Specialist Mike Sakaio has

announced efforts to establish a garrison passport office later this year. The community will be informed when the facility is operational.

Garrison support personnel are currently training to fulfill citizenship services typically fulfilled by a consular representative. While it is possible to travel to Majuro to take care of passport-related issues, Pugsley recommends garrison residents utilize the island's services.

Since the town hall, U.S. Embassy Majuro has provided additional information to USAG-KA Public Affairs Officer Mike Brantley regarding the American citizenship services program.

Passport renewals not requiring the signature of a consular officer are accepted by mail.

The questionnaire that determines whether a renewal can be done without needing to make a personal appearance is found on the instructions for the DS-82 passport renewal application.

Full instructions and guidance, as well as forms, can be found online at <https://travel.state.gov/content/travel/en/passports/have-passport/renew.html>

If eligible, the applicant would then need to provide the following details:

- Completed and signed form DS-82
- New two-by-two-inch color photo meeting specifications as described in the DS-82 application instructions
- The applicant's most recently issued U.S. passport and/or passport card
- A certified marriage certificate, divorce decree or court order (if the name they are using now is different from the name on their most recent U.S. passport)
- A money order or cashier's check (no cash or personal checks) for the appropriate fee (this is currently a total of \$110 for a passport and US\$30 for a passport card if the applicant wants that in addition to the passport book)

The mailing address is:
U.S. Embassy Majuro
Attn: Consular Section
P.O. Box 1379 Mejen Weto Oceanside
Majuro, MH 96960

ArMA, Facilities Maintenance

Things are hot on Roi: BQ residents on Roi have reported climate-control issues on upper stories of their buildings. One supervisor expressed concern for employee safety due to the high temperatures in his warehouse.

ArMA, the Army's online maintenance solution, cannot address the facilities-wide issue affecting centralized air in individual quarters funded by SRM funds. Fulfilling a repairs request of this type can make building maintenance difficult. Pugsley agreed to conduct a site visit at the warehouse and to report back.

"I'm big on communication," said Pugsley, in agreement. "Nothing bothers me more than not providing feedback."



GREAT YARD

U.S. ARMY PHOTO BY MIKE BRANTLEY

Congratulations to Alla McGraw, center, her dog Chi-chi, and her fiancée, Patrick Selage, right: the winners of the USAG-KA Yard of the Month contest. USAG-KA Command Sgt. Maj. Ismael Ortega, left, visited the couple Sept. 3 at their quarters on Lagoon Road to deliver the good news. In addition to bragging rights, McGraw and Selage earn a prize from MWR and will keep the contest placard in their yard through September. For more information about the USAG-KA Yard of the Month contest, please call Public Affairs at 5-4848.



**HAVE QUESTIONS?
CALL THE
COMMANDER'S HOTLINE AT 5-1098.**

**The 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>**



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

USAG-KA Command Sgt. Maj. Ismael Ortega, right, and Col. Thomas Pugsley, left, hand off the microphone during the USAG-KA town hall for Army Family Housing residents Aug. 26 at the Island Memorial Chapel.

COMMUNITY QUESTIONS AT KWAJ ARMY FAMILY HOUSING TOWN HALL

BY JESSICA DAMBRUCH

The Kwajalein community town hall for Army Family Housing occupants met Aug. 26 at the Island Memorial Chapel.

USAG-KA Commander Col. Thomas Pugsley hosted the meeting with members of the garrison command team.

During the meeting, Pugsley explored questions posed by community members. Following the meeting, the team will issue notes on topics and issues related to town hall questions.

COVID-19 Vaccines and Booster Shots

Booster shots for COVID-19 are not yet available on USAG-KA. As of Aug. 26, the Kwajalein Hospital had five doses of vaccine remaining. Pugsley encouraged residents who have not yet had the vaccine to use the remaining shots.

"It's likely that vaccines will be required for contractors in the future," said Pugsley.

"Once the Department of Defense and the Defense Health Agency have authorized booster shots for the public, we will be moving forward with that," said Health Systems Specialist Suzanne Mosier. A vaccine shipment is anticipated for later this month.

Island Maintenance

An island resident thanked the Seabees from Naval Mobile Construction Battalion 5, Detail Marshall Islands, for their efforts to keep Kwajalein beautiful with a recent beach-clean up.

"It's remarkable that the Navy is cleaning up an Army base," he joked.

"Now, in the Army's defense, you should have seen it when the Navy owned it back in the day," said Pugsley.

USAG-KA Director of Public Works Derek Miller acknowledged a current

shortage of homeware and touch-up supplies and materials at Self Help, the garrison's home repair supply warehouse. Island residents can visit during hours of operation to pick up free supplies for pest control, yardwork, and other light maintenance tasks to assist in upkeep of Army Family Housing units.

"We have engaged the 413th Contracting Support Brigade," said Miller. "We're hoping to get timely resolution. We fully acknowledge we need to do better in the Self Help and supply area."

COMMUNITY ACTIVITIES AND MWR

MWR OR FMWR?

Kwajalein is unique. When they involve family services, school or hospital-related activities, services provided by Morale, Welfare and Recreation, are referred to as Family and MWR, or FMWR.

Chairs Secured

Though the Ocean View Club is a beautiful spot to watch the ocean during off-business hours, due to theft issues, club furniture has remained secured after closing. However, beginning this week, some chairs will be made available for island residents to utilize if they so choose.

Construction on the Richardson Theater

Reconstruction of Richardson Theater has been impacted by delayed materials shipments. When materials arrive, the U.S. Navy Seabees will finish the project-- a gesture to the theater's original Navy construction.

"The Seabees volunteered to do it again," said Pugsley. "The last group put

the pillars in place, but due to the timeline for materials ordering, the current Seabee group will not be able to carry out phases two and three of the construction. Steel is backordered by 10 months. We're scheduled to get it in February or later. Because of the specifications we put on the steel—better coating—it took a special order, and it's taking longer."

The Playground in Left Field

"I don't think a playground in left field is the safest place for small children," said Kwajalein resident Dave Dethlefsen, of the new facility in deep left Brandon Field. He inquired about moving the playground, so children won't wander into the field of play during sporting events.

"There are a lot of things we can do other than moving a concrete-embedded playground," said Pugsley, adding that the ballfields are used for softball for a fraction of the year. "There is a reason it was placed there. It's close, but not too close. Referees will be informed they must stop play if kids are in the field of play."

Pugsley also reminded parents to police their children during community sporting events.

Please Be Kind to the Soccer Referees

In light of the recent shortage of soccer referees, the community is reminded to be kind to the island's community sports referees, many of whom are teenage employees.

Dwight Whitehead, LOGCAP Community Activities director, responded to the question.

"The problem we're having is that some of the teenage referees we have feel beat up on," he said. "We want to bring on refs who can referee more than one sport at a time. The tough part is keep-

ing them on hand because they feel that they are getting beat up. We're going to work through it, but that's the current issue."

Pugsley took a moment to remind the community about the team environment he hopes to create through self-policing of poor public behavior.

"We have teenagers feeling like they're getting verbally abused in refereeing a community activity sport," he said. "Community sports are supposed to be fun. If you're going full speed and getting mad about something, you're playing the wrong sport. I ask for any people who do play sports to keep that in mind. You're out there setting examples for other people, other kids, other people. Do the right thing."

MEDICAL CARE

Testing Equipment

Kwajalein Hospital does not currently have machines to complete mammogram tests or MRI scans. Pugsley confirmed that the machines will not be included in the LOGCAP V contract.

Pugsley acknowledged the limited capacities of the Kwajalein Hospital. The current base operations support contract was written before the pandemic, when travel to Honolulu for medical services could be accomplished without prolonged periods of quarantine.

"We'll continue to look at it and to maximize what services can be available based on what we're obligated to under the contract," Pugsley said.

Eyecare

Kwajalein Hospital is exploring possibilities to provide eyecare to garrison residents. While a virtual ophthalmological solution was made available last fall, USAG-KA received its last visit from an optometrist in February 2019.

Kwajalein Hospital Senior Administrator Steve Kass is working on an optometry solution which would provide services for adults. Chief Medical Officer Dr. Nick Bird has also explored the possibility of engaging services from a certified optometrist on Majuro.

PUBLIC WORKS

Don't Be Trashy

Community members are reminded to put their trash cans away after cans have been emptied.

"It's not an Army regulation, but it is common courtesy to pull trash cans back to the curb," said USAG-KA Command Sgt. Maj. Ismael Ortega.

The Water in Building 1010

Island resident Dave Dethlefsen asked about updates regarding water safety at Building 1010, headquarters for the Ronald Reagan Ballistic Missile Defense Test Site, and where to pick up copies of the island water consumer confidence report. The document is free to the public and was advertised in late June. While supplies last, paper copies are available at the garrison's libraries, post offices, air terminals and dock security checkpoints. Those with questions can contact the Environmental office to learn more by calling 5-1135.

"Hopefully you saw the consumer con-



USAG-KA Commander Thomas Pugsley addresses Kwajalein residents Aug. 26 at the Island Memorial Chapel.

fidence report," said Miller. "It's distributed throughout the community as hard copies and located on Facebook. We talked about the lead-in-water situation. Specific to Building 1010, we're working on it."

Renovations to American Legion Post #44 Headquarters: The Vets Hall

The pandemic has delayed construction on multiple facilities, including an intended renovation for the Vet's Hall. Miller said the project is on hold, but not forgotten.

"That project was planned for troop construction by the Army Engineering Brigade—the Army element of the Troop Construction Program," Miller said. "They built a lot of the facilities out here, historically, like the schools and PX. We're trying to develop that relationship with them further. It's dependent on a site visit for their reconnaissance. We're still talking to them monthly. I'm ever the optimist that we'll get them out here before the end of the year."

ISLAND SERVICES

What's on the Menu

This week, USAG-KA will begin publishing the weekly menu for the Zamperini Cafeteria in The Kwajalein Hourglass. Menu data will also be available on the AFN roller channel.

"I don't see that being hard," said Pugsley. "We'll look at it. That seems fairly easy."

The community is reminded that all menu options are subject to change without advance notice. Based on delays, supply chain wait-times and other as of yet unidentified issues related to delays exacerbated by the pandemic, the menu is most likely subject to change. One thing is certain: No matter what, you can always count on potatoes.

Phone Questions

There is currently no island program to provide residents with a telephone or a current phonebook. The last copies of an island-wide phonebook with full residential and business listings, safety and evacuation information were distributed before 2019. Newcomers to Kwajalein occasionally inherit an old phonebook; however, some data and numbers are no longer valid.

Pugsley promised an update on the phonebook question in the coming weeks. In the meantime, island residents can contact Veronica Moos at veronica.moos.ctr@mail.mil for a copy of the business listings. The company generates a business guide which is distributed annually to island project managers.

Additionally, though having a hard-line phone number is a requirement for logging maintenance issues with ArMA, not all BQ residents have phones provided in their rooms and some BQs have no courtesy phones near common areas.

A community member recommended advertising phones as an item to bring to Kwaj and reminded attendees that power outages can affect in-room phone use.

Pugsley advised that in the coming weeks, the command team would explore how newcomers are informed of personal telecommunications expectations before arrival; whether the government is mandated to provide phones to all residents; and to verify that all BQ residents have access to courtesy phones in their building.

While USAG-KA Command does not have an email address for questions, community members are welcome to make use of the colonel's open-door policy and to call the Commander's Hotline at 5-1098. Messages will be relayed to the command team.

"Thank you for coming," Pugsley said, in closing at the Kwajalein town hall. "It shows you care because you are active members of the community."

U.S. SPACE AND MISSILE DEFENSE COMMAND HISTORY

BY SHARON WATKINS-LANG, USASMDC HISTORIAN

For many years on Kwajalein, early September traditions involved the Muscular Dystrophy Association Telethon and a Miss America pageant. In 1972, Miss Marlene Kalahiki, daughter of Harry Kalahiki, Kwajalein field station travel coordinator, represented Hawaii in the Miss America pageant.

The 1967 Kwajalein Carnival Queen, Miss Kalahiki was a 1968 graduate of George Seitz High School. Kalahiki was an administrative clerk at Barking Sands in 1972 and planned to use her Miss Hawaii award to attend college to become a professional dancer.

In 1972, Laurie Schaefer, Miss Ohio, was crowned Miss America at Atlantic City. In 2021, the 100th anniversary of the pageant, four military service women (an active-duty soldier, a reservist in the Army reservist and two Naval Reserve ensigns representing Colorado, the District of Columbia, Idaho and Maryland are competing to become Miss America.

Marlene Kalahiki, right, wears flower leis and a big smile in this courtesy photo from U.S. Space and Missile Defense Command. Kalahiki, a former Kwajalein resident, was Miss Hawaii at the Miss America Pageant in 1972.



Advertiser Photo

Here's Miss Kalahiki, the new Miss Hawaii.

📷 COURTESY OF U.S. SPACE AND MISSILE DEFENSE COMMAND

DINING CHANGES ARE HERE

Diners at the Zamperini Cafeteria and Cafe Roi began as of Sept. 1.

- Diners are reminded that beginning this week, backpacks will not be allowed inside the facilities.
- Diners are welcome to leave their backpacks on storage racks provided around the facilities in a non-secure storage area.
- Please remember that valuables, personal belongings and items like CAC cards, government property or documentation containing personal identifiable information should never be left unattended in non-secure areas.
- Diners are also reminded that the use of personal containers, like cups, thermal beverage containers or ziploc baggies is not permitted on the premises of the dining facility. All to-go meals must be carried out utilizing to-go containers provided. Diners are permitted to enjoy one serving of fruit from the dining facility fruit carts per meal, and should not carry out more than one serving.
- Diners are reminded to please be courteous to other diners during mealtimes. Children must be monitored by adults at all times.
- Diners without meal cards are invited to enjoy the dining facilities during times and dates indicated, and to use cash or credit cards to purchase meals using the advertised meal rates.



20TH ANNIVERSARY 9/11 REMEMBRANCE CEREMONY

SATURDAY, SEPT. 11 AT 4 P.M.
THE ISLAND MEMORIAL CHAPEL



V-J DAY REMEMBERED

U.S. President Harry S. Truman named Sept. 2, 1945, V-J Day—the day Japan signed a formal declaration of surrender aboard the USS Missouri after WWII. Pictured here in this colorized photo by Royston Leonard, Japanese and American service members line the deck of the Missouri awaiting the formal end to a long conflict. (Courtesy of Royston Leonard)

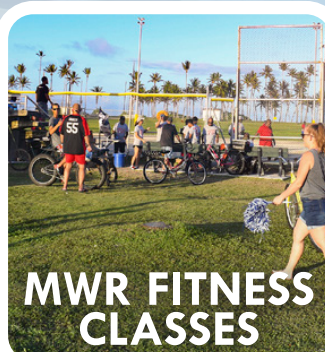
The LIBERTY PASS

It's time for the weekend. Be sure to check out "The Liberty Pass" for information on upcoming activities and weekend events.

Coming Up Next



MOVIES



MWR FITNESS CLASSES



BARS AND CLUBS

Karaoke Night

Saturday, Sept. 4,
8 p.m. to midnight
The Ocean View Club

Visit the Grace Sherwood Library during hours of operation to register and reserve your table. Registration costs \$5. For more information, contact MWR at 5-3331.

Kwajalein Scuba Club

Wednesday, Sept. 8
7 p.m.
CRC Room 6

Join KSC for its monthly membership meeting and a special presentation from Safety and Training Officer Dr. Nick Bird as he discusses "The Buddy Contract"—the implicit agreement between dive buddies.

Swap and Shop

Saturday, Sept. 11
2 - 6 p.m.
Grace Sherwood Library

Visit the Grace Sherwood Library during hours of operation to register and reserve your table. Registration costs \$5. For more information, contact MWR at 5-3331.

Island Memorial Chapel

Welcome Back Picnic &
Bike Blessings
Monday, Sept. 13
12:30 to 2:30 p.m.
Emon Beach
Main Pavilion

Join us as we welcome everyone back from summer break. We provide lunch free bike maintenance, and you provide the fellowship. You are welcome to bring a dish to share, but not required. Call 5-3505 or email kwajchapel@gmail.com for more information.

Yuk Theater Kwajalein

Saturday, Sept. 4
"A Wrinkle in Time"
(PG) 110 min.

Sunday, Sept. 5
"Little"
(PG-13) 109 min.

Monday, Sept. 6
"Rocketman"
(R) 161 min.

Saturday, Sept. 11
"The Nut Job 2"
(PG) 91 min.

Sunday, Sept. 12
"Shazam!"
(PG-13) 132 min.

Monday, Sept. 13
"Equalizer 2"
(R) 121 min.

C-Building Roi-Namur

Saturday, Sept. 4
"Gemini Man"
(PG-13) 117 min.

Sunday, Sept. 5
"Tag"
(R) 100 min.

Saturday, Sept. 11
"Little"
(PG-13) 109 min.

Sunday, Sept. 12
"Rocketman"
(R) 161 min.

Unless otherwise indicated, all movies begin at 7:30 p.m. Contact MWR at 5-3331 for more information. Showtimes may vary for special "Movies Under the Stars" events.

Unless otherwise noted, all classes are held in CRC Room 7 and are subject to change without notice. All classes require an MWR fitness pass. Passes can be purchased at the MWR Desk in the Grace Sherwood Library. For more information, please call MWR at 5-3331.

Tuesday

Zumba Dance, 9:15 a.m.
Yoga, 5:30 p.m.
Spin, 6:40 p.m.

Wednesday

HIIT (High Intensity Interval Training), 5:30 a.m.
Zumba Toning, 9:15 a.m.
Zumba Dance, 6 p.m.

Thursday

Spin, 5:30 a.m.
Water Aerobics (Adult Pool), 9:15 a.m.
Yoga, 5:30 p.m.

Friday

HIIT (High Intensity Interval Training), 5:30 a.m.
Zumba Toning, 5:30 p.m.
Spin, 6:40 p.m.

Saturday

Spin, 5:30 a.m.
Water Aerobics (Adult Pool), 6 p.m.

Join MWR fitness.

Zumba Dance and Zumba Toning meet in CRC Room 1.

All other fitness classes will be held in CRC Room 7 unless otherwise noted. All MWR fitness classes require an MWR Fitness Pass. Purchase your pass from MWR in the Grace Sherwood Library, Bldg. 805.

All class dates and time are subject to change without notice. For more information, call MWR at 5-3331.

Contact MWR at 5-3331 for updates and events about the garison's bars and clubs.

OUTRIGGER CLUB

Check with MWR for meal specials and activities at the Outrigger Club by calling 5-3331.

COUNTRY CLUB

Birthday Bash

Come celebrate island birthdays with MWR every third Sunday from 6 - 9 p.m. Enjoy complimentary shuttle service available from the Ocean View Club every 30 minutes from 5 - 9 p.m.

Saturday

Enjoy happy hour and play Uno every Saturday at 6 p.m.

OCEAN VIEW CLUB

Wednesdays

Raise your glass and toast Wednesday at happy hour from 5 - 7 p.m.

Saturdays

Enjoy fun activities like game nights, karaoke, theme nights and live music.

Mondays

Enjoy Monday meal deals on Men's Night from 5 - 7 p.m.

Shuttle Service

MWR offers shuttle service to and from the Country Club every 30 minutes from 5 - 8 p.m. Saturdays. For more information, contact Nikeya Lagrone at 5-9205 or 5-3331.

COMMUNITY CLASSIFIEDS

The community wants to hear from you. Email announcements and advertisements to kwajaleinhourglass@dyn-intl.com Wednesday 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@dyn-intl.com to remove your listing.

Truestone, an AKIMA company, seeks a telephone operator. For more information about this position and to apply, please click the URL below to visit https://akima.ta-leo.net/careersection/akimallc_cs/jobdetail.ftl?job=TRU01055&tz=G-MT-05%3A00&tzname=.

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 Uhren for more information at uhrenp@kwajalein-school.com or 5-3601.

USAG-KA Child and Youth Services seeks a Lead Preschool Teacher. Send your resume to CYS Coordinator Dr. Stephanie McCutcheon at stephanie.mccutcheon@dyn-intl.com.

USAG-KA CYS seeks a Sports and Fitness teacher. This position is unaccompanied. Requirements: Earned 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 individual and team sports. Send resumes to Dr. Stephanie McCutcheon at stephanie.mccutcheon@dyn-intl.com and apply online at WRSSrecruiting.com, requisition ID: 2101305.

Community Bank seeks a part-time Banking Center Service Specialist, or teller, and a Banking Center Operations Supervisor. Submit applications and resumes to [\[communitybank.com\]\(http://communitybank.com\). Contact Rita Pyne at 5-2152 for more information.](http://www.dodcom-</p></div><div data-bbox=)

Nan, Inc. seeks a qualified quality control manager and site safety and health officer. To apply, visit www.nanhawaii.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.

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.

KaiHonua is hiring for intermediate 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/kai-honua>. Applicants must meet job requirements.

TRAINING

Building Manager Evacuation Coordinator Training (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

Recycle Safely. Please ensure that all aluminum cans are separated from household trash to prevent damage to the island incinerator. Doing your part keeps our island clean. For more information, contact DI Environmental at 5-1134.

EVENTS

Kwajalein Ukulele Club. The Kwajalein Ukulele Club is 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 pm. This club is free for everyone. Join the mailing list to receive updates and sheet music: kwajukeclub@gmail.com.

Kwajalein Youth Fellowship. Join us for food and fun at a special “Welcome Back To High School at the Emon Beach A-frame pavilion Sept. 6 at p.m. YF meetings will occur in the REB this fall at 6 p.m. on the following dates: Sept. 20, Oct. 4 and 18; Nov. 1 and 15; and Dec. 6.

Kwajalein Scuba Club Membership Meeting. Sept. 8 at 7 p.m. in CRC Room 6. KSC Safety and Training Officer Dr. Nick Bird will discuss “The Buddy Contract”—the implicit agreement between dive buddies.

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

In observance of the Labor Day holiday, the Small Boat Marina will reopen Sept. 7.

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 is located in Bldg. 1791. Hours of operation are Monday, Wednesday and Friday - 9:30 a.m. - 6 p.m. Visit Self Help to pick up tools to complete household maintenance and upkeep projects.

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

Small Boat Marina Summer 2021 Hours of Operation are now through Oct. 31 from 8 a.m. – 6:30 p.m. Questions? Call the Small Boat Marina at 5-3643.

Alcoholics Anonymous open meetings are Tuesdays at 6:30 p.m. in the REB, Room 213.

Ongoing Smoking and Tobacco Cessation. 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



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





Building Manager / Evacuation Coordinator Training
(Required for all managers by AR 420-1)

- **Kwajalein**- 1st/3rd Wednesday of each month. 10 a.m. at Facility 671, Religious Education Building (REB).
- **Roi-Namur**- 2nd Wednesday of each month. 9:30 a.m. at Facility 8212, C Bldg.
- Please Call 5-3364 to register.



SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:40 a.m. 6:55 p.m.	4:48 a.m. 5:40 p.m.	3:19 a.m. 4.0' 3:43 p.m. 3.4'	9:43 a.m. -0.3' 9:35 p.m. -0.2'
MONDAY	6:40 a.m. 6:55 p.m.	5:43 a.m. 6:27 p.m.	3:51 a.m. 4.4' 4:12 p.m. 3.8'	10:11 a.m. -0.6' 10:07 p.m. -0.5'
TUESDAY	6:40 a.m. 6:54 p.m.	6:35 a.m. 7:13 p.m.	4:22 a.m. 4.6' 4:42 p.m. 4.1'	10:40 a.m. -0.9' 10:40 p.m. -0.7'
WEDNESDAY	6:40 a.m. 6:54 p.m.	7:28 a.m. 7:57 p.m.	4:53 a.m. 4.8' 5:13 p.m. 4.3'	11:09 a.m. -0.9' 11:14 p.m. -0.8'
THURSDAY	6:40 a.m. 6:53 p.m.	8:20 a.m. 8:41 p.m.	5:25 a.m. 4.7' 5:45 p.m. 4.4'	11:39 a.m. -0.9' 11:50 p.m. -0.7'
FRIDAY	6:40 a.m. 6:52 p.m.	9:14 a.m. 9:27 p.m.	5:58 a.m. 4.5' 6:19 p.m. 4.3'	12:09 p.m. -0.7' -----
SEPTEMBER 11	6:39 a.m. 6:52 p.m.	10:08 a.m. 10:15 p.m.	6:33 a.m. 4.0' 6:55 p.m. 4.1'	12:27 a.m. -0.5' 12:41 p.m. -0.4'



Click the logo to visit RTS Weather online.

at 5-5362 or Marybeth.Dawicki@internationalsosgs.us.

Volunteer Coaches Wanted. CYS Coaches are needed for soccer, Start Smart Yoga and Tumbling, inner tube water polo, outdoor hockey, T-ball and coach pitch. Kids for head coaches play for free. Contact 5-2158 for more information.

CYS Parent Advisory Board Meeting. 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 sessions. Classes are offered over Thanksgiving and Spring Break. Call 5-2158 for more information.

Open Your Library Account Today. Visit the Grace Sherwood Library to sign up for an account to begin checking out books. Information needed includes the following: ID badge, quarters number, mailbox number and email address. Individual and family accounts are available. Contact the Grace Sherwood Library with questions at 5-3331.

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.

Island Memorial Chapel Service Times

Everyone is welcome. Please come join us.

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

Sunday, 11 a.m.
Contemporary Service
Main Sanctuary

Catholic Services
Sunday - 9:15 a.m.
Main Sanctuary

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

Prayer Requests Link: m.me/IMCKwajalein
Counseling sessions available by appointment.

WEATHER WATCH

RTS WEATHER STATION STAFF

Kwajalein continues to find itself on the edges of the Intertropical Convergence Zone. Typically, during the wet season, the ITCZ blankets Kwajalein every few weeks and drops buckets of rain on the island for a day or two.

This year's wet season is different because the ITCZ has been unable to develop sustained convection over Kwajalein's latitude, making ITCZ events mostly tame. A persistently stubborn subtropical ridge in the central Pacific has suppressed mid- to upper-level moisture, preventing sustained convection.

The atoll is expected to experience more of the same this week with pockets of showers within the area, particularly in the mornings. Widely scattered to scattered showers are likely to begin the weekend with the ITCZ shifting northward into the region.

Monday will see some relief with stray to isolated showers in

the area. The rest of the week will see isolated to widely scattered showers to begin most days with dwindling shower and cloud coverage to finish the days.

SATURDAY: Mostly cloudy to partly sunny with isolated to widely scattered showers. E-SE at 8-13 knots with higher gusts near showers.

SUNDAY: Cloudy to mostly cloudy with widely scattered to scattered showers with stray thunderstorms. E-SE becoming ENE-ESE at 9-14 knots with higher gusts near showers.

MONDAY: Partly sunny with stray showers with NE-E at 9-14 knots with occasional higher gusts.

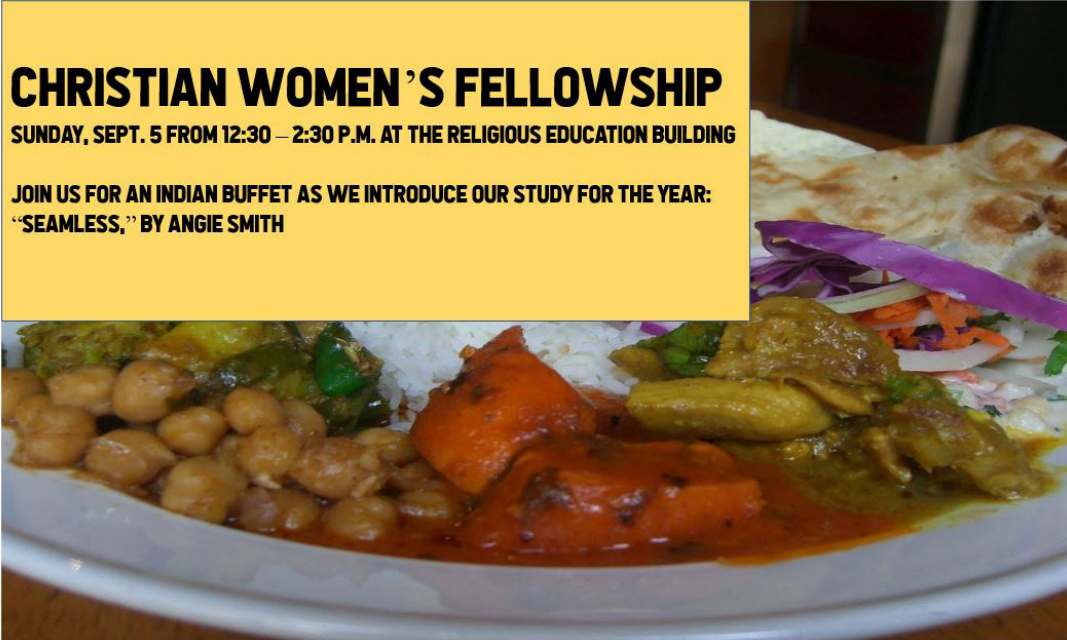
NEXT WEEK: Average to below average precipitation, particularly from the middle of the week into the weekend.

Winds will vary from the NE-SE as waves propagate through the area. Isolated to widely scattered showers likely. A short period of calm conditions may be seen in the middle of the week.

CHRISTIAN WOMEN'S FELLOWSHIP

SUNDAY, SEPT. 5 FROM 12:30 – 2:30 P.M. AT THE RELIGIOUS EDUCATION BUILDING

JOIN US FOR AN INDIAN BUFFET AS WE INTRODUCE OUR STUDY FOR THE YEAR:
"SEAMLESS," BY ANGIE SMITH



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

CYS SPOTLIGHT



CHILD DEVELOPMENT CENTER

Baru Classroom

Fridays are Water Play Days for infants and young toddlers. Saturdays are Water Play Days for toddlers. Please send your child with water clothes, dry clothes, a towel and swim diaper (if needed).

Bako Classroom

Tuesdays - STEAM Swim Day. Please send your child with water clothes, dry clothes, a towel and swim diaper (if needed).

Wednesdays - STEAM Functional Fitness

Thursday - Pre-K music class

Saturday - Pre-K music class

STEAM

Tuesdays - Swim Day. Please send your child with water clothes, a towel, and dry clothes.

Wednesdays - Functional Fitness

Thursdays - Library

Sports

Start Smart Sports - Ages 3 - 5:

Basketball - Season runs through Sept. 22

SCHOOL-AGE CARE

Tuesdays - Art

Wednesdays - Culture and

Functional Fitness

Thursdays - STEM

Fridays - Recreation

Saturdays - Character Counts

Sports

Basketball - Season runs through Sept. 30. Register in Central Registration.

NAMO WETO YOUTH CENTER

Tuesdays - Closed

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

Thursdays - Movies/documentary with Popcorn - 3 p.m.

Fridays - Frappaccinos - 3 p.m.

Fridays - Fitness Challenge - 4 p.m.

Saturdays - Smoothies - 3 p.m.

Sundays - Art Activity

Youth Center Special Events

Sept. 5 - Rock Garden Painting - 4 p.m.

Sept. 5 - Bob (Pandanus) - 5:30 p.m.

Sept. 11 - Patriot Day - 9/11

Sept. 12 - Lemon Volcanoes - 4 p.m.

Sept. 12 - Hip Hop Class - 6 p.m.

Sept. 19 - Positive Message Painting - 4 p.m.

Sept. 25 - Get Your Glow on (grades 7 - 12) - 8:30 - 9:30 p.m.

Sept. 25 - Island Music Hour (grades 9 - 12) - 8:30 - 9:30 p.m.

Sept. 26 - Worldwide Day of Play - 4 - 6 p.m.

OUTDOOR
MOVIE NIGHT
SATURDAY,
SEPT. 18
EMON BEACH
7:15 P.M.



CALLING ALL VENDORS

Reserve your table today! \$5 per table. Call 5-3331 or stop by the MWR desk at the library to register. Registration closes Sept. 16.



MAKE FRIENDS AND MAKE A DIFFERENCE: VOLUNTEER AT THE BARGAIN BAZAAR



Many hands make light work. The Yokwe Yuk Welcome Club invites you to volunteer. All experience levels are welcome. Leadership roles are available.

For more information, email yywcinfo@gmail.com or visit the Bargain Bazaar Facebook page @KwajBargainBazaarYYWC. Proceeds benefit the YYWC Education Assistance Fund and support education grants.

Donations to the Bargain Bazaar are welcome during hours of operation only.

- Saturdays from 3 - 5 p.m.
- Wednesdays from 4:30 - 6:30 p.m.
- First and third Mondays of the month from 1 - 3 p.m.



Did You Know?

Kwajalein is home to AFN 99.9 The Wave—the only contract-run American Forces Network radio station in the world.

Join the Crew

Listen to the AFN crew on the air Tuesday through Saturday from 7 – 9 a.m., 11 a.m. – 1 p.m. and 4 – 6 p.m. for the latest news and greatest hits of Kwaj life on U.S. Army Garrison-Kwajalein Atoll.

This Just In: Listen to AFN 99.9 The Wave on Roi

AFN 99.9 The Wave is now available on Roi-Namur. Tune in to listen on the radio and also on the AFN roller channel, 19-1. For questions, comments and more information, contact AFN Communications Manager Randall Hisle at 5-2114 or at Randall.hisle@amentum.com.

Don't own a radio?

Don't worry. You can tune in on the local AFN roller channel, 19-5.

Want to learn more?

Contact AFN Manager Randall Hisle at 5-2114.



AFN INTERVIEWS



CATCH THE LATEST ON AFN 99.9 'THE WAVE' RADIO, AS DJ RANDALL HISLE INTERVIEWS MEMBERS OF THE KWAJ COMMUNITY. LISTEN TUESDAY THROUGH SATURDAY FROM 7 TO 9 A.M., 11 A.M. TO 1 P.M. AND 4 TO 6 P.M.

E-WARENESS

What is a Hazardous Waste Collection Area?

A Hazardous waste collection area is a designated location where a generator (i.e., Kwajalein Ops, Utilities, Amec, San Juan, Nan, etc.) accumulates as much as 55 gallons of hazardous waste in containers at or near any point of generation (i.e., shops, project site).

Call Environmental at 5-1134 with questions.

Jikin ae kwobej ko rekauwotata rej ijoko emoj kamelim an department/shop ko likit tarin 55-gallon in kwobej ko rekauwotata ilo container ko ijoko jermal ko rej komon ie.

Kajitok, kiir Environmental ilo 5-1134.

WHERE CAN I FIND ISLAND WATER QUALITY REPORTS?

The 2020 Water Quality Report is available to all USAKA residents with important information about drinking water at USAG-KA. Contact Environmental at 5-1134 for information.

Available at Kwajalein and Roi-Namur:

- Post Offices
- Libraries
- Air Terminals
- Dock Security Check Points

2020 Water Quality Report ebojak non aolep armij ro ilo USA-KA lale ej kwalok kin melele ko raurok kin dren in idrak eo ion USAG-KA

Ebojak ilo Kwajalein im Roi-Namur:

- Post Offices
- Libraries
- Air Terminals
- Dock Security Check Points

WHAT DID YOU HEAR? SIREN WARNING SYSTEM 101

Pending Disaster

Two short blasts repeated five times at 25-second intervals. Tune radio to 99.9 "The Wave" or the Roller Channel on 19-5.

Evacuate to Shelters

One 3-minute warble. Evacuate to shelters.

Fire Recall

One-minute steady blast.

KPD Recall

One 10-second blast, 10-second pause, 10-second blast, 10-second pause. Repeat entire sequence.

All Clear

One 20-second blast. (This blast also sounds on each workday at noon.)

Tune your TV to 19-5 (the Roller) or your radio to 99.9 "The Wave" for more information when you hear these warnings.

USAG-KA DINING GUIDE



Dining Facility Meal Prices

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

*Customers without meal cards are welcome to pay with cash and credit card.

Dining Reminders and Regulations

- Families are welcome to dine at the Zamperini Cafeteria on Tuesdays, Thursdays, Sundays and Mondays.
- Diners under the age of 21 must be supervised by an adult and may not utilize the dining facility.
- Please enjoy the dining facility fruit carts by taking one piece of fruit. Diners are not permitted to take more than one serving of fruit from the cart.
- Backpacks are not allowed in the Zamperini Cafeteria or Cafe Roi. For your convenience, a storage rack is provided near the entrance of both facilities.

ISLAND DINING FACILITIES

**CAPT. LOUIS. S. ZAMPERINI
CAFETERIA
(5-3425)**

TUESDAYS - SATURDAYS*
5:30 - 8 a.m.
11 a.m. - 1 p.m.
4:30 - 7 p.m.

SUNDAYS AND HOLIDAYS*
6:30 a.m. - 9:30 a.m.
11 a.m. - 1 p.m.
4:30 - 7 p.m.

MONDAYS*
6 - 9 a.m.
11 a.m. - 1 p.m.
4:30 - 7 p.m.

**CAFE ROI - ROI-NAMUR
(5-6535)**

TUESDAYS - SATURDAYS
5:30 - 8 a.m.
10:45 a.m. - 12:30 p.m.
5 - 6:45 p.m.

SUNDAYS AND HOLIDAYS
7 - 9 a.m.
10:45 a.m. - 12:30 p.m.
5 - 6:45 p.m.

MONDAYS
6 - 8:30 a.m.
10:45 a.m. - 12:30 p.m.
5 - 6:45 p.m.

**SUNRISE BAKERY
(5-3445)**

Tues - Thursday
6 a.m. - 2 p.m.

**SUNRISE BAKERY
PIZZA KITCHEN
(5-3445)**

Friday, Saturday and Sunday,
5 - 9 p.m.

Monday, 5 - 9 p.m.

Don't forget about the late-night menu of rotating specials at the Roi-Namur Outrigger Club and Ocean View Club.

For more information, please see the "Bars and Clubs" page.

AMERICAN EATERY

Located at the Kwajalein Dock
Security Checkpoint
(5-1605)

Sunday – closed
Monday – closed
Tuesday – Saturday,
8 a.m. – 6 p.m.

BURGER KING
Located at the AAFES Food Court
(5-3402)

Sunday, 11 a.m. – 6 p.m.
Monday – Friday,
11 a.m. – 7 p.m.
Saturday, 11 a.m. – 8 p.m.

ANTHONY'S PIZZA
Located at the AAFES Food Court
(5-2735)

Sunday, 11 a.m. – 6 p.m.
Monday - Friday,
11 a.m. – 7 p.m.
Saturday, 11 a.m. – 8 p.m.

SUBWAY
Located at the AAFES Food Court
(5-3402)

Sunday, 11 a.m. – 6 p.m.
Monday, 11 a.m. – 7 p.m.
Tuesday, 10 a.m. – 7 p.m.
Wednesday, 8 a.m. – 7 p.m.
Thursday, 10 a.m. – 7 p.m.
Friday, 8 a.m. – 7 p.m.
Saturday, 10 a.m. – 7 p.m.



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



Capt. Louis Zamperini of Los Angeles, California recently liberated after spending 28 months in Japanese Prison Camp, makes a broadcast to the United States over the (Manila Station of RCAC). To the right of Capt. Zamperini is Joe Laitin, NBC and Reuters Correspondent.

Weekly Menu for Capt. Louis S. Zamperini Cafeteria U.S. Army Garrison-Kwajalein Atoll

Menu is current as of Sept. 2.
Menu items are subject to change with no advance notice.

	MEATS	STARCHES	VEGETABLES	VEGETARIAN
TUESDAY LUNCH (TACO BAR)	FLANK STEAK W/GRAVY FRIED PORK CHOPS	BUTTERED PASTA O'BRIEN POTATOES	ORIENTAL STIR FRY CARMELIZED SQUASH	VEGETARIAN WRAPS
DINNER	CHICKEN CORDON BLEU BRAISED BEEF & NOODLES	GARLIC MASHED POTATOES STEAMED RICE	STEAMED ZUCCHINI SEASONED CORN	BROCCOLI, CHEESE & RICE CASSEROLE
WEDNESDAY LUNCH (WING BAR)	SMOKED PIT STYLE HAM MEATLOAF	STEAMED RICE MASHED POTATOES	STEAMED CARROTS SEASONED BLACKEYED PEAS	STUFFED GREEN PEPPERS
DINNER	BEEF POT ROAST MEXICAN CHICKEN CRISPY OVEN BAKED TROUT	MASHED POTATOES NOODLES JEFFERSON	SPRING BLEND VEGETABLES STEAMED CAULIFLOWER	PASTA PRIMAVERA
THURSDAY LUNCH	BAKED TURKEY & NOODLES SALISBURY STEAKS	POTATOES & PEPPERS HERBED BROWN RICE	SEASONED MIXED VEGETABLES AUTEED BOK CHOY	POTATO FRITTATA
DINNER (MONGOLIAN NIGHT)	ROAST PORK LOIN SHRIMP SCAMPI	STEAMED PASTA MASHED POTATOES	STEAMED BROCCOLI CALICO CORN	THREE CHEESE TORTELLINI
FRIDAY LUNCH	BBQ SPARERIBS FRIED CHICKEN	PARSELY BUTTERED POTATOES MACARONI & CHEESE	CORN ON THE COB FRIED OKRA	JAPANESE STIR FRY
DINNER	CHINESE FIVE-SPICE CHICKEN SWEDISH MEATBALLS	STEAMED EGG NOODLES GARLIC ROASTED POTATOES	SCANDINAVIAN BLEND SEASONED GREEN PEAS	VEGETABLE LASAGNA
SATURDAY LUNCH	BAKED CHICKEN BAKED & FRIED TROUT ITALIAN BEEF & RICE	WILD RICE CHEESE & GARLIC POTATOES	CALIFORNIA BLEND VEGETABLES SEASONED SUCCOTASH	VEGETARIAN BURRITOS
DINNER (STEAK NIGHT)	PORTERHOUSE STEAKS FRIED SHRIMP GRILLED SALMON	RICE PILAF BAKED POTATOES	STEAMED ASPARAGUS CORN ON THE COB	ITALIAN BROCCOLI PASTA
SUNDAY LUNCH	APPLE GLAZED CORNED BEEF HERBED ROASTED CHICKEN	STEAMED RICE OVEN GLOW POTATOES	STEAMED CARROTS FRIED CABBAGE	AVOCADO PESTO
DINNER (PIZZA NIGHT)	SPAGHETTI W/ MEATSAUCE KNOCKWURST W/ PEPPERS MEAT LASAGNA	OVEN BROWNED POTATOES STEAMED PASTA	STEAMED BROCCOLI SEASONED SUMMER SQUASH	FRENCH BREAD PIZZA
MONDAY LUNCH	ROAST BEEF BAKED POLLOCK FILLETS ASIAN CHICKEN BREAST	SCALLOPED POTATOES SPRING GARDEN RICE	SEASONED GREEN PEAS CALIFORNIA MIXED VEGETABLES	VEGGIE POT PIE
DINNER	FRIED CHICKEN LEMON PEPPER CATFISH	GARLIC PARMESAN PASTA HACIENDA POTATOES	SAUTEED GARLIC SPINACH MONACO BLEND VEGETABLES	PESTO PENNE

CONNECT TO PROTECT



ARMY RESILIENCE

Military
Crisis Line
1-800-273-8255 PRESS 1



SUPPORT IS WITHIN REACH

SEPTEMBER IS SUICIDE PREVENTION MONTH

BY KWAJALEIN HOSPITAL

Far too often, those who battle thoughts of suicide are doing their best to hide or mask their feelings. The truth is, we cannot always know or recognize the possible signs that someone is struggling with suicidal thoughts, but we can certainly try to help prevent suicide as much as possible.

Researchers have identified signs that are exhibited by many who have attempted or completed suicide. If you notice a friend or colleague showing the following behaviors, ask them if they are suicidal and refer them for help:

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun

- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated, behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

Grief support and counseling is available on island. Contact the EAP counselor at 5-5362 or the Island Memorial Chaplain at 5-3505.

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org



HEALTH CONNECTION

BY KWAJALEIN HOSPITAL

Q. What are some activities to help me lose weight?

Weight loss is best achieved with both dietary changes and movement. The most influential of these two forces is our diet, with the goal of eating fewer calories than we burn off.

Simple ways to reduce the number of calories is to eliminate or greatly reduce sources of refined sugar—for example sodas, snack foods, desserts and candy. Focus as well on eliminating all high fructose corn syrup from your diet.

Shift your diet towards vegetables, proteins and unsaturated fats, and when possible, eat whole grains versus processed grains.

As for activities, movement is key. Get off the couch and go for a walk, swim or a bike ride. Increase your activity level gradually to reduce the risk of injury but do keep going.

Adding resistance exercises to build muscle mass along with moderate exercise makes us feel better and increases our metabolic rate—our baseline calorie burning rate.

There are also fitness and yoga classes on the island that can be a good way to have some fun and keep us motivated. Habits take weeks to change, so

keep at it. Make that evening walk or extended bike ride to work part of every day.

Q. What is the best way to treat muscle soreness?

When it comes to muscle soreness, there are two types:

- acute muscle soreness, also referred to as immediate muscle soreness
- delayed onset muscle soreness

Acute muscle soreness is felt during or immediately after the exercise. This is often described as a burning pain caused by lactic acid build up in the muscles. This soreness usually resolves quickly.

With DOMS, you will feel the pain and soreness peak about 24 - 72 hours after your workout. This is caused from microscopic tears in the muscle fibers and surrounding connective tissue during the workout.

How can I alleviate muscle soreness?

For acute muscle soreness, cold therapy is said to relieve pain in muscles and joints by reducing swelling and nerve activity. You can apply cold using an ice pack or bag of frozen vegetables but soaking in a cold bath may be more helpful—just remember to never apply ice directly to your skin.

- Applying heat immediately after exercising can reduce DOMS. Ex-

cellent ways to enjoy moist heat therapy after exercise include:

- Applying warm, damp towels
- Using a heating pad
- Soaking in a hot bath with Epsom salts which have been linked to reducing muscle pain and inflammation.
- Another method of relieving sore muscles is foam rolling. Foam rolling is basically a form of self-massage. Research has found that foam rolling can relieve DOMS. It may also help with muscle fatigue and flexibility.
- One of the best ways to prevent and treat muscle soreness is to hydrate. Always drink plenty of water before, during and after exercising.

The Health Connection supports the Commander's Ready and Resilient Council, an Army-wide initiative focused on the health and resiliency of Soldiers, family members and civilians. CR2C implements initiatives to address behavioral, physical, spiritual and environmental issues identified in the community. Want to ask a question? Send it to kwajaleinadministration@internationalsoogs.us. Questions will be reviewed and answered by an International SOS staff member before being published.

"SEEKING HELP IS NOT A SIGN OF WEAKNESS; IT IS A SIGN OF STRENGTH. ALL OF US ARE RESPONSIBLE FOR THE CARE AND SAFEKEEPING OF OUR TEAM-MATES AND THEIR FAMILIES, AND FOR BEING THERE FOR ONE ANOTHER AND ENCOURAGING THOSE IN NEED TO HELP."

- 24TH SECRETARY OF THE ARMY RYAN D. MCCARTHY AND CHIEF OF STAFF OF THE ARMY, GENERAL JAMES C. MCCONVILLE

SUICIDE PREVENTION MONTH

CONNECT TO PROTECT

SUPPORT IS WITHIN REACH

1	2	3	4	5	6	7
A Soldier's schedule can get hectic. Leaders calling Soldiers just to check in shows you care and helps them feel connected.	Haven't seen your battle buddy in a while? Invite them over for movie night.	Tag a fellow Soldier on Instagram to share memories or stories.	Think someone you know may be having thoughts of suicide? Support is within reach, text 838255 to connect with caring responders.	Put a smile on a Soldier's face by sending a funny meme. Humor can make a person's day!	Schedule a video chat social hour to catch up with friends and Family.	Email an old friend just because. Reconnect to reminisce about the good old days.
8	9	10	11	12	13	14
Write a letter to a relative and let them know you are thinking about them.	Walk your dog with your neighbor. Daily chores are more fun when done with other people.	Do the dishes with your significant other. Couples who do chores together, stay together!	In need of spiritual guidance? Connect with your unit chaplain. They're there to listen to and guide you through any concerns or problems you may be experiencing.	Coming home from training or TDY? Plan a game day with friends and Family.	Spend time with your nieces or nephews. Kids and adults benefit from a connected and supportive extended Family.	Lost contact with a battle buddy after their ETS? Reach out and ask them how civilian life is going.
15	16	17	18	19	20	21
Normalize and discuss with your Soldiers safe firearm storage during weekend safety briefings. More than 65% of military suicide deaths involve the use of a firearm.	Run errands with your pet. They make great companions and help break the ice when socializing with new people.	Go for a scenic run or bike ride with a battle buddy. Exercise releases endorphins which gives you a positive boost.	Make someone's day by "paying it forward." Buy a coffee for the person behind you in line.	Meet new people in your community by taking a creative class or trying a new hobby. Combining your interests and building new skills redirects your focus on something positive.	If you're in crisis, visit www.veteranscrisisline.net/get-help/chat to talk to caring professionals. Support is free, anonymous, and confidential.	Join a local sports league or play a pickup game with other Soldiers for some friendly competition & to build a sense of belonging.
22	23	24	25	26	27	28
Need to talk to someone right away? Professionals are waiting to listen. Call 1-800-273-TALK (8255) and press 1 for the Military Crisis Line.	If your spouse is deployed, gather the Family for a group video chat to say "Hi!"	Go fishing with your battle buddies. Unwinding together helps you destress and decompress.	Thank someone in your support circle. Expressing your gratitude shows how much you appreciate and reaffirms your relationships.	Create a phone free zone and set aside time for a face-to-face conversation with a friend or Family member.	Don't be afraid to talk to someone who is in crisis – you don't have to be a professional to listen and help them get the resources they need.	Learn the risk factors and warning signs for suicide https://go.usa.gov/xFa65 .
29	30	 30-DAY CONNECT TO PROTECT CHALLENGE				
Haven't spoken to a friend in a while? Give your time and attention. Listen to understand, not to respond.	Develop empathy and active listening skills. Schedule ACE-SI training through your local installation ASAP office or the Suicide Prevention Program Manager. https://go.usa.gov/xFv6n					



Military
Crisis Line 
1-800-273-8255 PRESS 1

www.ArmyResilience.Army.mil
[@ArmyResilience](#)  

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.

WEEKLY JULY-OCTOBER
Check-In Times
UA 155 - 3:30 - 4:45 p.m.
UA 154 - 10:45 - 11:15 a.m.

WEEKLY JULY-OCTOBER FLIGHTS
Mondays- UA 155 - (HNL)
Tuesdays- UA 154 - (GUM)

Electronic Guam Customs, Quarantine Agency Form
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. Links are as follows:

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 Aliceia 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.

RMI TRAVEL ADVISORY

RMI COVID-19 TRAVEL ADVISORY & RESTRICTIONS
ISSUANCE 29:
APPLIES THROUGH
SEPT. 30, 2021

As of Aug. 27, 2021, an extension of the total suspension of international travelers coming into the RMI via air travel will continue until otherwise announced.

For more information about the Republic of the Marshall Islands issuances, please contact the Commander's Hotline at 5-1098 or the USAG-KA Host Nation Office at 5-5325.

- 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
The ATI medical screening process has changed.

- 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.

NEED TO SHOP AAFES ONLINE? HERE'S WHAT TO DO

- 1) Find an item on <http://www.shopmyexchange.com> to request.
- 2) Visit the Kwajalein AAFES store during hours of operation and bring the item number, a description and/or page printout with the desired product information.
- 3) An AAFES supervisor or manager will verify the product data and take customer contact information.
- 4) AAFES submits a request for fulfillment and purchase support.
- 5) If the desired product is available and approved for shipment, it will be shipped by container to an AAFES facility in Hawaii or on the west coast before it arrives on USAG-KA.
- 6) Fulfillment times vary due to supply shortages and inventory constraints.

* Please know not all furniture and appliance items on the site are available for delivery to Kwajalein.

ShopMyExchange.com Access

- Who is eligible to shop at AAFES?
- U.S. Citizen Employees of firms under contract to the DoD when employed outside the U.S.
 - U.S. Civilian DoD employees when stationed outside of the U.S.
 - Full list of eligibility available at shopmyexchange.com

For more information, request an account form from Ian Morales at moralesic@aafes.com. Hardcopies are also available at the store.

Accounts are good for up to two years. These forms can be reactivated after employment verification.



For more information, please visit AAFES and speak to a supervisor or manager.

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 of every month.

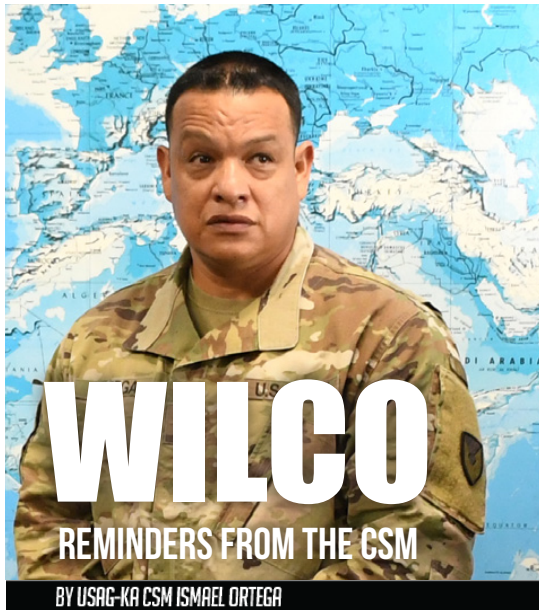
Kemeymej R ko 3. Recognize (kile) juon kwopej bajjok emaron Bokutan ak kein kabokkolok (UXO). Retreat (Jenliklik) bed ettolok im jab kepaak UXO eo. Report (Ripoot e) boktun ak kein

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 kakemeymej eok, eokwe jouj im koba lok ilo Island Orientation allon otemjej.



**Leaders Inspire
Culture Change.**

**DEMONSTRATE
HUMILITY.**



Do your part as a Kwajalein resident.

- How can you improve you work space or facility where you work?
- Is the outside of your facility clear of rubbish, or do you need to get rid of unwanted trash?
- Stop parking in no parking areas, and park only in designated areas.
- Make proper use of the recycle bins located outside your facility. Please ensure you separate recyclable materials before you discard them.

Every time you do your part, you make Kwajalein a more enjoyable and beautiful place for us all.



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.



WELCOME TO KWAJ

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



USAG Kwajalein
<https://home.army.mil/kwajalein/index.php>



USAG-KA Garrison Facebook
<https://www.facebook.com/USArmyKwajaleinAtoll/>



U.S. Space and Missile Command
<https://www.smdc.army.mil/>

Be Part of The Hourglass Story

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



Kwajalein Hourglass Archive photos



CLICK THE 7TH INFANTRY DIVISION LOGO TO VIEW PHOTOS FROM THE KWAJALEIN HOURGLASS ONLINE.