

THE KWAJALEIN HOURGLASS



THIS WEEK

**KWAJ ATOLL HS
CELEBRATES GRADUATION 2**

**COL PUGSLEY
SHARES UPDATES 5**

**ARMY BIRTHDAY
KWAJ AND ROI MENUS 17**

KWAJALEIN ATOLL HIGH SCHOOL CLASS OF 2022 GRADUATE LINE ELIO IS READY FOR THE FUTURE FOLLOWING GRADUATION JUNE 6 ON EBEYE.

 JESSICA DAMBRUCH



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

Members of the Kwajalein Atoll High School Class of 2022 get ready to step into the future during their June 6 graduation ceremony at the Ebeye Jabro Sports Complex.

KWAJALEIN ATOLL HIGH SCHOOL CLASS OF 2022 CELEBRATES GRADUATION

BY JESSICA DAMBRUCH

Colorful flowers, balloons and chairs draped in pink silks created a festive mood in the Jabro Sports Complex June 6, as members of the Ebeye community took their seats for the Kwajalein Atoll High School Class of 2022 graduation. The ceremony is the 15th commencement for KAHS.

The 36 graduating seniors come from every corner of Kwajalein Atoll. During the year, they attend classes on Guegeegue. Several are planning careers in public service following further studies in disciplines like law, medicine and technical trades.

Dressed in black graduation robes, the graduates entered through the balloon arches waving as RMI local media filmed the processional. Joyous cheers emerged from the bleachers as families recognized their students.

Special visitors were recognized during the ceremony. Remarks were delivered by Irojlaplap Sen. Michael Kabua and Kwajalein Atoll Sen. David Paul, as well as the class valedictorian and salutatorian. Ebeye Mayor Hirata Kabua, and members of the Kwajalein Atoll Local Government, College of the Marshall Islands and neighboring schools also



Family members watch the 15th annual Kwajalein Atoll High School commencement ceremony at the Ebeye Jabro Sports Complex on June 6.

came to support the event. Each received a green wut marmar from family members representing Kwajalein Atoll.

During the ceremony, students accepted silk honor cords presented by their parents for highest grade point averages earned. Teachers and community mentors also recognized their contributions and hard work during the year with certificates honoring students' contributions to the Ebeye Hospital during vocational training earlier in the school year.

The ceremony emphasized personal identity, values and family connections as key to the future, as the students get

ready to start higher education, jobs and begin families.

"I present to you ... a future lawyer," the master of ceremonies said, calling students forward to accept their honors.

At the culmination of the ceremony, students performed a special group dance and met their families and friends in the adjoining tennis courts to accept leis and wut marmar made of bubblegum, flowers and money.

Graduation robes flowing, students hopped into taxis passing by to relax in the heat of the day before the community-wide graduation party that evening.

CELEBRATE JUNE WITH THE ARMY FAMILY



SAFETY MONTH



DOD PRIDE MONTH



THE 247TH ARMY BIRTHDAY

THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army's 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944. The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Garrison-Kwajalein Atoll.

Contents of the Hourglass are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or US-AG-KA. It is published Saturdays in accordance with Army Regulation 360-1. Phone: Defense Switching Network 254-5169 Local phone: 5-5169

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



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) Students perform a special dance at the culmination of the graduation ceremony. 2) Who's who at graduation? Pictured here, Irojilalap Sen. Michael Kabua accepts a wut marmar. 3) RMI President David Kabua enters the Jabro Sports Complex. 4) RMI Deputy Chief Secretary Abacca Anjain-Maddison congratulated students before the ceremony. 5) Kwajalein Atoll Sen. David Paul offers encouraging words and a challenge of excellence during his address to students and families. 6) Members of Kwajalein Atoll families are ready to present wut marmar to distinguished visitors. 7) Santina Tutus, far left, came to graduation with family members to cheer for her younger brother, Barry Leon. 8) KAHS Principal Ricky Raymond greets graduation attendees.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) A student hugs family members after receiving an award for outstanding academic excellence. 2) Ready to graduate, Joe Capelle, left, Barry Leon, right, await their names to be called. 3) Students turn tassels during the ceremony. 4) Members of the class delivered special remarks during the ceremony. 5-6) Family members and friends celebrate with graduates following the ceremony.



U.S. ARMY PHOTO BY JESSICA DAMBRUCH

USAG-KA Commander Col. Tom Pugsley listens to comments during the June 8 town hall for the RMI workforce at the Island Memorial Chapel.

HOURLASS REPORT

Changes in quarantine, island construction projects and hosting negotiations for the Compact of Free Association are just a few of the challenges U.S. Army Garrison-Kwajalein Atoll Commander Col. Tom Pugsley has explored during his first year in command on USAG-KA.

During a recent interview at the Kwajalein AFN Studio, Pugsley shared his thoughts about work and life on the atoll and provided tips for newcomers about how to make the most of their time in a beautiful and unique island community.

How did the quarantine process go this time, versus when you and your family were in quarantine last year?

The first time through it was 14 days in Hawaii and 14 days here. This time it was only five days in Hawaii. It went just as easy as the first time—something to do with the fact that you can order whatever you want to eat, and you have a great view out your window. It was different on USAG-KA. It's very rare that someone quarantines by themselves, but I was going bonkers after about five days.

The food, though—much improved over last year, I'll be honest: It was too good. Kudos to the DFAC for slinging up some better grub. Other than being bored and by myself, it wasn't bad. I got a lot of work done.

There are rumors that Hawaii quarantine might reduce even further for the Army. What might this mean for people traveling to Kwaj to work?

It's not a rumor. The Army has made it clear that their intent is to continue to reduce quarantine time, both in Honolulu as well as on Kwajalein. We have the most restrictive quarantine in the world, well over what the Centers for Disease Control and Prevention and the World Health Organization recommend. The RMI is currently holding at three days of quarantine in Hawaii and has already approved a further reduction of quarantine in Hawaii down to zero days beginning June 28. The requirement for the Army will then be zero days in Honolulu and 14 days on Kwaj. Because we're the Army and we take a little more time to do everything, we're not planning to reduce quarantine as fast. We're currently at five days.

We're reducing to three days starting July 1. Then, we have some test cases planned. We will bring in a few small families to test out zero days' quarantine in July to see if it works. We need to have control [of the situation in Honolulu] to be able to verify, test and then do the onward movement associated with the tranche process.

We also want to follow suit with our RMI partners as they reduce to zero days. We are forecasting tranches six to eight weeks out.

I know the National Defense Committee recommended to Cabinet a reduction to 10 days. I believe the NDC is

going to go back to Cabinet and request a reduction to 12 days. I expect we will see reductions down to eight or 10 days.

Please share your thoughts on the base operations services contractor transition.

I've been in command for almost one year. This was the big thing coming up: LOGCAP transition. We planned the transition for nine or 10 months. ... I was mightily surprised at how few issues popped up. With any transition, any change of leadership or corporations there will be hiccups. Things are going to happen.

We've had some issues with things that just fell through the cracks—small things that the community needs to operate around here. We were able to work through it. ... I'm happy with the transition so far and I'm optimistic about where we're going.

I truly believe Vectrus cares about the services that it provides for the community and has a vested interest in their success and the Army's success here.

Please tell us about Space Available travel and what it means for residents who are allowed to fly Space A. When can they expect to travel Space A again?

The Space Available travel privilege is for veterans and current active-duty military. Here on the installation, it also includes any Department of the Army Civilians.

After the COVID variants emerged—Omicron and Delta—we pushed hard for the exception to policy that we once had for authorization for Space Available travel. About two months ago, Space A was authorized again. A lot of contractors are authorized to take one trip per year. The DA civilians and the military don't get that deal. For a while, none of my team was even allowed to leave the island due to COVID restrictions.

Then, United Airlines opened. We were all able to start allowing my military and DA civilians to travel, but that was at their own expense.

What can you tell us about the upcoming first round of negotiations for the Compact of Free Association?

It's a big deal for the RMI and the U.S. government. The Second Compact was extended for 20 more years in 2003. Now we're in that period where we're either going to come to a new agreement with the Army and extend the Compact of Free Association or we're not.

I have multiple feelings about it. We have other treaties and agreements with the Marshall Islands. Regardless of the outcome of the compact, per pre-existing agreement, the U.S. military will be here through 2066.

Many advantages of the partnership might come from the agreements we have. It's beneficial for the RMI through grants and access to U.S. resources. It also provides a much healthier relationship for the members of the partnership and a lot of utility to the U.S. It's mutually beneficial for both organizations to come to some resolutions. It's interesting times.

COVID put a big roadblock in the negotiations for the Compact of Free Association. We are just now able to have the first face-to-face conversations.

Next week, we will host the special presidential envoy for contract negotiations, Ambassador Joe Yun, Ambassador Roxanne Cabral, Ambassador Karen Stewart, and a host of delegates from the Department of the Interior, as well as RMI Minister and chief negotiator Kitlang Kabua will be present. There is important groundwork to cover in a very short amount of time.

I like my RMI partners to be happy getting what they need to improve the livelihood of their people. I'm all for trying to meet their needs. Hopefully we make some quick and steady progress. I'm happy that we're finally getting this on the docket and starting this critical conversation and dialogue between the two countries.

To accommodate the discussions, we are instituting a travel bubble, which means the U.S. delegation will come in without going through quarantine. The Vector team is very comfortable with executing these sorts of operations.

This travel bubble is just an expansion of what we've already done, except for having a few more people and more interaction than we're used to. I think we can overcome and mitigate risk. So, it's all good stuff.

Once both parties arrive, they will be treated just like we do our working quarantines. During meetings, everyone will be fully masked.

They will be isolated from the community and can mingle with themselves.

Even so, there's a little bit of risk there. I think the Army has done a very good job in mitigating the potential risk, but the negotiations must happen. We can't use COVID as an excuse anymore. [The negotiations are] too important to both countries. The meetings must happen. I'm happy that they will.

Will Kwajalein have fireworks again for Independence Day this year?

I'm a big fan of fireworks. As in everything, there are slight hiccups in contract transitions. The fireworks display for the 4th of July was one of those. It turns out we will not be able to provide fireworks for this Independence Day. The people who can do it are already booked. I've been assured that we'll be able to do it for New Year's.

I was talking to the Majuro Mayor, Ladie Jack. That community had a fireworks celebration. Rather than buying the big mortars that you need professionally licensed people to launch, they bought some of the big "class C" consumer fireworks. For a fraction of the cost, they had a 30-minute display. Imagine: a 30-minute fireworks display.

We have a way forward and Vectrus is working on a solution that will let us have longer displays and displays on Roi. It will provide a better service for the community, and I like the cost savings to the U.S. government. We're working towards that.

What activities would you like to encourage newcomers to check out once they're out of quarantine?

Don't wait until you get here to research. Some expectation management

is needed. Otherwise, you're going to be very uncomfortable when you arrive. You're not going to be able to pop into Target and get an espresso at a Starbucks. There is a ton of alternative options for outdoor activities. Find something that you've always wanted to do and make a checklist. Learn to paddleboard, kite surf or start training for biking, running and all those things that are unique. Camp on an island—after you ask permission from the Army Liaison Office. Get out there and make friends. Get involved in the numerous clubs and activities we have. There are great opportunities to fish. Pick a couple of things that you want to do, get out of quarantine, jump right into it. Once you get comfortable, find some more.

There's never not enough to do here. Take advantage of that.

Also, don't miss the chance to engage with Marshallese culture. Go to Ebeye. Walk around and meet people. We're in a different country. If you're not taking every opportunity to learn about this culture, the uniqueness of the Marshallese people and the relationship that the U.S. government has with our host nation, you're missing an opportunity to learn. I've always been a big advocate of continuous learning.

What are some of the questions recently raised to you at the RMI town halls this week?

What an unbelievable opportunity to sit down and talk with a key element of the workforce. As I told the groups on Roi and Kwaj, this installation would not run without their commitment and contributions. They are critically important. I treat them just as I treat the expats, the military and the DA civilians who work here.

One of the first things I noticed was that this was probably the largest turnout I've had for any town hall on either Roi or Kwaj. We talked about COVID. We talked about contractual obligations, transition, potential impacts and pay. I tried to convey early on that with any transition, there are going to be certain levels of friction. Vectrus is willing to overcome that friction. It will just take time to work through.

I'm really encouraged by how many people are starting to come to the town halls. I had nonstop questions [on Roi] until it ended. It was a good and candid dialogue with members of the workforce. I was happy to do it. I had fair questions right away and some good ideas.

I've tried to empower the community to make recommendations. Some of the best innovations in history have come from the foundational levels of a workforce. Some military advancements have come from privates sitting down on the lines like, 'Hey, why don't we do it this way?'

Speaking of great ideas, please tell us about the Commander's Innovation Challenge.

If you have a good idea, and it makes sense and it's legal, I will do my best to do it.

—Col. Tom Pugsley

I've seen good ideas so far. During the first quarter the winner was an island wide cleanup, which I thought was a brilliant idea. We're going to execute in the fall in conjunction with the school year. We thought students were a big part of that and we wanted to co-host the activity with the school.

Second place was the movement of the historic quad sign out front of the old terminal building. I think it'd be much better served somewhere else. I think down an Emon Beach would be a great place for it: a very picturesque location. We must still do some polling of the community to get their ideas on that.

Our Public Affairs Officer, Mike Brantley, is working on the second quarter results. I try to stay out of it because I want to be unbiased and let the judges panel pick the winners. The amount of input we received this last quarter doubled. I hope to see that trend continue.

Now, we're headed into the third quarter for the challenge. There are some great ideas out there among the community. If you have a good idea, and it makes sense, and it's legal, I will do my best to do it.

Please tell us about the recent progress on public works projects.

COVID had more impacts on just our ability to leave the island. I have projects that are years behind schedule now. The inability of contractors to get people through the quarantine process can hurt progress. Now quarantine has reduced to a point. People are also more comfortable with COVID now, especially back in the U.S. I had two Soldier health inspectors complete two weeks of quarantine to perform seven days of work. Organizations are much more comfortable with this sort of process. This is the new norm.

We made traction on some of our programs regardless of COVID. We completed new playgrounds and the Emon Beach main pavilion. The Richardson Theater is going up. We have healthy progress in other areas like the Bucholz Army Airfield refurbishment.

We have more projects coming up—a new air traffic control tower, Kwajalein Hospital and a renovation for the kitchen at the Zamperini Cafeteria. Another 30 refurbishments for Army Family Housing have been approved. We're going to get the island's first four-bedroom houses.

What activities or future project plans do you look forward to?

Every commander is different. I'm big on schools and Morale, Welfare and Recreation. I'm big on community opportunities and synchronization. There's so much to do here. It almost overwhelms some people.

I'm looking for opportunities to have sponsorship and co-sponsorship for activities. You have so many organizations doing good works. We can make a greater impact on the community and free up some time if we partnered more.

How have your perspectives changed or grown since you became the garrison commander?

It's harder to do things here than I expected. There is some complexity to the contracts, the logistics and the timelines for doing business here. I'm focusing on some core elements to set a better foundation for the next commander to make gains or improvements.

I don't know if it's a cultural thing or a societal thing, but I have learned the hard way that no matter what you do and for what good reasons you have, you will always make some people mad.

I've learned that I'm no longer in the business to try to make everyone happy. I'm trying to make the community, for the most part, happy. It's less about the individual and more about the holistic community. My goal is to try to make the most people happy as possible.

This is a relatively recent realization after discussions with senior leadership and other garrison commanders. It took a long time to learn. You can't fight to make everyone happy. It's a losing fight.

[There is also] my own expectation management—what I can and change and what I can't and doing the best I can.

My family and I have fallen into our routines for things we like to do. I'm not doing some of them well enough. I'll work on that. I have another year.

If it proves anything to anybody out there, regardless of how late you realize you need to change, just take advantage of it. Change and do what you need to take advantage of the time you do have here—because it's finite.

I'm amazed that a year has gone by already. I look forward to this next year. In this job, it's kind of hard and get out there, talk to people to get a feel for what's going on—to get the ground truth. I'm looking forward to getting out there and doing that.

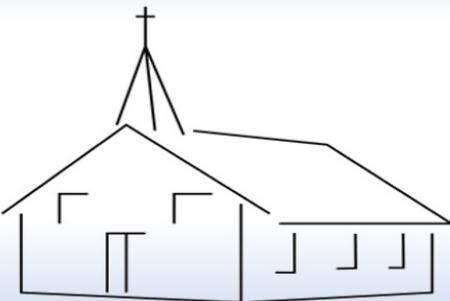


U.S. ARMY PHOTO BY JESSICA DAMBRUCH

Members of the Kwajalein RMI workforce attend a June 8 USAG-KA Town Hall.

Roi Chapel Times

Fridays at 6:30 p.m.



Protestant Services
1st & 3rd Fridays

Catholic Mass
2nd & 4th Fridays



PHOTO BY U.S. EMBASSY MAJURO

Michael Lojkar, center, Kwajalein Atoll resident and recent graduate of Kwajalein High School, was recognized by U.S. Embassy Majuro before departing to attend the U.S. Air Force Academy.

The embassy shared the following text on social media post last week:

"Michael Lojkar is one of the RMI's own and the first Marshallese to be accepted to attend the US Air Force Academy. It was an honor to meet and congratulate you on your great accomplishment. We wish you the best of luck in your studies and life at the academy.

Juon, ruo, jilu, kab bujin-bujin kabokbok nan Michael Lojkar bwe emoj an komane juon makitkit eo elap ad bun-boruwod kane. Ej kain kajvon rimajol emoj an US Air Force bok bwe en juon aer rijikuul. Elap ao monono bwe imaron kar liik peim im kojeramon eo ilo accomplishment in am. Jeramon ilo am ekatar ilo USAF jikuul. Hooyah Michael Lojkar! "

DOD PAYS TRIBUTE TO LGBTQ+ SERVICE MEMBERS

EXTERNAL REPORT

By David Vergun, DOD News

Pride Month is a time to come together to honor the contributions of LGBTQ+ service members, said Deputy Defense Secretary Kathleen H. Hicks, who spoke today at the 11th LGBTQ+ Pride Ceremony at the Pentagon.

As President Joe Biden recently stated, Pride Month is a time to remind the LGBTQ+ community that they are valued and deserve dignity, respect and support, she said.

The Defense Department strives to lead on issues related to diversity, equity, inclusion and accessibility, including for LGBTQ+ people, she said.

“DOD is committed to ensuring and promoting an atmosphere of dignity and respect for all civilian and military personnel. We strive to make the Department of Defense a workplace of choice for all Americans willing and qualified to serve. In doing so, we set a bedrock foundation where all personnel are valued and given an equal opportunity to succeed,” she said.

Recruiting, developing and retaining a highly skilled military and civilian workforce of diverse talent is essential to U.S. warfighting success, she said.

“The department should not and cannot be a place that discourages outstanding LGBTQ+ individuals from a career in DOD because of actual or perceived barriers to entry or hostile workplace conditions,” she said.

In September 2011, the “don’t ask, don’t tell” policy was repealed, allowing LGBTQ+ service members and civilians to acknowledge their sexual orientation and serve openly. In September, DOD commemorated the 10-year anniversary of that repeal, she said.

“We will continue to advance policies and programs to develop and nurture a leadership pipeline of diverse talent and create pathways for everyone at DOD to realize their potential. We know that organizational climates affect our workers’ experiences. More to the point, it affects our warrior readiness. Therefore, we are directing initiatives to improve leaders’ skill development and foster more effective, inclusive team environments,” she said.

The department is developing a diversity, equity, inclusion and accessibility strategic plan to guide and direct activities to further those initiatives within the department, she said.

That plan is in the final stages of approval and will identify DOD’s priorities and objectives for the coming year, she said.



U.S. AIR FORCE PHOTO BY STAFF SGT. MELODY W. HOWLEY

Airmen assigned to the 52nd Fighter Wing participate in a Pride Month color run on Spangdahlem Air Base in Germany, June 30, 2021.

Progress will not be driven by policies and programs alone; it will also result from the individual actions each person takes every day, she said.

“The diversity of the United States is unquestionably one of our greatest strengths. Many here today have fought hard battles to overcome bigotry and be treated with dignity and respect that is due to every human being,” she said.

Pride Month is a time to celebrate our progress, and it’s also a time for the department, the nation and the world to acknowledge the challenges that remain and to reaffirm our commitment to equality for LGBTQ+ people, she said.

QUAD PARTNERS HELP INDO-PACIFIC COUNTRIES MONITOR WATERS

EXTERNAL REPORT

By Leigh Hartman, ShareAmerica.gov

A partnership of Indo-Pacific nations is helping other countries across the region use satellite technology to monitor their waters, prevent illegal fishing and better respond to humanitarian and natural disasters.

The Quad partners announced their support for the Indo-Pacific Partnership for Maritime Domain Awareness at their Quad Leaders’ Summit in Tokyo on May 24.

Through the IPMDA, the Indo-Pacific nations will share technology to enable countries to monitor their maritime boundaries and international sea lanes via low-Earth-orbit satellites that identify ships by their radio traffic and automated tracking systems.

This new program “will allow tracking of ‘dark shipping’ and other tactical-level activities, such as rendezvous at sea,” according to the White House. It will “improve partners’ ability to respond to climate and humanitarian events and to protect their fisheries.”

Nations sometimes lack resources to effectively monitor their exclusive economic zones — which extend 200 nautical miles (370 kilometers) from a country’s coast. As part of the IPMDA, partners will work through regional fusion centers throughout the Indo-Pacific to enable partner countries to monitor their waters in near real time.

The Quad is also helping other Indo-Pacific nations to:

- Develop green shipping corridors and clean energy.
- Enhance supply chain resilience and develop open and secure 5G telecommunications networks.
- Fight COVID-19, with 257 million vaccine doses donated to Indo-Pacific countries so far.
- Build infrastructure, with more than \$50 billion in investment over the next five years.

The maritime monitoring program builds on other U.S. efforts that use satellites to help Indo-Pacific nations respond to disasters. The United States

deploys satellite equipment to enable text messaging in areas with limited connectivity to disseminate alerts and other information.

Former Australian Prime Minister and Asia Society President Kevin Rudd said May 26 that the Quad’s support for this new maritime domain awareness initiative will help island nations in the Indian and Pacific oceans preserve their fish stocks and other maritime resources.

“I know from my own experience that this is welcome across the small island countries of the Pacific,” Rudd said.



U.S. COAST GUARD/PETTY OFFICER 1ST CLASS NATE LITTLEJOHN

U.S. Coast Guard and Fijian law enforcement officers board a fishing vessel off the coast of Fiji on April 18. The United States and its Quad partners are helping other Indo-Pacific nations monitor waters in their economic zones.

U.S. SPACE AND MISSILE DEFENSE COMMAND HISTORY

HOURLASS REPORT

In June 1961, the Nike-Zeus system was installed on Kwajalein Missile Range. The system was comprised of four launch cells, battery control equipment, seven radars and a target intercept computer.

The system's target tracking radars used a clutter fence—a device used to prevent reflections from objects near the receiver—to block signals reflecting off nearby facilities. Clutter fences may also serve to protect ground crews from a sensor's microwave signal.

Over the years, equipment and technology used to support the KMR mission has changed, as have the modern-day names of many facilities.

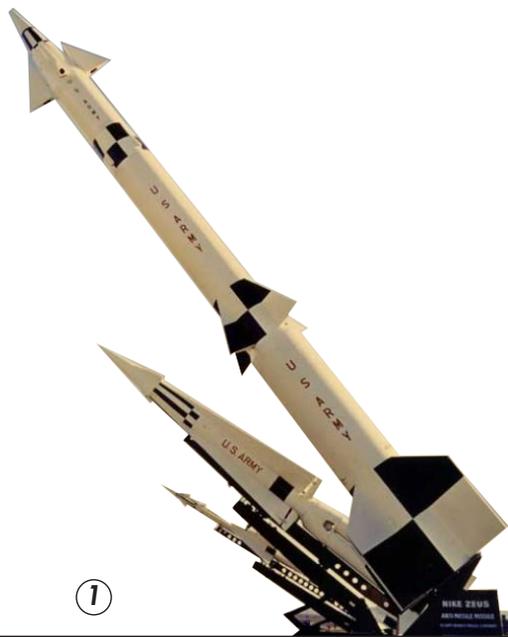
Given Kwajalein's proximity to sea-level and Zeus stored in silos, the Army built up the launcher complex—called Mount Olympus, and today called Telemetry Hill—to be able to use the production-type silos while still being above the waterline. The Nike-Zeus launcher complex, visible in an early 1960s USASMDC photo on the following page, shows how Kwajalein's low elevation posed a challenge for its earliest engineers.

Throughout June 1961, the Kwajalein Hourglass reported on the facility's construction progress and promoted a June 18 open house and "Camerama"—a special open house for photographers—for those interested in photographing the complex, on June 25, 1961.

In July 1964, KMR was transferred from the U.S. Navy to the NIKE-X Project Office.



In this July 20, 1963 USASMDC photo, the raised radome of the Zeus Discrimination Radar is visible in the center of reflective rings of clutter fencing. The metal tunnel running between the ZDR building and the outermost fencing provided protected access to the radar during operations. Missile-tracking radars are visible in the far-distant background.



NIKE ZEUS OPEN HOUSE WILL BE SUNDAY

THE ARMY ROCKET & GUIDED MISSILE AGENCY "OPEN HOUSE" THIS COMING SUNDAY, JUNE 18, WILL PROVIDE A LAST CHANCE FOR MANY KWAJ PEOPLE TO VIEW THE INTERIORS OF THE BUILDINGS IN THE ZEUS COMPLEX

CAPT FRED KLEIS, PACIFIC FIELD OFFICE, ARGMA, SAID THIS MORNING THAT THE OPEN HOUSE WILL CONSIST OF GUIDED TOURS THROUGHOUT THE PROJECT AREA BUSES, WITH A GUIDE ABOARD, WILL BE AVAILABLE IN FRONT OF MACY'S BEGINNING AT 2 P M WITH TRIPS SCHEDULED AS NEEDED

NO CAMERAS WILL BE ALLOWED ON THIS TOUR, CAPT KLEIS SAID HOWEVER, IN ORDER THAT LOCAL PEOPLE MAY HAVE A CHANCE TO TAKE PHOTOS OF THE EXTERIOPS OF THE BUILDINGS A "CAMERAMA" WILL BE HELD ON JUNE 25

TO ACQUAINT ISLAND RESIDENTS WITH THE TASK OF THE NIKE ZEUS, A BRIEF FILM "NIKE ZEUS - THERE IS A DEFENSE," WILL BE SHOWN AT THE YOKWE YUK THEATER FRIDAY NIGHT PRIOR TO THE FIRST MOVIE AND AT THE RICHARDSON THEATER SATURDAY NIGHT PRIOR TO THE FIRST MOVIE

1) Missiles in the Nike family. From left, MIM-3 Nike-Ajax, MIM-14 Nike-Hercules and LIM-49 Nike-Zeus.

2) A June 6, 1961 Kwajalein Hourglass advertisement invites personnel to a June 18 Nike-Zeus Open House, and a June 25 "Camerama" event for photographers to visit the site and snap commemorative photos.



In this vintage Kwajalein photo taken during the Zeus-era, Mount Olympus is visible at the island's western edge. The Battery Control is located left of Mount Olympus. The Zeus Discrimination Radar is just to the left of the runway—a small square within two concentric circles. Above the ZDR are two Target Tracking Radars, under construction at the time of this photo. The two large circles at the opposite end of the runway are the Zeus Acquisition Radar's transmitter and receiver.



In the early 1960s, Mount Olympus was located on what was the far southwestern end of the island. The location of the road and ocean in the background suggest the photographer faced west. Today, Kwajalein is backfilled, and the area of ocean visible in the photo is now part of an extended shoreline and dry land.

COMMUNITY CLASSIFIEDS

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

ARMY REGULATIONS

TOBACCO USE. USAG-KA Policy Memorandum 600-8 protects others from the negative impact of tobacco use. On USAG-KA, smoking is permitted in designated smoking areas only. Smoking and cigarette butt receptacles must be at least 50 feet from the entrance of facilities.

CANDLES and open flames are not permitted in BQ rooms. The Kwajalein Fire Department thanks you for keeping your neighbors safe.

METAL DETECTORS are not allowed on Kwajalein according to Army Regulation. Unexploded Ordnance exists and could be dangerous if disturbed. Contact Deirdre Wyatt-Pope at 5-1442.

Not allowed on USAG-KA: bow and arrow, air guns, paint ball and other projectile weapons. Please contact Deirdre Wyatt-Pope, USAG-KA safety officer, at 5-1442 with any questions.

CLASSES

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

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

SMOKING CESSATION. Ongoing smoking and tobacco cessation counseling is available. Call the EAP at 5-5362 or email marybeth.mawicki@internationalsosgs.us for more.

DRIVER'S TRAINING & LICENSING PROGRAMS. Kwajalein Classes: Tuesdays, Wednesdays and Thursdays from 9 – 11 a.m. and 1 – 3 p.m.; Automotive Area, Bldg. 856, Room 103. Roi Classes: Saturdays only, 9 – 11 a.m. and 1 – 3 p.m.; C-building Call 5-3291 to register. Class size is limited. Please bring a valid U.S., international or Marshall Islands license with you to class

FACILITIES

RACQUETBALL COURT CODE. Residents can obtain the door code from the MWR Desk at the Grace Sherwood Library. The code will not be given out over the phone. Contact MWR at 5-3331 with questions.

HELP WANTED

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

AKIMA is hiring for the following on-island positions: Communications Clerk (ID: TRU01101); Communications Specialist (ID: TRU01100); and Fiber / Cable Technician (ID: TRU01099). Applicants must currently reside on USAG-KA and possess a valid passport. For more information and a list of required qualifications, visit https://akima.taleo.net/careersection/akimallc_cs/jobsearch.ftl. Apply online or send resume to Jeannette McIlwain at jeannette.mcilwain@akima.com.

ADMINISTRATIVE ASSISTANT. This position provides daily admin-

istrative task support for operations at the Island Memorial Chapel. For questions or to submit a resume, please call 5-3505. Send to kwajchapel@gmail.com and Ch. Brian Conner at brian_conner@sbcglobal.net.

CALIBRE seeks a Military Material Specialist. For more information, or to apply, visit <https://jobs.silkroad.com/calibresys/https://calibresys-careers/silkroad.com/jobs/4013>.

COMMUNITY BANK seeks a banking center service specialist/teller. This is a part-time on-island hire position for 20 hours per week. Submit

applications to www.dodcommunitybank.com. Call Camellia Bobo at 5-2292 for more information.

INTERNATIONAL SOS seeks a dental assistant and applicants for administrative positions. Send your resume to marykathleen.bryan@internationalosos.com.

KAIHONUA is hiring for multiple positions. 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.

NAN, INC. seeks a project engineer, welder, welding inspector, quality control manager (QCM), and site safety and health officer (SSHO). To apply, visit www.nanhawaii.com and contact Clint Ueatari or Kevin Short at 5-2632, 5-4995 or 5-4996.

QUANTUM DYNAMICS, INC., is accepting resumes for positions on Kwajalein and Roi-Namur in the following areas: Vehicle Maintenance,

PREFLIGHT CHECKLIST: WHO NEEDS A COVID TEST?

FOR UNITED AIRLINES

YES

- Contractor flying out to PCS or R&R
- Government employee or dependent flying out for R&R

NO

- Government employee or dependent flying out on government orders for PCS or TDY

FOR ATI FLIGHTS

NO

- Contractor flying out to PCS on orders (Usually only those who are PCS'ing with a pet authorized to PCS on ATI)
- Government employee or dependent flying out on Government orders for PCS or TDY.

YES

- Contractor flying out using Space-A
- Government employee or dependent flying out for R&R

CALL THE KWAJ HOSPITAL AT 5-2223 TO SCHEDULE AT LEAST ONE WEEK PRIOR.

Kwajalein Country Club & Golf Course Closure Now Through June 27

The Kwajalein Country Club and Golf Course are closed now through June 27 from 6 p.m. to 6 a.m. during the perimeter road closure. We apologize for this inconvenience and appreciate your patience.

Peanut Butter Recall

The Centers for Disease Control and Prevention has posted a link on their website discussing the recall of Jif Peanut Butter. Read more at <https://www.cdc.gov/salmonella/senftenberg-05-22/index.html>

If you have a jar from the Surfway, please return it for a refund.



CHECK OUT THE NEW MWR SPORTS PAGE ON FACEBOOK AT [HTTPS://WWW.FACEBOOK.COM/GROUPS/KWAJALEINSPORTS/](https://www.facebook.com/groups/kwajaleinsports/)



MOSQUITO FOGGING FOR KWAJ AND ROI

Hip hip hooray! It's almost spray-day (please stay out of the way).

Kwajalein

June 13 – 15
5:30 – 7:30 P.M.

Weather dependent

Avoid fogged area for 30 minutes

Roi-Namur

June 16 – 17
5:30 – 7:30 P.M.

Weather dependent

Avoid fogged area for 30 minutes

Transportation Motor Pool, Movement Control, and Custodial. Please apply to specific opportunities at <https://qdyncorp.com/home/careers/> or contact Trina Romeo, HR Manager at 5-1509 (office phone), email: tromeo@Qdyncorp.com or stop by Building 1071 (Emergency Operations Center) located at the southern end of Kwajalein.

TRUESTONE is hiring for multiple positions. Contact Tribalco Human Resources at 5-4344 and visit <https://www.akima.com/careers/>. Visit www.tribalco.com/careers.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.

USAG-KA CYS has openings for new employees and coaches. Required experience levels vary. All children of head coaches play for free. Visit Central Registration or call 5-2158 in Building 356.

NOTICES

ISLAND ORIENTATION and Newcomer's Briefings take place in the Religious Education Building behind the Island Memorial Chapel. Email KWAJ_OSU_Ops@Vectrus.com or call 5-3511 to register.

ARMA. Log in to ArMa, the Army Maintenance Application, to report issues for all buildings maintained by the Department of Public Works. For more information, please contact

**Send in the ads!
LET 'EM HAVE IT!**

**FOR MORE INFORMATION
ABOUT ISLAND MEDIA, CONTACT
THE USAG-KA PAO MIKE BRANTLEY AT 5-4848**

DPW at 5-3550.

COUNTRY CLUB & GOLF COURSE CLOSURE, now through June 27. The Kwajalein Country Club and Golf Course are closed now through June 27 from 6 p.m. to 6 a.m. during the perimeter road closure. We apologize for this inconvenience and appreciate your patience.

QUARTERLY INNOVATION CHALLENGE. Send great ideas for improvements and innovations to Col. Tom Pugsley. Winners will receive an official innovator's award and a special AAFES gift card. To submit your idea, call the Commander's Hotline at 5-1098 or email USAG-KA Public Affairs Officer Mike Brantley, at james.m.brantley4.civ@army.mil.

OPTOMETRIST APPOINTMENTS. Call the Kwajalein Hospital to express your interest in securing a future optometry appointment at 5-2223.

AUTOMOTIVE LICENSING. The Automotive Licensing Office has moved to Bldg. 808. Please visit during regular hours of operation to complete license testing and documentation.

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>.

FLYROI. FlyRoi has a new email address. Email flyroi@wsp.com for work and space-A request forms.

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

VACCINES. A wait list for persons 12 years old and under for the COVID booster or for your first or second vaccine; or to vaccinate children aged 5- 11 years old, the list is now



KWAJALEIN AIR TERMINAL SHUTTLE BUS

Need a ride? Call 5-TAXI to book your ride to the terminal at least 24 hours in advance of check-in for your United or ATI flights.

forming. Email Suzanne Mosier at Suzanne.m.mosier.civ@army.mil to get your child on the list.

DON'T TAKE CULTURAL ARTIFACTS. Remember, it is illegal to remove cultural resources from the atoll. This includes any protected species, unexploded ordnance, WWII-era artifacts and ancient Marshallese artifacts. These resources are protected under U.S. federal and RMI law. Please do not remove these pieces of atoll history from Kwajalein. For questions contact the Kwajalein Archaeology Office at 5-9502.

Call 5-2017 or email the Veterinary Clinic at kwajaleinveterinaryclinic@internationalsosgs.us to get on the list or make an appointment for pre-screening conditions like dental care, diabetes, eye issues, lab work and medication.

CART RENTALS. All cart operations have moved to the Bowling Center on the first floor of Building 805. Call 5-3439 for more.

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

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.

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. Contact Carrie Aljure at whatacod@aol.com.

TWO LIFEGUARDS REQUIRED. For safety reasons, an extra lifeguard is required for parties held at the Millican Family Pool. Questions, or to reserve the pool, contact Cliff Pryor at Clifford.PryorJr@amentum.com or 5-2848.

MILITARY WORKING DOGS. The community is advised to follow these tips for safety around military working dogs. WDs will conduct inspections at locations like BQs, transient facilities and other areas.

- Maintain a distance of five feet at all times.
- Do not attempt to pet or agitate the Working Dogs on patrol or at the K-9 kennel area
- Follow all instructions from the Kwajalein Police Department and K-9 dog handlers at all times.

Questions? Contact the Provost Marshal's Office at 5-2109, 5-8859 and 5-3530.

RELIGIOUS SERVICES AT THE ISLAND MEMORIAL CHAPEL KWŌJKWŌJ

Join the congregations of the Island Memorial Chapel for weekly services and opportunities to join in fellowship and praise activities.

Be sure to keep an eye on Kwajalein social media for event announcements for the island's fellowship groups. Check out additional community services provided by the chapel team. Call 5-3505 to speak with a religious services team member about your specific worship needs.

PRAYER REQUESTS

Send prayer requests electronically to: m.me@IMCKwajalein

COUNSELING SESSIONS

Counseling sessions are available by appointment. Call 5-3505.

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

Morning Services

Sunday, 9:15 a.m.
Main Sanctuary

Daily Mass

Tuesday through Friday
5:15 p.m.
Chapel office

Saturday Evening Mass

5:30 p.m.
Small chapel

ROI SERVICES

Protestant Services

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

CHAPEL ACTIVITIES

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.





EOD OPERATIONS FRIDAY, JUNE 17

Kwajalein Explosive Ordnance Disposal will conduct UXO operations 9:15 – 10:30 a.m. on Friday, June 17. The area on the map above are off-limits until operation is complete.

UXO HAZARD AWARENESS CLASSES

Kwajalein EOD conducts monthly UXO Hazard Awareness Classes on the first Wednesday of every month.

WHAT? 30-minute new hire and refresher UXO class explaining specific dangers on Kwajalein. Max 18 people per class.

WHERE? Bldg. 1025 (below Telemetry Hill)

WHEN? The first Wednesday of every month at 1 p.m. (minus holidays)

HOW? Call 5-1550 to register. Workshops can be conducted at different worksites to accommodate large groups of employees. Call to schedule.

POOLS AND BEACHES

JALÖB IM IAR

SUMMER HOURS THROUGH AUG. 8

Millican Family Pool

Lifeguard on duty
Tuesday, Wednesday,
Friday and Saturday, 1 – 6 p.m.

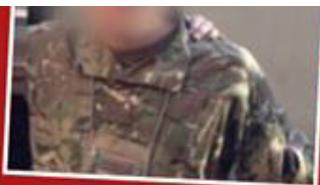
Sunday and Monday,
Noon – 6 p.m.

Closed Thursdays for cleaning

Emon Beach Lifeguard on Duty
Tuesday – Saturday, 1 – 6 p.m.
Sunday & Monday, noon – 6 p.m.

Adult Pool

No Guard – Open 24/6
Closed Fridays for cleaning
Buddy swim recommended



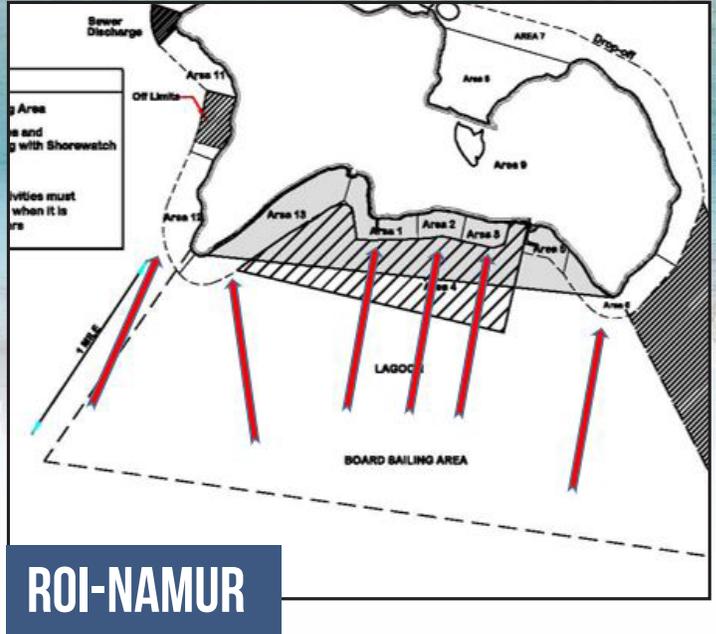
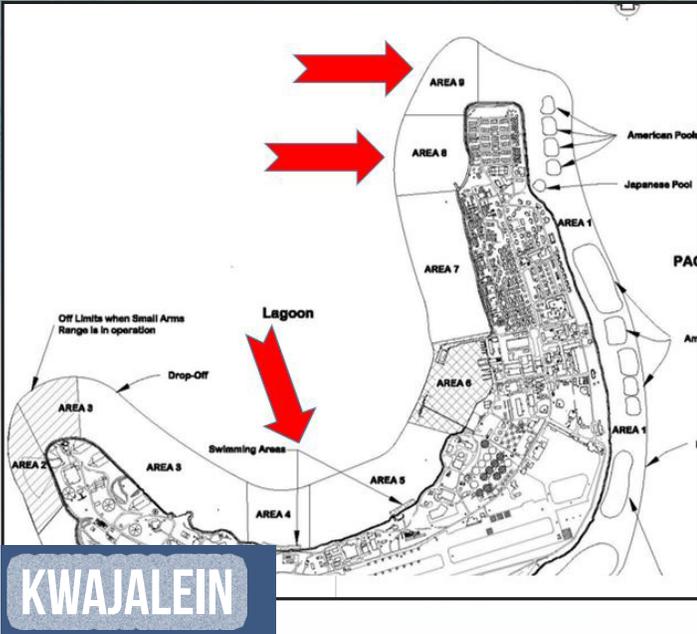
SCAMMERS TARGET VICTIMS
IN US & OVERSEAS



f Share on Facebook

WHERE TO MAKE A SAFE SUMMER SPLASH

Check out the maps to become reacquainted with the safe swim zones around Kwajalein and Roi-Namur. Forward any questions to USAG-KA Safety at 5-1442 or FMWR at 5-3400.



The highlighted areas are the only unrestricted swimming areas at Kwajalein: Coral Sands, Camp Hamilton, Emon Beach and North Point. A flotation device is recommended 100 feet from shore and required for distances of more than 300 feet from shore. The buddy system or shore watch is required.

The highlighted areas are the only unrestricted swimming areas at Roi-Namur (Areas 1, 2, 3, 6, 12 and 13). A flotation device is recommended 100 feet from shore and required for distances of more than 300 feet from shore. The buddy system or shore watch is required.

E-WARENESS: TURTLE NESTING SEASON

COMMUNITY CONNECTION

Turtle nesting season is between May and October. During high tide, females come ashore and lay their eggs, up to 150 eggs at a time. Turtles are protected by the Endangered Species laws.

If you spot a nest, do not bother or attempt to feed turtles. Let Vectrus Envi-

ronmental know at 5-1134.

Allon in lik ko an won ej ikotaan May im October. Ilo tore ne ej ibwij tok, kokora ko rej wanenetak im lik leb, non jonan lon lok 150 leb ilo juon wot ien.

Elane kwonaj elolo jikin lik kein an won kein, jab kebaaklok ak kajeon najirinlok won ko. Karon lok Vectrus Environmental ilo 5-1134.

Adult and Pediatric COVID vaccines

Adult and Pediatric COVID Vaccines are arriving this week. Clinic dates are COMING SOON.

Who is eligible?

- ❖ Adult and Pediatric 5+ y/o for 1st/2nd doses
- ❖ Adults 1st booster- five months since second vaccine.
- ❖ Adults 2nd booster-50+ y/o only five months since last booster.
- ❖ Pediatric 1st booster- five months since second dose.

Contact Galean at galean.v.rasmussen.civ@army.mil.

The Kwajalein High School grounds, Multi-Purpose Room, Administration Building and classrooms are off limits June 14 - 16.

Questions? Contact Host Nations at 5-4848.

THE LIBERTY PASS

Kwaj Weekend and Activity Guide



MOVIES

Movies begin at 7:30 p.m.

YUK THEATER KWAJALEIN

Saturday, June 11,
"Despicable Me 3"
(PG) 89 min.

Sunday, Jun 12
"Cyrano" (PG-13) 63 min.

Monday, June 13
"National Lampoon's Wilde"
(R) 92 min.

Saturday, June 18
"Overboard" (PG) 72 min.

Sunday, June 19
"Marry Me" (PG-13) 112 min.

Monday, June 20
"Resident Evil; Welcome to
Raccoon City"
(R) 107 min.

Saturday, June 25
"Gump" (PG-13) 142 min.

Sunday, 26 June:
"Uncharted"
(PG-13) 116 min.

Monday, 27 June
"Studio 666" (R) 106 min.

Saturday, July 2
(PG-13) 98 min.

Sunday, July 3
"Blacklight"
(PG-13) 104 min.

Monday, July 4
"Jackass Forever"
(R) 96 min.

C-BUILDING ROI-NAMUR

Saturday, June 11
"The Little Stranger"
(R) 111min.

Sunday, June 12
"Joker"
(R) 122 min.

Saturday, June 18
"Black Klansman"
(R) 128 min.

Sunday, June 19
"The Invisible Man"
(R) 125 min.

Saturday, June 25
"All The Money in The World"
(R) 133 min.

Sunday, June 26
"Ready Or Not"
(R) 95 min.

Saturday, July 2
"Blade Runner 2049"
(R) 164 min.

Sunday, July 3
"Red Sparrow"
(R) 140 min.

Get Hooked on the Mic Shop.

You'll be totally hooked by these cool new home decor items and gifts for sale at the Mic Shop. The handicrafts store is located in Kwajalein's downtown area. Proceeds support education grants for Micronesians schools. Speak with a store associate to learn more about volunteer opportunities.

Coming Up Next



Movie Night With Dad Saturday, June 11 "Despicable Me 3" (PG) 96 min. Yuk Theater

Kwajalein's favorite movie event is back! Grab your popcorn and get ready for part three of the "Despicable Me" series.



Movie Under the Stars "Finding Nemo" (PG) 100 min. Sunday, June 19

7:30 p.m. at Emon Beach
Grab your lawn chairs and head down to Emon Beach to watch this beloved animated feature-length film by Pixar.



Father's Day Dodgeball With Dads Sunday, June 19 2 - 3:30 p.m. at the CRC Gym

Students are required to be registered at the Namo Weto Youth Center to attend. For more information, call 5-3796.



CYS Summer Baseball Clinics

All K-12th youth are encouraged to register for this free CYS event. Visit or call Central Registration at 5-2158 in Bldg. 358 for more information.
Brandon Field from 5 - 6: 30 p.m.
June 25 - Fielding Clinic
July 2 - Hitting Clinic
July 9 - Home Run Derby

We Gotta Regatta!



Kwajalein Yacht Club Sunfish Regatta Sunday, June 13 at 1 p.m.

It's time to race! Contact the Kwajalein Yacht Club on Facebook for more information about this upcoming regatta.

Scenes from 'Staycation'



📷 COURTESY OF CLIFF PRYOR

MWR Pools and Beaches Manager Cliff Pryor submitted this nice photo from the first week of the MWR Super Summer Sports Slam, a multi-week, multi-sports event in which teams can compete for top honors by competing in all of the summer season sports.



📷 USAG-KA CYS PHOTO

Here is a scene from the first week of the USAG-KA CYS Summer Camp. Students enrolled practiced woodworking skills and made everything from birdhouses to salt and pepper holders. CYS thanks Amy La-Cost for facilitating the projects and also thanks Evelyn Smith and Doug Hepler for their assistance and support.



CYS SUPER SUMMER

CAMP

UNITED STATES ARMY
CHILD & YOUTH SERVICES

WEEK 1: June 1-4 Wood Working	
WEEK 2: June 7-11 Weather, Weather...let's enjoy the weather!	
WEEK 3: June 14-18 Sports! Play hard and have fun!	
WEEK 4: June 22-25 Kids in the Kitchen, baking up some YUM!	
WEEK 5: June 28-July 2 Party in the USA! (Kwaj style!)	
WEEK 6: July 6-9 COLOR WARS	
WEEK 7: July 12-16 Mini City/Lego Week	
WEEK 8: July 19-23 Transportation Station: Boats, Bikes, & things that FLY!	
WEEK 9: July 26-30 Epic Underwater Adventure!	
WEEK 10: August 2-6 The Island Life for ME! Sun, Sand, & Swimming!	



247 YEARS OF AMERICA'S ARMY

JUNE 14, 1775



DEFENDING AMERICA

24/7

247th ARMY BIRTHDAY 

KWAJ

Saturday, JUNE 11, 2022

****Enjoy the Army Birthday with a cake-cutting ceremony****

ENTREES (Main Line)

Roasted Steamship Round
Baked Maine Lobster Tails
Crispy Baked Chicken Thighs

STARCHES

Baked Macaroni & Cheese
Rice Pilaf

POTATO BAR

Assorted Toppings

VEGETABLES

Roasted Zucchini
Corn on the Cob

SANDWICH BAR

"New Item"
Avocado Spread

SALADS

Salad Bar
Seafood Salad
Fruit Medley Salad

DESSERTS

Army Birthday Cake
New York Style Cheesecake
Strawberry Shortcake
Gelatin Parfait

BREAKFAST

7 – 9 a.m.
\$3.85

LUNCH

11 a.m. – 1 p.m.
\$10.05

DINNER

4:30 – 7 p.m.
\$5.35

CAFE ROI

Tuesday, JUNE 14, 2022

ENTREES

Steamship Round
Lobster
Fried Shrimp
BBQ Pork Ribs
Mushrooms & Onions

STARCHES

Mac & Cheese
Fried Rice
Baked Potatoes
Potato Wedges
Seasoned Butter

VEGETABLES

Grilled Asparagus
Corn on the Cob
Hamburgers
Hotdogs

ON THE GRILL

Grilled Chicken Breast Sandwich

VEGETARIAN DISH

Penne Alfredo w/Vegetable

BREAKFAST

7 – 9 a.m.
\$3.85

LUNCH

11 a.m. – 1 p.m.
\$10.05

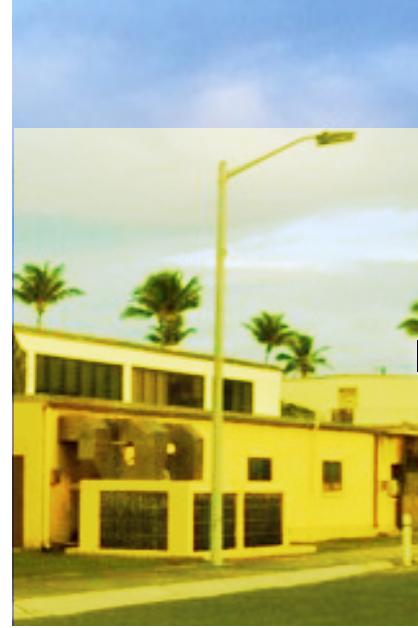
DINNER

5 – 6:45 p.m.
\$5.35



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

Happy Birthday to the U.S. Army! Patrons at the Zamperini Cafeteria joined USAG-KA Commander Col. Tom Pugsley and the garrison command team for lunch June 11. Check next week's Kwajalein Hourglass for more photos. 1) Here is an Army-sized slice down the center of the 247th U.S. Army birthday cake. 2) Special thanks to Kwajalein Dining Services for beautiful birthday decorations at the Zamperini Cafeteria. 3) The ceremonial sabre utilized to cut the cake rests on the dining display until next year's celebration.



PTSD AND HOPE FOR HEALING

BY KWAJALEIN HOSPITAL

Post-traumatic stress disorder is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident or sexual assault.

It's normal to have upsetting memories, feel on edge or have trouble sleeping after this type of event. At first, it may be hard to do normal daily activities, like going to work, school or spending time with people you care about, but most people start to feel better after a few weeks or months. If it's been longer than a few months and you're still having symptoms, you may have PTSD. For some people, PTSD symptoms may start later on, or they may come and go over time.

There are four types of PTSD symptoms, but they may not be exactly the same for everyone. Each person experiences symptoms in their own way.

- **Reliving the event:** Unwelcome memories about the trauma can come up at any time. They can feel very real and scary, as if the event is happening again. This is called a flashback. You may also have nightmares.
- **Avoiding things that remind you of the event:** You may try to avoid certain people or situations that remind you of the event. For example, someone who was assaulted on the bus might avoid taking public transportation. A combat Veteran may avoid crowded places like shopping malls because it feels dangerous to be around so many people.
- **Having more negative thoughts and feelings than before:** You

may feel more negative than you did before the trauma. You might be sad or numb and lose interest in things you used to enjoy, like spending time with friends. You may feel that the world is dangerous and you can't trust anyone. It may be hard for you to feel or express happiness, or other positive emotions.

- **Feeling on edge:** It's common to feel jittery or "keyed up" — like it's hard to relax. This is called hyperarousal. You might have trouble sleeping or concentrating, or feel like you're always on the lookout for danger. You may suddenly get angry and irritable — and if someone surprises you, you might startle easily. You may also act in unhealthy ways, like smoking, abusing drugs and alcohol or driving aggressively.

It's common to think that PTSD

symptoms will go away over time. This is very unlikely, especially if the symptoms last longer than a year. Even if you feel like you can handle your symptoms now, they may get worse over time. Getting treatment can help keep PTSD from causing problems in your relationships, careers or education — so you can live the way you want to.

If you suspect you or someone you love may suffer from PTSD, take a free health questionnaire found at <https://www.grnspace.com/print/pcl-5.pdf>. Add up the totals and if you score between 33 - 80, please consider speaking with a physician or counselor to begin identifying options and receiving treatment for a healthier and more positive quality of life. The questionnaire is not a diagnostic tool. Only a licensed provider can identify PTSD.

For questions about PTSD or to speak with a healthcare practitioner at the Kwajalein Hospital, call 5-2223/2224.

PTSD AWARENESS DAY NOT ALL WOUNDS ARE VISIBLE

Post Traumatic Stress Disorder - A condition that develops in some individuals who are exposed to a shocking, traumatic, or dangerous event.

HOW COMMON IS PTSD?

About 7-8% of the U.S. population will have PTSD at some point in their lives.

WHAT DOES PTSD LOOK LIKE?

Guilt	Flashbacks	Insomnia
Fear	Agitation	Anxiety
Shame	Hopelessness	Irritability
Depression	Nightmares	Hypervigilance

JUNE IS

PTSD AWARENESS

MONTH

WOUNDED WARRIOR
care beyond duty



Check out the official USAG-KA Facebook page for community updates and information. Remember, OPSEC is everyone's business. Visit <https://www.facebook.com/USArmyKwajaleinAtoll/>



RTS WEATHER STATION



SHARP

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

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



Sgt. 1st Class Effie Banks
SHARP Victim Advocate

Work: 805-355-0660

or 805-355-1419

USAG-KA SHARP Pager:

805-355-3241 #0100

DOD SAFE Helpline:

877-995-5247

RTS WEATHER STATION STAFF

WEATHER DISCUSSION

A wet weekend in store as series of low-level disturbances along the Intertropical Convergence Zone will bring period of rain which will be locally heavy at times.

Stray thunderstorms remain possible especially tomorrow and Sunday. Another round of scattered showers and stray thunderstorms will continue into Monday from another low-level trough. Drier weather is expected by middle of next week into the end of the upcoming week as low-level ridging pushes through.

Winds will generally remain in the upper single digits to lower teens through the forecast period. Occasionally thick high clouds are expected tonight through early next week as series of low-level disturbances along the ITCZ impact our area.

SATURDAY

Mostly cloudy with scattered showers and stray thunderstorms. Winds E-ESE at 8-13 knots, decreasing to 5-10 knots on Sunday with higher gusts near showers.

SUNDAY

Mostly cloudy to partly sunny with scattered showers and stray thunderstorms early decreasing to stray showers later in the morning into the afternoon. Winds E-ESE at 9-14 knots with higher gusts near showers.

TUESDAY THROUGH THURSDAY

Partly to mostly sunny with isolated showers on Tuesday into mid-week. Winds ENE-E at 9-14 knots with higher gusts near showers.



Work and play safely.

For additional weather information, please click the logo to visit the RTS Weather Station online.



SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:30 a.m. 7:07 p.m.	4:46 p.m. 3:57 a.m.	2:21 a.m. 4.2' 2:41 p.m. 3.6'	8:43 a.m. 0.1' 8:40 p.m. -0.1'
MONDAY	6:30 a.m. 7:08 p.m.	5:47 p.m. 4:48 a.m.	3:04 a.m. 4.6' 3:29 p.m. 3.7'	9:31 a.m. -0.2' 9:23 p.m. -0.2'
TUESDAY	6:30 a.m. 7:08 p.m.	6:53 p.m. 5:46 a.m.	3:47 a.m. 4.9' 4:15 p.m. 3.7'	10:17 a.m. -0.5' 10:06 p.m. -0.3'
WEDNESDAY	6:31 a.m. 7:08 p.m.	8:01 p.m. 6:49 a.m.	4:31 a.m. 5.1' 5:01 p.m. 3.6'	11:03 a.m. -0.6' 10:50 p.m. -0.3'
THURSDAY	6:31 a.m. 7:08 p.m.	9:07 p.m. 7:56 a.m.	5:15 a.m. 5.1' 5:48 p.m. 3.5'	11:50 a.m. -0.5' 11:34 p.m. -0.2'
FRIDAY	6:31 a.m. 7:09 p.m.	10:08 p.m. 9:03 a.m.	6:01 a.m. 4.9' 6:35 p.m. 3.3'	12:37 p.m. -0.4' -----
JUNE 18	6:31 a.m. 7:09 p.m.	11:03 p.m. 10:07 a.m.	6:49 a.m. 4.6' 7:26 p.m. 3.1'	12:20 a.m. 0.1' 1:26 p.m. -0.1'

HELP US PROTECT OUR MISSION. OPSEC DOESN'T END WHEN YOU PCS. PLEASE THINK BEFORE POSTING PHOTOS AND VIDEOS TO SOCIAL MEDIA.

RMI TRAVEL ISSUANCE #39



The Republic of the Marshall Islands government has insituted Travel Issuance 39. This travel restriction applies through June 30.

UNITED AIRLINES FLIGHTS FOR JUNE - JULY

Monday
UA155 (HNL)
Check-in: 3:30 – 4:15 p.m.

Tuesday
UA154 (GUM)
Check-in: 10:45 – 11:15 a.m.