

# THE KWAJALEIN HOURGLASS



## THIS WEEK

### JUST THE VAX

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**USAG-KA COMMANDER COL. JEREMY BARTEL RECEIVES KWAJALEIN'S FIRST COVID-19 VACCINATION FROM NURSE AIGUL OMAROVA FEB. 13.**



JESSICA DAMBRUCH





# RTS MISSION ANNOUNCEMENT

A RANGE OPERATION IS SCHEDULED FOR 24 FEBRUARY 2021. CAUTION TIME IS 24-FEB at 7:46 P.M. THROUGH 2:25 A.M. ON 25-FEB. THE BACKUP DAYS OF 25-26 FEBRUARY AND HAS THE CAUTION TIMES OF 7:13PM THROUGH 1:52 AM. DURING THIS TIME, A CAUTION AREA WILL EXTEND INTO THE OPEN OCEAN EAST OF THE MID-ATOLL CORRIDOR.

THE MID-ATOLL CORRIDOR WILL BE CLOSED FROM 1601 HOURS, 20 FEBRUARY 2021 THROUGH MISSION COMPLETION. THE CAUTION AREA EXTENDS FROM THE SURFACE TO UNLIMITED ALTITUDE.

SEE BELOW FOR A MAP OF THE CLOSED AREAS. QUESTIONS SHOULD BE DIRECTED TO REAGAN TEST SITE (RTS) MISSION SAFETY OFFICE AT (805) 355-4841.

QUESTIONS REGARDING THE ABOVE SAFETY REQUIREMENTS FOR THIS MISSION SHOULD BE DIRECTED TO REAGAN TEST SITE (RTS) MISSION SAFETY OFFICE AT (805) 355-4841.

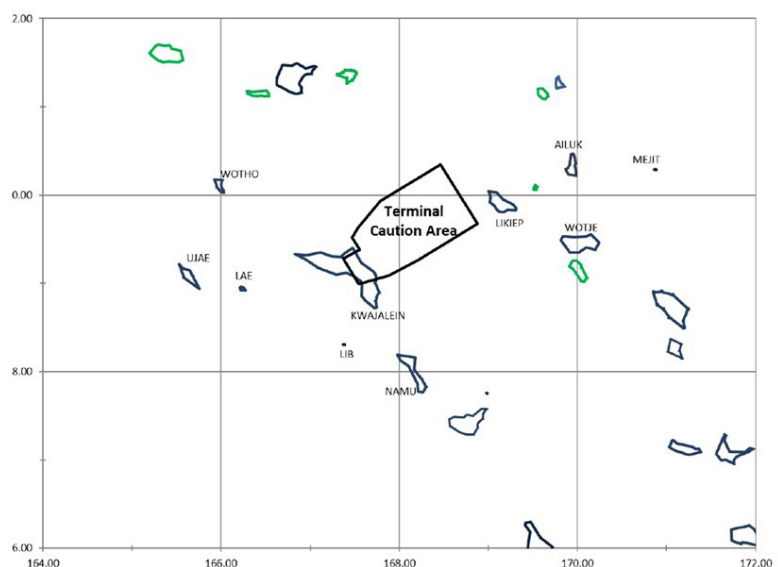
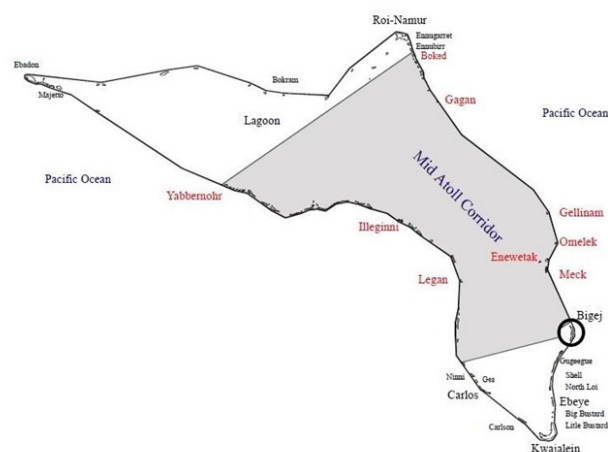
JUON IEN KOKEMELMEL ENAJ KOMAN ILO RAN IN WEDNESDAY, 24 RAN LOK NAN 25 RAN IN FEBRUARY 2021. AWA KO REKAUWOTATA EJ JEN 7:46PM AWA IN JOTA LOK NAN 2:25 A.M

IN JIMAROK. RAN IN BACKUP KO EJ 25 LOK NAN 26 RAN IN FEBRUARY IM AWA KO REKAUWOTATA EJ JEN 7:13PM IN JOTA NAN 1:52 AM IN JIMAROK.

ENE KO ILO IOLAP IN AELON IN (MID-ATOLL CORRIDOR) RENAJ KILOK JEN 4:01PM AWA ELKIN RAELEP ILO 20 RAN IN FEBRUARY 2021 NAN NE EDEDELOK KOKE-MELMEL KEIN. NE EWOR AM KA-

JITOK JOUJ IM CALL E LOK KWA-JALEIN RANGE SAFETY OPIJA RO ILO (805) 355-4841.

LALE ROLLER EO IM HOURGLASS EO AN 13 IM 20 RAN IN FEBRUARY NAN AM LALE IA KO REJ KILOK. NE ELON KAJITOK, CALL E OPIJA RO AN RTS RANGE SAFETY KAB KWAJALEIN RANGE SAFETY ILO (805) 355-4841.



THE MID-ATOLL CORRIDOR WILL BE CLOSED FROM 4:01 P.M. FEB. 20 THROUGH MISSION COMPLETION.

## THE KWAJALEIN HOURGLASS

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

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

Garrison Commander.....Col. Jeremy Bartel  
Garrison CSM.....Sgt. Maj. Ismael Ortega  
Public Affairs Officer.....Mike Brantley  
Communications Manager.....Jordan Vinson  
Editor.....Jessica "JD" Dambruch





1) A C-17 cargo flight descends for landing onto U.S. Army Garrison-Kwajalein Atoll bearing a precious delivery: the first doses of the Pfizer COVID-19 vaccine for the garrison's residents. 2) Logistics employee Kenneth Williams, left, watches Dr. Allan Anderson, Kwajalein Hospital pharmacist, right, place a tray containing USAG-KA's COVID-19 vaccines into a storage freezer.

# SPECIAL DELIVERY

## USAG-KA RECEIVES COVID VACCINES

BY JESSICA DAMBRUCH

More than 200 residents of U.S. Army Garrison-Kwajalein Atoll have received their first COVID-19 vaccinations following delivery of the Pfizer vaccine via a C-17 cargo flight from Hickam Air Force Base Feb. 12, according to Kwajalein Hospital staff.

Aigul Omarova, Kwajalein Hospital nurse, administered the first doses of the vaccine Feb. 13 during the clinic's opening day. USAG-KA Commander Col. Jeremy Bartel, Command Sgt. Maj. Ismael Ortega and Ronald Reagan Ballistic Missile Defense Test Site Range Director Lt. Col. David Taylor rolled up their sleeves to receive the first three shots. Following the Soldiers, a steady stream of health-care workers, civilian Department of Defense employees and Logcap personnel received vaccines until the clinic closed for data tabulation later that afternoon.

In the hospital waiting area, vaccinated community members bonded over the experience of receiving their first dose.

Some compared bandages. Others discussed the relative benefits of getting a shot in the right arm as opposed to the left and if either arm hurt more after the shot. Many were interested in how their friends experienced any possible vaccine side effects.

Most expressed surprise that the first vaccine in the two-dose series had been quick, painless and easy.

After a monitoring period of 15 minutes, vaccine recipients left the hospital with a follow-up appointment card for their second dose.

In the weeks to come, residents who opt to receive the FDA emergency-approved vaccine will visit the Kwajalein Hospital during prescheduled timeslots during specially scheduled clinic hours.

Island residents who will travel off island before receiving a second dose are



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

unable to receive the first shot on island and should make arrangements to receive the vaccine at their destination.

After a year of travel restrictions and hope for a safe way forward, receiving the vaccines on island has been a major Kwajalein milestone, second only to keeping COVID-19 out of the Marshall Islands for the past year.

One might say Kwaj history was made Feb. 13, as Omarova both received and administered vaccinations to the community, but the nurse shrugged off the suggestion as she prepared a new vaccine for the next recipient. This wasn't history: Feb. 13 was simply a day at work keeping people healthy.

"This is normal," said Omarova during the Feb. 13 clinic. "It's just what we do on the job."

1) Mission accomplished: The first group to be vaccinated on USAG-KA pose for a photo Feb. 13 with Kwajalein Hospital staff. 2) This vaccine is no problem: Command Sgt. Maj. Ismael Ortega rolls up his sleeve for Kwajalein Hospital nurse Aigul Omarova. 3) Shawn Carroll feels this vaccine isn't half-bad.



Have questions about the vaccination clinics? Contact the Kwajalein Hospital at 5-2224. For more information on the vaccine, check out information on page 11.





U.S. ARMY PHOTOS BY JESSICA DAMBRUCH



# EBEYE CELEBRATES KWAJALEIN DAY

BY JESSICA DAMBRUCH

**On Kwajalein Day**, communities on Kwajalein Atoll celebrate the liberation from Japanese forces during WWII.

The week-long celebration opens with music and opening remarks by traditional and government leaders from the Marshall Islands. The conclusion of the opening ceremony is the beginning of a week of celebration. In the days that follow, canoe races, fishing and field and sports games are enjoyed by school children and community members.

For more photos, check out the U.S. Embassy Majuro Facebook page.



1) Bed Shamory of the Mon la Mike Band plays a tune during Kwajalein Day events. 2) Traditional women leaders from Kwajalein make a special address to Iroijlaplap Senator Michael Kabua. 3) Kwajalein High School Marching Band clarinet players Jotai Maika, left, and Mia Wase are ready to play. 4) Members of an Ebeye church sing in a choir at

the Kwajalein Day ceremony. 5) U.S. Ambassador to the Republic of the Marshall Islands Roxanne Cabral, left, and U.S. Army Garrison-Kwajalein Atoll Commander Col. Jeremy Bartel enjoy some shade at the Ebeye pier before the ceremony. 6) Kwajalein Atoll Local Government Ebeye Major Hirata Kabua addresses the Ebeye community.







1) A Marshallese youth rides on a high school float with the flag of the Marshall Islands during the parade. 2) Ebeye law enforcement personnel pose for a photo before the parade. 3) USAG-KA Command Sgt. Maj. Ismael Ortega greets RMI First Lady Ginger Kabua on Kwajalein Day. 4) Visiting diplomats from Japan, Taiwan and the United States joined leaders from the Marshall

Islands for opening remarks. 5) A Kwajalein woman gives RMI President David Kabua a traditional lei, or wut marmar. The committee of Kwajalein women was specially chosen to represent the atoll on Kwajalein Day. 6) RMI Iroijlaplap Senator Michael Kabua gives an opening address. 7) Iroijlaplap Kotak Loeak speaks to the gathering.





# USAV WORTHY CREW RECEIVES COVID-19 VACCINE

BY JESSICA DAMBRUCH

**Members of the USAV Worthy crew** received the first doses in their COVID-19 vaccine series in early February with support from Department of Defense medical personnel in California.

The ship arrived at Point Loma Naval Base in San Diego, California in December for annual scheduled maintenance after more than 20 days at sea. At the time, California cases were reported as “skyrocketing” past 106,000 cases in two days,” wrote Bess Buchanan—a Kwajalein physician assistant traveling with the Worthy—in an email to the Kwajalein Hourglass.

“[California had] less than one percent of ICU bed capacity remaining in most hospitals due to the ravages of the pandemic on the local population,” wrote Buchanan, of the ship’s arrival. “The Washington Post reported, ‘If California were a country, it would be among the world leaders in new coronavirus cases, ahead of India, Germany and Britain.’ This is what we were reading just days before we docked at Point Loma Naval Base in San Diego. Needless to say, morale was at a low point!”

As the reality of life in a pandemic epicenter sank in, the crew practiced social distancing and pandemic safety protocols. They set up a pier-side checkpoint and sanitization station to keep the ship COVID-free and to screen all individuals before boarding.

“We were on our learning curve, but too much was at stake,” said Buchanan, “and we really wanted to get it right to prevent any possible crew exposure or illness.”

Buchanan said she felt lucky healthcare workers were prioritized in the Department of Defense Population Schema for vaccine distribution. She was the first Wor-

thy crewmember to complete the entire two-shot vaccination series and received her first dose at Naval Medical Center San Diego four days after the Worthy arrived. She received her second dose on Jan. 25.

Point Loma Naval Base is one of the few initial distribution sites that would provide the vaccine to DOD uniformed service members, retirees, dependents, civilian employees and select DOD contract personnel, Buchanan said. It was hoped the crew would be able to receive both doses while in port.

Buchanan had begun working to coordinate the effort even while at sea. After several phone calls, messages to the 3rd Fleet medical staff and face-to-face meetings, the crew received good news: They qualified for vaccination as personnel preparing to deploy to locations outside the U.S. Their scheduled vaccination date was set for Feb. 4.

“We were sent the vaccine schedule and we suddenly realized how huge this operation really is,” Buchanan said, of the DOD vaccination effort. That week alone, 2,159 vaccine doses were set for distribution at five sites.

For Buchanan, obtaining the green light for crew vaccinations was good news.

“We were amazed and ecstatic,” she said. “Frankly, we felt as though we had won the lottery.”

On Feb. 4, members of the Worthy crew received their first dose of the Pfizer COVID-19 vaccine at a Point Loma medical facility. They are scheduled to receive their second dose Feb. 25.

Buchanan reports the crew is doing well. Some have experienced sore arms and one rash but are taking over-the-counter medication to treat these mild symptoms.

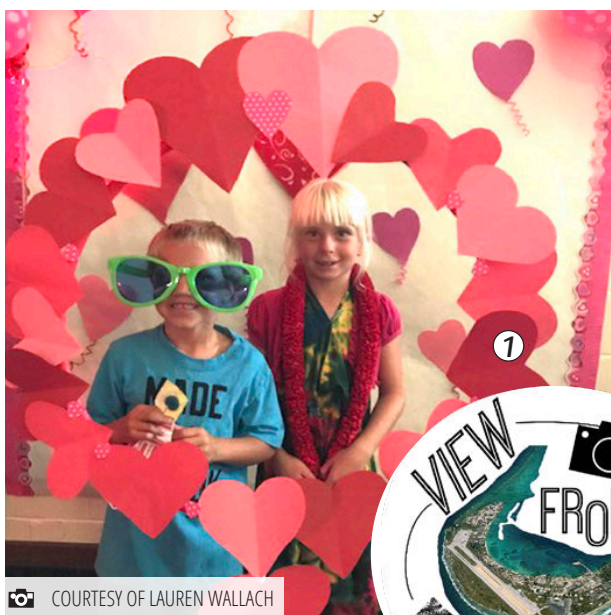
Buchanan calls the chance to receive the vaccine while away from Kwajalein “a precious gift indeed.”



PHOTO COURTESY OF BESS BUCHANAN

1) In this courtesy photo, Kwajalein Hospital employee and USAV Worthy medical crewmember Bess Buchanan receives her vaccine. 2) A safety checkpoint tent is erected near the USAV Worthy while the vessel undergoes maintenance in California. Members of the crew received the first dose of the Pfizer COVID-19 vaccine Feb. 4.





COURTESY OF LAUREN WALLACH



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

1) Yoni Forsmann, left, and Avel Gibbon pose for a photo at the George Seitz Elementary School Valentine's Dance Feb. 13. 2) Kwajalein High School band managers Theo Partain, left, and Dani Makovec, right are ready with Kyle Miller before Ebeye's Kwajalein Day ceremony Feb. 10. 3) Jane Christy, left, and Joi Whipple take a moment to visit at Christy's art show "True Blue" Feb. 13 at the REB. 4) Art show guests check out Christy's display of mixed

media, clay and two-dimensional visual art. 5) Vaccinations—for science! Pictured here, Kwajalein Hospital Chief Medical Officer Nick Bird, left, and his wife Kim show off their cool bandages after receiving the first dose of the Pfizer vaccine Feb. 13. 6) The red shirts are coming: A team member from Ebeye's Ball-Hers sprints downcourt past a game at the Corlett Recreation Center Feb. 18.

## #YOUAREHERE

WELCOME TO 2021. JOIN THE KWAJALEIN HOURGLASS IN A YEAR-LONG PHOTO PROJECT TO CAPTURE ISLAND LIFE WITH A CAMERA. PHOTOGRAPHERS OF ALL AGES ARE INVITED TO SUBMIT PHOTOS FOR PUBLICATION. FOR MORE INFORMATION, WRITE TO [KWAJALEINHOURLASS@DYN-INTL.COM](mailto:KWAJALEINHOURLASS@DYN-INTL.COM).





# CYS FEBRUARY SPOTLIGHT

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

CDC Baru classroom  
Saturdays – Water Play Day.

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

Wednesdays - STEAM Functional  
Fitness

Thursdays - Pre - K Music Class

Thursdays - STEAM Library

Saturdays - Pre - K Music Class

Saturdays - STEAM Reading Buddies

CDC Start Smart Sports  
Tumbling - Season runs Feb. 25 -  
March 18

SAC Regular programming  
Tuesdays - Art

Wednesdays - Functional Fitness  
2:15 - 3:15 p.m., paid program.

Thursdays - STEM

Fridays - Recreation

Saturdays - Character Counts

SAC 4 - H

Feb. Theme - Culture

Wednesdays and Fridays,

4:30 - 5:30 p.m.

SAC Sports

Field Hockey - Season runs Feb. 23  
to March 20.

SAC Important Dates

**Feb. 20, Mardi Gras Open Recreation,  
3:30 - 5:30 p.m. \*Register in Central  
Registration.**

Namo Weto Youth Center  
Tuesdays

- Recreation - 3:15 - 4:15 p.m.
- Keystone - 11:40 a.m.

Wednesdays -

Tremendous Trivia, 4:30 p.m.

Thursdays - Ted Talks, 4 p.m.

Fridays - Frappuccinos, 3:30 p.m.

Saturdays - Smoothies, 3:30 p.m.

Saturdays - Money Matters, 4 p.m.

Sundays - Keystone Officers Meeting,  
4:15 p.m.

Sundays - Board Games, 4 p.m.

**For CDC activities at the Millican Family  
Pool, parents are reminded to send chil-  
dren with water clothes, a towel, dry  
clothes and swim diaper if needed.**



U.S. ARMY PHOTOS BY USAG-KA CYS



*1-4) Congratulations to all of the Kwaj  
kids who came out to challenge them-  
selves at the Child and Youth Services  
Ninja Warrior Challenge, an annual  
fitness event at the Namu Weto Youth  
Center Park. Participants spent the  
fun afternoon Feb. 9 jumping, running  
and climbing to victory on a series of  
homemade obstacle courses.*

**For more photos and to learn about  
USAG-KA CYS programs, visit [https://  
www.facebook.com/USAGKACYS](https://www.facebook.com/USAGKACYS)  
and contact Central Registration at  
5-2158.**



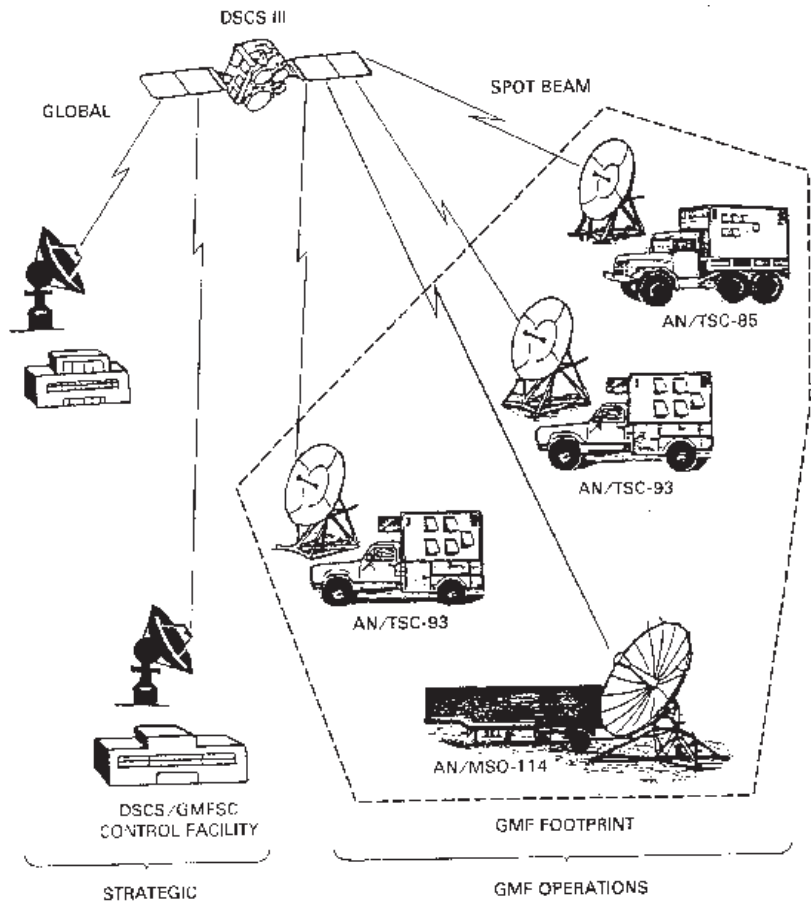
# HISTORY WITH U.S. SPACE AND MISSILE DEFENSE COMMAND

BY SHARON WATKINS-LANG, USASMDC HISTORIAN

Following a series of meetings Feb. 18, 1987, a Memorandum of Understanding was signed by the U.S. Army Information Systems Command and U.S. Army Space Agency, a predecessor to the U.S. Army Space Command.

The agreement detailed the operational control and transfer of Ground Mobile Forces Satellite Communications, or Regional Satellite Support Centers. The MOU established the responsibilities and relationships for the two commands regarding the transfer of operational control of the Defense Satellite Communications Systems Operations Center or DSCSOC functions worldwide.

These capabilities now reside in the U.S. Army Space and Missile Defense Command's Satellite Operations Brigade.



## RMI TRAVEL BAN EXTENDED TO MARCH 4

RMI NOVEL COVID-19  
UPDATED INTERIM HEALTH  
TRAVEL ADVISORY &  
RESTRICTIONS  
ISSUANCE 22:  
AS OF MARCH 4, 2021

An extension of the total suspension of international travelers coming into the RMI via air travel will continue until March 4, 2021.

For more information about the Republic of the Marshall Islands Issuance 21, please contact the Commander's Hotline at 5-1098 or the USAG-KA Host Nation Office at 5-5235.

### ISLAND HOPPER FLIGHT SCHEDULE

United Airlines has confirmed reinstitution 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.

For more information, please contact United Airlines reservations at 1-800-864-8331.

### MARCH CHECK-IN TIMES

UA 155 - 3:30 - 4:50 p.m.  
UA 154 - 10:45 - 11:15 a.m.

### MARCH FLIGHTS

UA 155 - March 15 (HNL)  
UA 154 - March 16 (GUM)

### APRIL CHECK-IN TIMES

UA 155 - 3:30 - 4:50 p.m.  
UA 154 - 10:45 - 11:15 a.m.

### APRIL FLIGHTS

UA 155 - April 12 (HNL)  
UA 154 - April 13 (GUM)

## DOI AWARDS FOUR ATOLL HEALTHCARE FUNDING

### EXTERNAL REPORT

Press release by the  
U.S. Department of the Interior

WASHINGTON—The U.S. Department of the Interior's Office of Insular Affairs has announced \$1,737,051 in funding to the Republic of the Marshall Islands Ministry of Health and Human Services for the Four Atoll Healthcare Program. The program provides basic healthcare services for the people of Bikini, Enewetak, Rongelap and Utrok, the four nuclear-affected atolls in the Republic of the Marshall Islands.

"We are pleased to provide this funding for healthcare services for the residents of the four nuclear-affected atolls in the Republic of the Marshall Islands," said OIA Director and Acting Assistant Secretary for Insular and International Affairs Nikolao Pula. "These funds are provided as part of the historical and continuing relationship that we share with the people of the Marshall Islands."

The fiscal year 2021 funding provided to the Four Atoll Healthcare Program will be used to support healthcare clinics on the atolls that provide healthcare to approximately 20,000 people. Services include primary and ancillary healthcare services such as eye care, dental care, cervical screenings and diabetes prevention and wellness education.

Since 2008, the Office of Insular Affairs has provided funding assistance to the Four Atoll Healthcare Program - sometimes referred to as the Section 177 Healthcare Program. Bikini, Enewetak, Rongelap, and Utrok are the four atolls in the Republic of the Marshall Islands that were impacted by the nuclear weapons testing program carried out by the U.S. Department of Defense between 1946 and 1958.

For more information on grant assistance provided through OIA, please visit: <https://www.doi.gov/oia/financial-assistance>.

### About the U.S. Department of the Interior

The Assistant Secretary, Insular and International Affairs, @InsularAffairs, and the Office of Insular Affairs carry out the Secretary of the Interior's responsibilities for the U.S. territories of American Samoa, Guam, the Commonwealth of the Northern Mariana Islands, and the U.S. Virgin Islands.

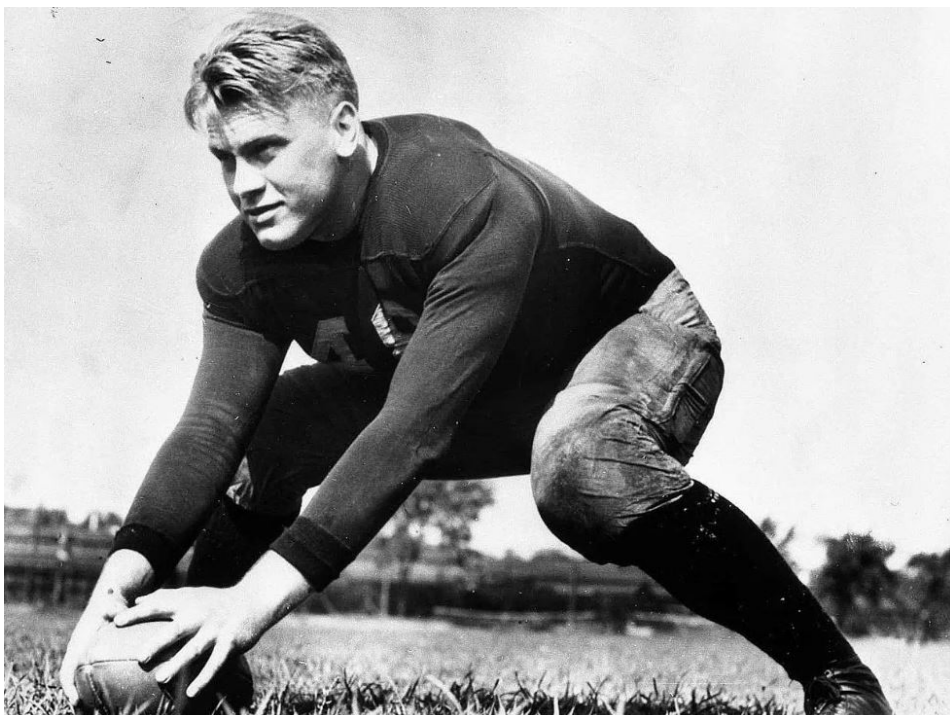
Additionally, OIA administers and oversees federal assistance under the Compacts of Free Association to the Federated States of Micronesia, the Republic of the Marshall Islands, and the Republic of Palau.

### Learn more about DOI programs

Follow and "like" OIA on Facebook and subscribe to the OIA YouTube Channel.







*Gerald Ford, during practice as a center on the University of Michigan's Wolverines football team in 1933.*

# SPORTS HEROES WHO SERVED: GERALD FORD

EXTERNAL REPORT

By David Vergun,  
Department of Defense News

**Sports Heroes Who Served** is a series that highlights the accomplishments of athletes who served in the U.S. military.

**Gerald Ford**, 38th president of the United States, World War II Navy veteran and collegiate football star, is also the president who, in 1975, signed Public Law 94-106 admitting women to the all-male military colleges West Point, Annapolis and the Air Force Academy.

Even though the team won only one game in 1934, Ford was considered the team's star player.

He was a star player off the field, as well. That year, the Wolverines were scheduled to play Georgia Tech, which said it would not play Michigan if a Black player named Willis Ward took the field, and University officials kept Ward out of the game.

Ford was Ward's best friend on the team, and they roomed together during road trips. Ford threatened to quit the team in response to the university's decision. He eventually agreed to play against Georgia Tech, but it was only after Ward personally asked him to play.

On April 13, 1942, shortly after the start of World War II, Ford received a commission as an ensign in the Navy Reserve. He attended flight school in Annapolis, Maryland, and became an instructor at Navy Preflight School in Chapel Hill, North Carolina, where he taught navigation skills, ordnance, gunnery, first aid and military drill. He also coached swimming, boxing and football.

After Ford was promoted to lieutenant, in March 1943, he was assigned to the new aircraft carrier USS Monterey, at New York Shipbuilding Corporation, Camden, New Jersey.

From the ship's commissioning on June 17, 1943, until the end of December 1944, Ford served as the assistant navigator, athletic officer and antiaircraft battery officer on the Monterey.

In 1943, the Monterey saw combat action in the Pacific Theater, including at Makin Island in the Gilberts, and New Ireland. During the spring of 1944, the Monterey supported landings at Kwajalein and Eniwetok and participated in carrier strikes in the Marianas, Western Carolines, and northern New Guinea, as well as in the Battle of the Philippine Sea.

In November and December 1944, the Monterey's aircraft launched strikes against Wake Island and the Ryukyu Islands of Japan and supported the landings at Leyte and Mindoro in the Philippines.

The Monterey was one of several ships damaged by Typhoon Cobra that hit Navy Adm. William Halsey's Third Fleet on December 18-19, 1944. The Monterey was damaged by a fire, which was ignited by several of the ship's aircraft tearing loose from their cables and colliding on the hangar deck.

As the general quarters officer of the deck, it was Ford's job to assess the damage and help contain the fire. The ship got underway again but was declared unfit for service due to the extensive damage that occurred.

In 1945, Ford was stationed at the Navy Pre-Flight School at Saint Mary's College of California, where he was assigned to the athletic department until April 1945. From the end of April 1945 to January 1946, he was on the staff of the Naval Reserve Training Command, Naval Air Station, Glenview, Illinois, with a rank of lieutenant commander. He received an honorable discharge in February 1946.

## Interesting Ford Facts

Ford once said that his experiences on the gridiron helped prepare him for the "rough-and-tumble world of politics."

In honor of his athletic accomplishments, the University of Michigan retired Ford's No. 48 jersey in 1994. With the permission of the Ford family, it was placed back into circulation in 2012.

When he became president, Ford often had the Navy band play the University of Michigan fight song, "The Victors," instead of "Hail to the Chief."

Ford graduated from Michigan in 1935

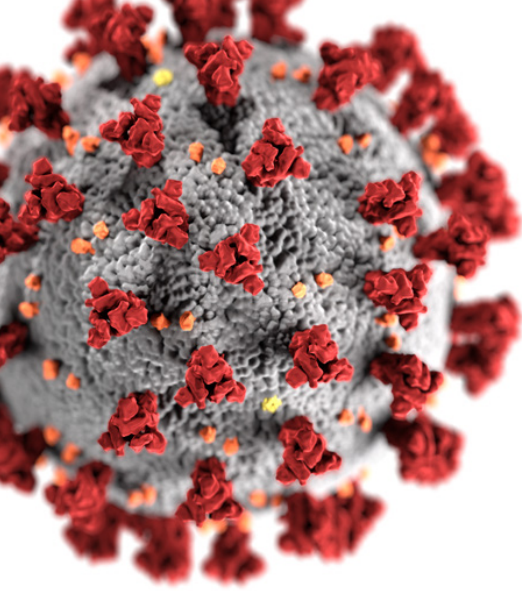


**1) Gerald Ford, second from right, front row, with other gunnery officers of the aircraft carrier USS Monterey, Oct. 24, 1943. 2) Gerald Ford, jumper on left, plays basketball in the forward elevator well of the aircraft carrier USS Monterey in mid-1944.**

and received offers to play football with the Detroit Lions and Green Bay Packers of the National Football League. Instead, he took a job in September 1935 as the boxing coach and assistant varsity football coach at Yale University, where he also attended and graduated from law school.

Gerald Ford's name at birth, July 14, 1913, was Leslie Lynch King Jr. Ford's parents later divorced and on Dec. 3, 1935, Ford legally changed his name to Gerald Rudolph Ford Jr., in honor of his stepfather, who had that name except for the junior.





# COVID-19 VACCINATIONS ARE NOW IN PROGRESS.

Contact your tenant organization and Human Resources department for an information packet on the vaccine, and forms you need to have pre-filled before your date and time slot. Your organization will notify you of your time slot.

## OUTBOUND COVID TEST POLICY CHANGE

The Centers for Disease Control and Prevention released new travel guidance. The information that follows is current as of Jan. 30.

- A COVID-19 test is not required for any outbound travelers on the ATI.
- A COVID-19 test is not required if you are flying on United Airlines on official government orders.
- All other United Airlines passengers must have a negative COVID-19 test 1-3 days before travel.

### If You Need A Test

You must contact the hospital at 5-2223 to schedule a time for your test. The Kwajalein Hospital is closed Sunday and Monday.

The cost of the COVID-19 test is \$125, due at the time of visit for everyone except for active duty service members and their family members. Cash, credit card and check are accepted forms of payment.

If you have previously tested positive for COVID-19 you must schedule an appointment with a provider 10 days prior to departure.

Passengers must bring a copy of their United flight itineraries at the time of their appointment for proof of flight.

### For Outbound United Airlines Passengers Flying Without Government Orders

- Passengers will visit the hospital the day before their flight departs.
- Testing hours: 9 - 11 a.m.
- Results pick-up time is flexible on the day of departure.

These CDC requirements do not change or impact the state of Hawaii's testing requirement or quarantine procedure.

## UNITED AIRLINES POLICIES FOR DEPARTURE

Customers at Kwajalein's airport boarding United Airlines flights need to present the items described below:

Customers with a negative test result need to present written or electronic documentation which clearly indicates:

- Customer name. (The customer name and any other personal identifiers must match the customer ID).
- Date the test was taken. Test must be taken within three calendar days of flight.
- Type of test. The CDC rule requires a viral test, which means a molecular COVID-19 test (such as PCR or LAMP) or antigen test.
- Results must state "negative," "SARS-CoV-2 RNA not detected" or "SARS-CoV-2 antigen not detected." A test marked "invalid" is not acceptable.

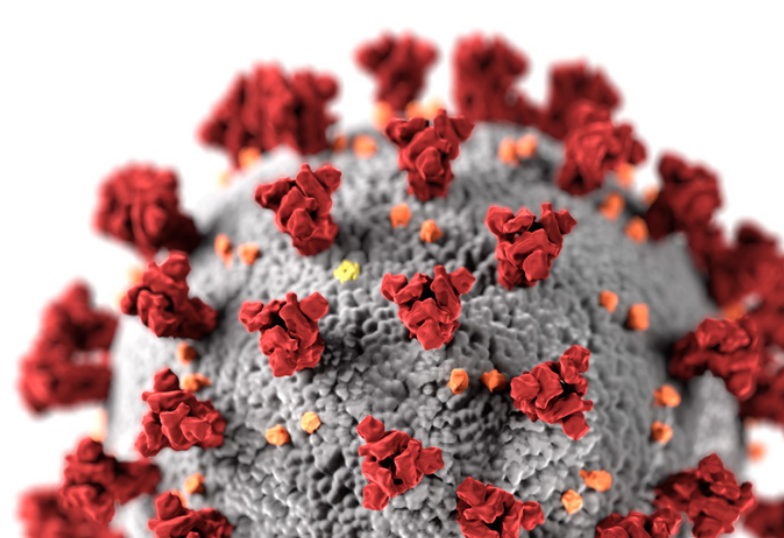
Customers who have previously tested positive must present written or electronic documentation, dated within the last 90 days, of recovery from COVID-19 after previous infection.

This should be in the form of a positive viral test result and a letter on official letterhead that contains the name, address and phone number of a licensed healthcare provider or public health official stating that the passenger has been cleared for travel.

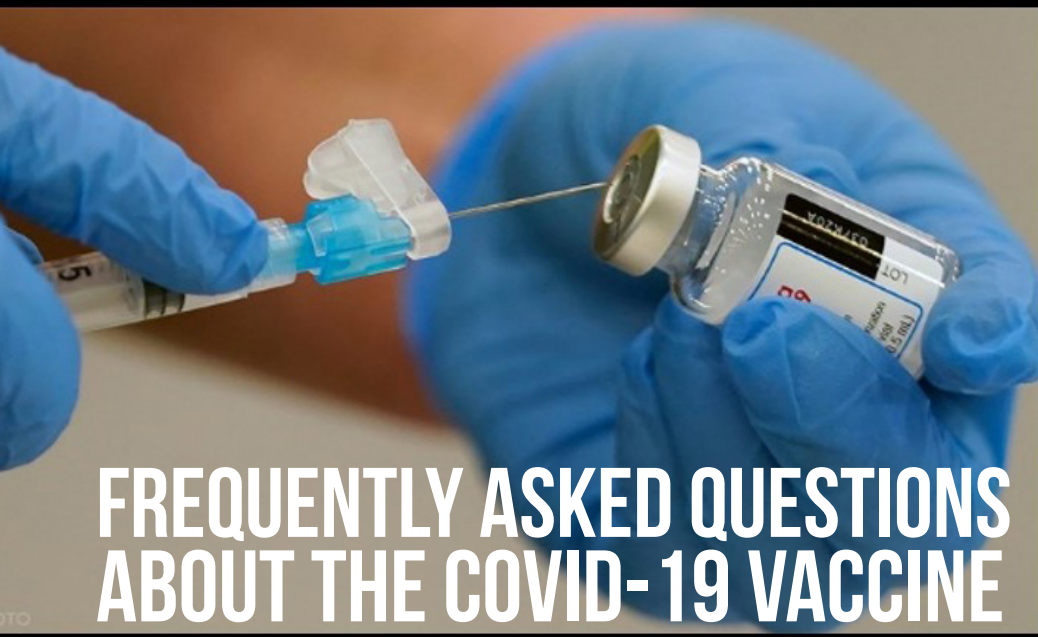
NOTE: These documentation requirements do not apply to customers flying from U.S. territories such as Guam to the mainland.

All United customers must also comply with the following requirements:

- Presentation of a disclosure and attestation form. The form can be found on the CDC website <https://www.cdc.gov/quarantine/pdf/attachment-a-global-passenger-disclosure-and-attestation-2021-01-12-p.pdf> and will also be available at the departure airport. Customers are encouraged to print and complete the form prior to arriving at the airport.
- Check-In. All international originating customers will be required to check-in with a Customer Service representative to verify digital or paper documentation. This mirrors the process we've set up within the U.S. for many international destinations.
- Failure to Comply Will Result In Boarding Denied. Customers who do not show proof of a test or refuse to test prior to travel will be denied boarding. Denied boarding compensation will not be paid. Customers in this situation shall be offered a refund or rebooked for a later date at no additional charge.







# FREQUENTLY ASKED QUESTIONS ABOUT THE COVID-19 VACCINE

Report compiled by Kwajalein Hospital staff

In the pages that follow, Kwajalein Hospital provides answers to frequently asked questions regarding COVID-19 immunization as well as an overview of how vaccines work.

All content was referenced and provided by the Centers for Disease Control and Prevention

and the Federal Drug Administration. References for research are provided throughout the FAQ.

A copy of this information will be distributed to all employees by their tenant organizations.

For more questions regarding COVID-19 vaccinations on USAG-KA, please contact the Kwajalein Hospital at 5-2224.

## COVID-19 FREQUENTLY ASKED QUESTIONS

1) Question: Can a COVID-19 vaccine make me sick with COVID-19?

**Answer:** No. None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

There are several different types of vaccines in development. All of them teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building protection against the virus that causes COVID-19.

2) Question: How long does it take before I develop immunity to COVID-19 after immunization?

**Answer:** It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination.

That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

3) Question: After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

**Answer:** No. Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on viral tests, which are used to see if you have a current infection.

4) Question: Will the Vaccine result in positive antibody tests?

**Answer:** If your body develops an immune response—the goal of vaccination—there is a possibility you may test positive on some antibody tests.

Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

5) Question: Will a COVID-19 vaccination protect me from getting sick with COVID-19?

**Answer:** Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a severe illness, have long-term health effects, or even die.

There is no way to know how COVID-19 will affect you, even if you don't have an increased risk of developing severe complications. Learn more about how COVID-19 vaccines work.

6) Question: Will a COVID-19 vaccine alter my DNA?

**Answer:** No. COVID-19 mRNA vaccines do not change or interact with your DNA in any way.

Messenger RNA vaccines—also called mRNA vaccines—are the first COVID-19 vaccines authorized for use in the United States. mRNA vaccines teach our cells how to make a protein that triggers an immune response.

The mRNA from a COVID-19 vaccine

Populations at Most Risk from the COVID-19 disease (not from the Immunization)

The following medical conditions identify individuals with the highest risk of complications or death from the COVID-19 disease (not from the immunization).

- Cancer (active cancer undergoing chemotherapy, radiation therapy)
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Down Syndrome
- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 kg/m<sup>2</sup> or higher)
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

The following medical conditions identify individuals at increased risk of severe disease from the COVID-19 disease (not from the immunization):

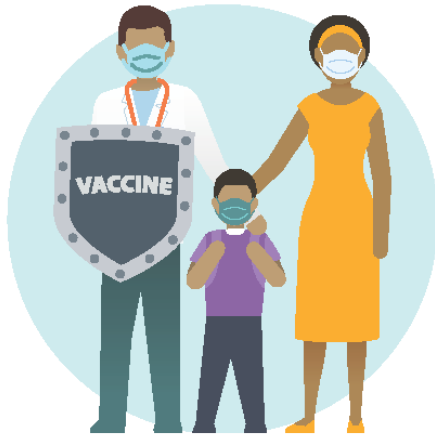
- Individuals with the following conditions are at increased risk of severe disease from COVID-19 (the disease, NOT the immunization).
- Asthma (moderate-to-severe)
- Cerebrovascular disease (affects blood vessels and blood supply to the brain)
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
- Neurologic conditions, such as dementia
- Liver disease
- Overweight (BMI > 25 kg/m<sup>2</sup>, but < 30 kg/m<sup>2</sup>)
- Pulmonary fibrosis (having damaged or scarred lung tissues)
- Thalassemia (a type of blood disorder)
- Type 1 diabetes mellitus

never enters the nucleus of the cell, which is where our DNA is kept. This means the mRNA cannot affect or interact with our DNA in any way. Instead, COVID-19 mRNA vaccines work with the body's natural defenses to safely develop immunity to disease.

At the end of the process, our bodies have learned how to protect against future infection. That immune response and making antibodies is what protects us from getting infected if the real virus enters our bodies.

Reference for questions and answers 1 - 6: Last Updated Jan. 4, 2021. Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html#:~:text=None%20of%20the%20authorized%20and,type%20of%20vaccines%20in%20development>.





**The vaccines are safe.** The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe.

## [www.cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)

**7) Question:** Is the vaccine safe for those with seafood, egg or latex allergies?

**Answer:** Yes, it is safe. This vaccine does not contain seafood, egg or latex.

### **What are the ingredients in the Pfizer BioNTech COVID-19 vaccine?**

The Pfizer-BioNTech COVID-19 Vaccine includes the following ingredients: mRNA, lipids ((4-hydroxybutyl)azanediyl)bis(hexane-6,1-diyl)bis(2-hexyldecanoate), 2 [(polyethylene glycol)-2000]-N,N-ditetradecylacetamide, 1,2-Distearoyl-sn-glycero-3-phosphocholine, and cholesterol), potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dihydrate, and sucrose.

<https://www.fda.gov/media/144414/download>

**8) Question:** Are there any health issues that prevent the safe administration of this vaccine?

**Answer:** The COVID vaccine is safe to administer with the exception of the following:

### **Who should not get the Pfizer-BioNTech COVID-19 vaccine?**

You should not get the Pfizer-BioNTech COVID-19 Vaccine if you:

- had a severe allergic reaction after a previous dose of this vaccine
- had a severe allergic reaction to any ingredient of this vaccine.

<https://www.fda.gov/media/144414/download>

Based on CDC recommendations, populations where informed decision making may be provided include: HIV (no data to support, but a potential concern), weakened/compromised immune system (based on current diagnosis or certain medications), autoimmune disorders (no data to support, but potential concern), personal history of Guil-

lain-Barre syndrome (no cases of GBS associated with this vaccine).

The independent Advisory Committee on Immunization Practices (ACIP) best practice guidelines for immunization do not include a history of GBS as a precaution to vaccination with other vaccines.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/underlying-conditions.html>

### **11) Question:** Who should get the Pfizer-BioNTech COVID-19 Vaccine?

**Answer:** FDA has authorized the emergency use of the Pfizer-BioNTech COVID-19 Vaccine in individuals 16-years of age and older.

### **12) Question:** What are known potential side effects from immunizations?

**Answer:** Injection site pain, tiredness, headache, muscle pain, chills, joint pain, fever, injection site swelling, injection site redness, nausea, feeling unwell, swollen lymph nodes (lymphadenopathy).

### **13) Question:** What is the procedure for COVID-19 immunizations at Kwajalein Hospital?

**Answer:** Individuals will be organized/scheduled into groups of up to 12/half-hour, to prevent wasting vials of vaccine, (each vial contains 6 vaccine doses). After receiving the vaccine, people will be observed in our waiting area for at least 15-minutes following vaccine administration to watch for signs of severe allergic reaction. During that time individuals can schedule themselves for their 2nd immunization in 3-weeks.

### **14) Question:** Is Kwajalein hospital capable of managing severe allergic reactions?

**Answer:** Yes. All individuals receiving the COVID vaccine will be observed for

at least 15 minutes (the timeline where severe allergic reactions are most likely to occur). If an individual exhibits signs/symptoms of tongue/throat swelling and difficulty breathing, Kwajalein Hospital is equipped to provide emergency airway support and administer allergy medications.

### **15) Question:** If I've already had COVID-19 (confirmed by prior positive PCR or antibody test), is it recommended that I still get the vaccine?

**Answer:** Yes. Due to the severe health risks associated with COVID-19 and the fact that reinfection with COVID-19 is possible, you should be vaccinated regardless of whether you already had COVID-19 infection. If you were treated for COVID-19 symptoms with monoclonal antibodies or convalescent plasma, you should wait 90 days before getting a COVID-19 vaccine. Talk to your doctor if you are unsure what treatments you received or if you have more questions about getting a COVID-19 vaccine.

Experts do not yet know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called "natural immunity," varies from person to person. It is rare for someone who has had COVID-19 to get infected again.

It also is uncommon for people who do get COVID-19 again to get it within 90 days of when they recovered from their first infection. We won't know how long immunity produced by vaccination lasts until we have more data on how well the vaccines work.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are working to learn more about, and CDC will keep the public informed as new evidence becomes available. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

### **16) Question:** Can you safely deliver COVID-19 and Influenza vaccines simultaneously?

**Answer:** There is no evidence of harm if another immunization is administered simultaneously, but our goal is to ensure optimal safety and immune system response. As such, Kwajalein Hospital will not be co-administering other vaccines to people receiving the COVID vaccine.

The CDC recommends waiting at least 14 days before getting any other vaccine, including a flu or shingles vaccine, if you get your COVID-19 vaccine first. And if you get another vaccine first, wait at least 14 days before getting your COVID-19 vaccine.

If a COVID-19 vaccine is inadvertently given within 14 days of another vaccine, you do not need to restart the COVID-19 vaccine series; you should still complete the series on schedule. When more data are available on the safety and effectiveness of COVID-19 vaccines administered simultaneously with other vaccines, CDC may update this recommendation.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>



17) Question: Is it safe to receive the COVID-19 vaccine when pregnant?

Answer: There is limited data about the safety of COVID-19 vaccines for people who are pregnant.

Until findings are available from clinical trials and additional studies, only limited data is available on the safety of COVID-19 vaccines, including mRNA vaccines, administered during pregnancy:

- Limited data is currently available from animal developmental and reproductive toxicity studies. No safety concerns were demonstrated in rats that received Moderna COVID-19 vaccine before or during pregnancy; studies of the Pfizer-BioNTech vaccine are ongoing.
- Studies in people who are pregnant are planned.
- Both vaccine manufacturers are monitoring people in the clinical trials who became pregnant.
- CDC and the Food and Drug Administration have safety monitoring systems in place to capture information about vaccination during pregnancy and will closely monitor reports.

mRNA vaccines do not contain the live virus that causes COVID-19 and, therefore, cannot give someone COVID-19. Additionally, mRNA vaccines do not interact with a person's DNA because the mRNA does not enter the nucleus of the cell. Cells break down the mRNA quickly.

Based on how mRNA vaccines work, experts believe they are unlikely to pose a specific risk for people who are pregnant. However, the actual risks of mRNA vaccines to the pregnant person and her fetus are unknown because these vaccines have not been studied in pregnant women.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>. Last Updated Jan. 7, 2021.

18) Question: What is known about the safety of the COVID-19 vaccination in relation to breastfeeding?

Answer: There are no data on the safety of COVID-19 vaccines in lactating women or on the effects of mRNA vaccines on the breastfed infant or on milk production/excretion. mRNA vaccines are not thought to be a risk to the breastfeeding infant. People who are breastfeeding and are part of a group recommended to receive a COVID-19 vaccine, such as healthcare personnel, may choose to be vaccinated.

19) Question: What dosing interval will Kwajalein Hospital employ for the COVID-19 vaccine?

Answer: Consistent with CDC guidelines and to enable an organized administration of vaccines, Kwajalein Hospital plans to institute a minimum of three weeks between the two doses.

Populations at Most Risk from the Disease but not the Immunization

Reference for Questions 18 and 19 <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

HOW VACCINES WORK  
The Immune System:  
The Body's Defense Against Infection

To understand how COVID-19 vaccines work, it helps to first look at how our bodies fight illness. When germs, such as the virus that causes COVID-19, invade our bodies, they attack and multiply. This invasion, called an infection, is what causes illness.

Our immune system uses several tools to fight infection. Blood contains red cells, which carry oxygen to tissues and organs, and white or immune cells, which fight infection. Different types of white blood cells fight infection in different ways:

- **Macrophages** are white blood cells that swallow up and digest germs

and dead or dying cells. The macrophages leave behind parts of the invading germs called antigens. The body identifies antigens as dangerous and stimulates antibodies to attack them.

- **B-lymphocytes** are defensive white blood cells. They produce antibodies that attack the pieces of the virus left behind by the macrophages.
- **T-lymphocytes** are another type of defensive white blood cell. They attack cells in the body that have already been infected.

The first time a person is infected with the virus that causes COVID-19, it can take several days or weeks for their body to make and use all the germ-fighting tools needed to get over the infection. After the infection, the person's immune system remembers what it learned about how to protect the body against that disease.

The body keeps a few T-lymphocytes, called memory cells, that go into action quickly if the body encounters the same virus again. When the familiar antigens are detected, B-lymphocytes produce antibodies to attack them. Experts are still learning how long these memory cells protect a person against the virus that causes COVID-19.

How COVID-19 Vaccines Work

COVID-19 vaccines help our bodies develop immunity to the virus that causes COVID-19 without us having to get the illness. Different types of vaccines work in different ways to offer protection, but with all types of vaccines, the body is left with a supply of "memory" T-lymphocytes as well as B-lymphocytes that will remember how to fight that virus in the future.

It typically takes a few weeks for the body to produce T-lymphocytes and B-lymphocytes after vaccination. Therefore, it is possible that a person could be infected with the virus that causes COVID-19 just before or just after vaccination and then get sick because the vaccine did not have enough time to provide protection.

Sometimes after vaccination, the process of building immunity can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building immunity.

TYPES OF VACCINES

Currently, there are three main types of COVID-19 vaccines that are or soon will be undergoing large-scale (Phase 3) clinical trials in the United States. Below is a description of how each type of vaccine prompts our bodies to recognize and protect us from the virus that causes COVID-19. None of these vaccines can give you COVID-19.

mRNA vaccines contain material from the virus that causes COVID-19 that gives our cells instructions for how to make a harmless protein that is unique to the virus. After our cells make copies of the protein, they destroy the genetic material from the vaccine. Our bodies recognize that the protein should not be there and build T-lymphocytes and B-lymphocytes that will remember how



Different types of COVID-19 vaccines will be available.

Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.

[www.cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)



to fight the virus that causes COVID-19 if we are infected in the future.

Protein subunit vaccines include harmless pieces (proteins) of the virus that cause COVID-19 instead of the entire germ. Once vaccinated, our immune system recognizes that the proteins don't belong in the body and begins making T-lymphocytes and antibodies. If we are ever infected in the future, memory cells will recognize and fight the virus.

Vector vaccines contain a weakened version of a live virus—a different virus than the one that causes COVID-19—that has genetic material from the virus that causes COVID-19 inserted in it (this is called a viral vector). Once the viral vector is inside our cells, the genetic material gives cells instructions to make a protein that is unique to the virus that causes COVID-19.

Using these instructions, our cells make copies of the protein. This prompts our bodies to build T-lymphocytes and B-lymphocytes that will remember how to fight that virus if we are infected in the future.

Most COVID-19 Vaccines  
Require More Than One Shot

All but one of the COVID-19 vaccines that are currently in Phase 3 clinical trials in the United States use two shots. The first shot starts building protection. A second shot a few weeks later is needed to get the most protection the vaccine has to offer. One vaccine in Phase 3 clinical trials only needs one shot.

The Bottom Line

Getting vaccinated is one of many steps you can take to protect yourself and others from COVID-19. Protection from COVID-19 is critically important because for some people, it can cause severe ill-

ness or death. Stopping a pandemic requires using all the tools available. Vaccines work with your immune system so your body will be ready to fight the virus if you are exposed. Other steps, like masks and social distancing, help reduce your chance of being exposed to the virus or spreading it to others. Together, COVID-19 vaccination and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.

References

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html> Last Updated Dec. 29, 2020  
Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/underlying-conditions.html> Last Updated Dec. 29, 2020  
Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html> Last Updated Jan. 25, 2021  
Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

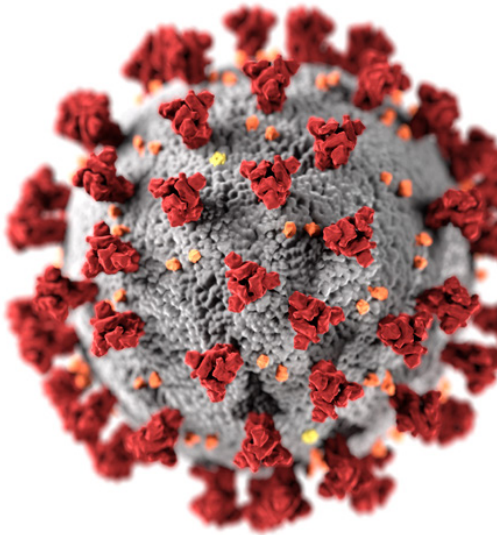
[https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fvaccine-benefits%2Ffacts.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fvaccine-benefits%2Ffacts.html) Last Updated Jan. 28, 2021  
Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

<https://www.fda.gov/media/144414/>

download Manufactured by Pfizer Inc., New York, NY 10017 Revised: January 2021

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html> Last Updated Jan. 7, 2021

[https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fabout-vaccines%2Fhow-they-work.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fabout-vaccines%2Fhow-they-work.html) Last Updated Dec. 18, 2020  
Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases



Facts about COVID-19 vaccines

Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic.



To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so **your body will be ready to fight the virus**, if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 **vaccines are very effective** at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.



# THIS WEEKEND: TALKS ON THE ROCK

## HAZARDOUS MARINE LIFE INJURIES

BIOLOGY, ASSOCIATED INJURIES, AND INITIAL MEDICAL MANAGEMENT

WITH DR. NICHOLAS BIRD  
KWAJALEIN HOSPITAL CHIEF MEDICAL OFFICER

MONDAY, FEB. 22


7 P.M. AT EMON BEACH

PRESENTED BY THE

YOKWE YUK WELCOME CLUB AND USAG-KA MWR

VENDORS WELCOME. CONTACT MWR AT 5-3331 FOR INFORMATION.





**Get vaccinated.  
Get your smartphone.  
Get started with v-safe.**

### What is v-safe?

**V-safe** is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccination. Through **v-safe**, you can quickly tell CDC if you have any side effects after getting the COVID-19 vaccine. Depending on your answers, someone from CDC may call to check on you. And **v-safe** will remind you to get your second COVID-19 vaccine dose if you need one.

Your participation in CDC's **v-safe** makes a difference—it helps keep COVID-19 vaccines safe.

### How can I participate?

Once you get a COVID-19 vaccine, you can enroll in **v-safe** using your smartphone. Participation is voluntary and you can opt out at any time. You will receive text messages from **v-safe** around 2 p.m. local time. To opt out, simply text "STOP" when **v-safe** sends you a text message. You can also start **v-safe** again by texting "START."

### How long do v-safe check-ins last?

During the first week after you get your vaccine, **v-safe** will send you a text message each day to ask how you are doing. Then you will get check-in messages once a week for up to 5 weeks. The questions **v-safe** asks should take less than 5 minutes to answer. If you need a second dose of vaccine, **v-safe** will provide a new 6-week check-in process so you can share your second-dose vaccine experience as well. You'll also receive check-ins 3, 6, and 12 months after your final dose of vaccine.

### Is my health information safe?

Yes. Your personal information in **v-safe** is protected so that it stays confidential and private.\*



Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second vaccine dose.



Sign up with your smartphone's browser at  
[vsafe.cdc.gov](https://vsafe.cdc.gov)

OR

Aim your smartphone's camera at this code





# FINISHED READING THOSE LIBRARY BOOKS?

Please return books and DVDs to the Grace Sherwood Library so other patrons can enjoy them.



Visit the Grace Sherwood Library during business hours to learn more about upcoming library activities. For information, call 5-3331.



## What to Expect after Getting a COVID-19 Vaccine

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects **may feel like flu** and **may even affect your ability** to do daily activities, but they should go away in a few days.

### Common side effects

#### On the arm where you got the shot:

- Pain
- Swelling

#### Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

### Helpful tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

#### To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

#### To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

### When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

### Remember

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.
- It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

### HEALTHCARE PROVIDER, PLEASE FILL IN THE INFORMATION BELOW:

If your temperature is \_\_\_\_ °F or \_\_\_\_ °C or higher or if you have questions, call your healthcare provider.

Tell your healthcare provider about: \_\_\_\_\_

**Healthcare provider phone number:** \_\_\_\_\_

#### Medication (if needed):

Take \_\_\_\_\_ every \_\_\_\_\_ hours as needed.



**Ask your healthcare provider about getting started with v-safe**

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second dose

Learn more about **v-safe**.  
[www.cdc.gov/vsafe](https://www.cdc.gov/vsafe)



KWAJALEIN JR. - SR. HIGH SCHOOL BANDS  
PROUDLY PRESENT

# KWAJ POPS!

THURSDAY, FEB. 25 AT 6:30 P.M.  
DAVYE DAVIS MULTI-PURPOSE ROOM  
KWAJALEIN HIGH SCHOOL

The community is invited to an evening of live music by the junior and senior high school bands of Kwajalein High School. Enjoy music from "Shrek," "The Mandalorian," Lil Nas X and Marvel Comics— just to name a few. VIP Seating is provided for our band families that contributed to the Music Sponsorship drive. Thank you for your tremendous support.



## IF 2020 STRESSED YOU OUT, KEEP READING.

### SIGNS OF ANXIETY

It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:



Uncontrollable worry or dread



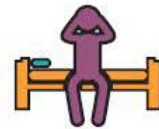
Stomach and digestion problems



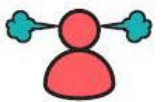
Trouble with concentration, memory, or thinking clearly



Increased heart rate



Changes in energy and difficulty sleeping



Irritability and/or restlessness

In extreme cases of anxiety, people may experience a panic attack. Panic attacks are often mistaken for heart attacks at first, but usually go away when people are able to talk to someone else to calm their fears and practice deep breathing.

### MANAGING ANXIETY

There are small things that everyone can do while practicing social distancing or self-quarantine to help reduce the amount of anxiety they are experiencing.

Ask someone to be your support buddy. Call, text, or video chat as needed.

Exercise at home

Use resources like online support groups or the Crisis Text Line (Text MHA to 741741)

Set boundaries with your phone

Use a mindfulness or meditation app

Set a timer for every hour to get up and stretch or take a walk

Create a new routine

Take 10 deep breaths when you feel stressed

FOR MORE INFORMATION, OR TO MAKE AN APPOINTMENT WITH THE KWAJALEIN EMPLOYEE ASSISTANCE PROGRAM COUNSELOR, CALL 5-5235 OR EMAIL [MARYBETH.DAWICKI@INTERNATIONALSOSGS](mailto:MARYBETH.DAWICKI@INTERNATIONALSOSGS).





Nice shot: Promat puts the ball in Ebeje's court Feb. 18 at the Corlett Recreation Center. Come on out to support the upcoming playoff games. For more information and a game schedule, contact MWR at 5-3331.

U.S. ARMY PHOTO BY JESSICA DAMBRUCH

# USAG-KA SPORTS

2021 WATER POLO SEASON		
VICTOR	DEFEATED	SCORE
FEB. 9		
SEALS	SPARTANS II	39 - 37
SPARTANS I	CHARGOGGAGOGG	45 - 28
TURBO TURTLES	MAYDAY	38 - 22
FEB. 13		
CHARGOGGAGOGG	SPARTANS II	54 - 31
MAYDAY	SEALS	33 - 31
SPARTANS I	TURBO TURTLES	73 - 38
FEB. 16		
TURBO TURTLES	SPARTANS II	48 - 23
SEALS	MAYDAY	42 - 37
2021 BASKETBALL SEASON		
VICTOR	DEFEATED	SCORE
FEB. 10		
AQUANAUTS	SPARTANS I	40 - 36
EBEJE	KWAJALEIN	WIN, FORFEIT
SPARTANS WHITE	PROMAT	60 - 57
FEB. 11		
KWAJ CONDITION	SPARTANS 1	37 - 36
SPARTANS BLUE	LITTLE RASCALS	WIN, FORFEIT
EBEYE BALL-HERS	SPARTANS II	20 - 10
FEB. 12		
KWAJALEIN	SPARTANS I	81 - 77
EBEJE	SOUTH SIDERS	WIN, FORFEIT
FEB. 13		
SPARTANS WHITE	SPARTANS BLUE	45 - 27
SPARTANS WOMEN I	SPARTANS WOMEN II	33 - 11

## E-WARENESS PCB Management

**Polychlorinated biphenyls** are regulated substances that were primarily utilized as a non-flammable oil for electrical equipment prior to 1980. At USAKA, PCBs are regulated while being used, stored and disposed. PCB best management practices include:

- Evaluate pre-1980 oil-filled electrical equipment for PCB hazards.
- Maintain an inventory of all PCB items and PCB equipment in each shop.
- Ensure PCB items and equipment are properly labeled, and emergency contact names and numbers are posted in visible locations in case of fire or spills.
- **Perform and document quarterly inspection of all PCB items and equipment.**
- Immediately notify your environmental department of any leaks, weeps or drips.
- Perform daily inspections of any leaking PCB equipment and initiate PCB clean-up within 48-hrs of discovery.
- Utilize appropriate PPE and management practices in accordance with site procedures when handling oils suspected of containing PCBs.

Contact Environmental at 5-1134 for more information.

**Polychlorinated biphenyls** ej chemical ko ekka aer kar kojerbali enwot juon non-flammable oil nan tool in jermal ko rej kojerbal jarom yiio ko mokta jen 1980. Rainin ewor PBC ko rej jermal, kakoni, im juloki ion Kwajalein in. Wawein ko remman nan kejbarok ad kojerbal PCB ej enwot in:

- Check e aolep tool ko ippam im rar walok/komman mokta jen 1980 eo ne ewor menin kauwotata ko remaron walok.
- Bwinni im record aolep kein jermal ko ewor PCB ie ilo kajojo shop ko.
- Aolep jikin jermal ko ewor PCB ie rej aikuj post aer label im melele ko nan call e dron ikijen emergency ko remaron walok jen bwil ak lutok oil.
- **Check im record e kein jermal ko ewor PCB ie aolep koota.**
- Mokaj im kiir lok Environmental Dept. eo enaaj wor lutok ko kwoj loe.
- Lale PCB tool ko rej leak im komman ien nan karreo mokta jen am tobar ennoul rualitok awa jen ien eo tore eo kwar ion leak eo.
- Kejbarok am kojerbal PCB tool ko ilo am kojerbal PPE ko rejimwe nan im rekkar nan jermal eo kwoj kommani.

Kir lok Environmental eo ilo 5-1134 kin melele ko rellab lok.



# KWAJALEIN AT THE MOVIES

Join Kwajalein at the movies in February as we celebrate Black History Month with special films—"Black Panther," "Harriet" and "Creed II."

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.

## KWAJALEIN - YUK THEATER

**Saturday, Feb. 20**

**"The Croods: A New Age" (PG) 95 min.**

**Emma Stone, Ryan Reynolds**

Searching for a safer habitat, the prehistoric Crood family discovers an idyllic, walled-in paradise that meets all of its needs. Unfortunately, they must also learn to live with the Bettermans—a family that's a couple of steps above the Croods on the evolutionary ladder. As tensions between the new neighbors start to rise, a new threat soon propels both clans on an epic adventure that forces them to embrace their differences, draw strength from one another, and survive together.

**Sunday, Feb. 21**

**"Black Panther" (PG-13) 144 min.**

**Chadwick Boseman, Danai Gurira**

After the death of his father, T'Challa returns home to the African nation of Wakanda to take his rightful place as king. When a powerful enemy suddenly reappears, T'Challa's mettle as king—and as Black Panther—gets tested when he's drawn into a conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, the young king must rally his allies and release the full power of Black Panther to defeat his foes and secure the safety of his people.

**Monday, Feb. 22**

**"Freaky" (R) 102 min.**

**Kathryn Newton, Vince Vaughn**

Seventeen-year-old Millie Kessler spends her days trying to survive high school and the cruel actions of the popular crowd. But when she becomes the latest target of the Butcher, the town's infamous serial killer, her senior year becomes the least of her worries. When the Butcher's mystical dagger causes him and Millie to magically switch bodies, the frightened teen learns she has just 24 hours to get her identity back before she looks like a middle-aged maniac forever.

**Saturday, Feb. 27**

**"A Wrinkle in Time" (PG) 109 min.**

**Stormy Reid, Oprah Winfrey**

Meg Murry and her little brother, Charles Wallace, have been without their scientist father, Mr. Murry, for five years, ever since he discovered a new planet and used the concept known as a tesseract to travel there. Joined by Meg's classmate Calvin O'Keefe and guided by the three mysterious astral travelers known as Mrs. Whatsit, Mrs. Who and Mrs. Which the children brave a dangerous journey to a planet that possesses all of the evil in the universe.

**Sunday, Feb. 28**

**"Creed II" (PG-13) 130 min.**

**Sylvester Stallone and Tessa Thompson**

In 1985, Russian boxer Ivan Drago killed former U.S. champion Apollo Creed in a tragic match that stunned the world. Against the wishes of trainer Rocky Balboa, Apollo's son Adonis Johnson accepts a challenge from Drago's son—another dangerous fighter. Under guidance from Rocky, Adonis trains for the showdown of his life—a date with destiny that soon becomes his obsession. Now, Johnson and Balboa must confront their shared legacy as the past comes back to haunt each man.

**Monday, March 1**

**"The Empty Man" (R) 137 min.**

**James Badge Dale, Marin Ireland**

On the trail of a missing girl, an ex-cop comes across a secretive group attempting to summon a terrifying supernatural entity.

## ROI-NAMUR—C BUILDING

**Saturday, Feb. 20**

**"The Predator" (R) 107 min.**

**Olivia Munn, Boyd Holbrook**

From the outer reaches of space to the small-town streets of suburbia, the hunt comes home. The universe's most lethal hunters are stronger, smarter and deadlier than ever before, having genetically upgraded themselves with DNA from other species. When a boy accidentally triggers their return to Earth, only a ragtag crew of ex-soldiers and an evolutionary biologist can prevent the end of the human race.

**Sunday, Feb. 21**

**"Harriet" (PG-13) 125 min.**

**Cynthia Erivo, Janelle Joe Alwyn**

From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the story of heroic abolitionist Harriet Tubman is told.

**Saturday, Feb. 27**

**"Black Panther" (PG-13) 144 min.**

**Chadwick Boseman, Danai Gurira**

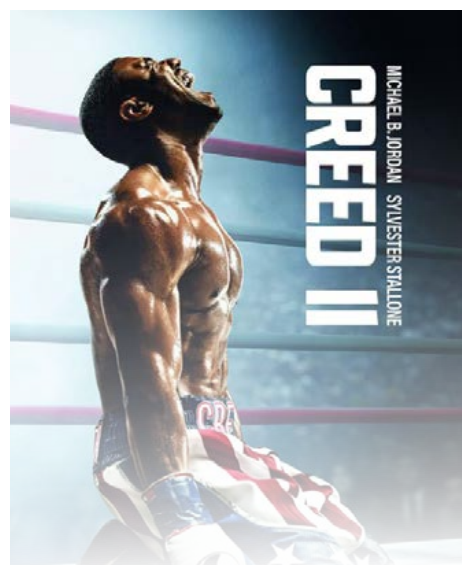
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worries. When the Butcher's mystical dagger causes him and Millie to magically switch bodies, the frightened teen learns she has just 24 hours to get her identity back before she looks like a middle-aged maniac forever.

**On "A Wrinkle in Time":** This big-hearted adaptation's payoff is more emotional than technical, but, thanks to touching performances, inclusive themes, and inspiring messages, it's easy to appreciate it. **—Sandie Angulo Chen, Common Sense Media**

**On "Creed II":** Even if you have not seen the previous Creed, you could still jump right into this film and enjoy it just the same. **—Mihir Fadnavis, Firstpost**

**On "The Empty Man":**

A truly surreal and strange piece of work, anchored by some top-notch craft elements, but weakened a bit by a bloated running time and a conclusion that likely left the few people who saw it in theaters more annoyed than thrilled. **—Brian Tallerico, roberbert.com**

**On "The Predator":** Would we recommend watching The Predator? Yes — if the alternative was to be hunted down by an alien predator. It would still, however, be a close call. **—Rohini Nair, Firstpost**

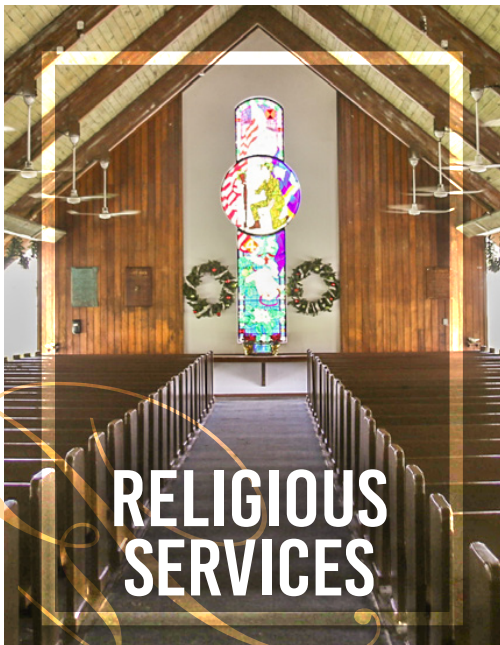
**On "Harriet":** Harriet Tubman, as this film portrays so beautifully, was a force to be reckoned with. **—Plugged In Staff**

**On "The Croods: A New Age":** This Stone Age family comedy is a bit rocky: It has lots of laughs, but it lacks the originality of its predecessor. **—Tara McNamara, Common Sense Media**

**On "Black Panther":** One of the most entertaining and relevant films in the Marvel Comics Universe, "Black Panther" offers such a welcome cinematic approach to traditional themes of national identity and power that viewers might forget they're watching an action movie. Hats off to Stan Lee for this gem—now, hit the theaters and check it out. **—Jessica Dambruch, The Kwajalein Hourglass**

**On "Freaky":** Sure, it may look cute at first glance. But take a peek under the surface, and you find something dark and ugly. **—Paul Asay, Plugged In**





## RELIGIOUS SERVICES

For more information regarding religious services on USAG-KA contact the Island Memorial Chapel office at 5-3505.

### The Church of Jesus Christ of Latter Day Saints

Sundays at 10 a.m. in CRC Room 1. Please contact Conrad Acosta at 5-2965 for more information.

### Protestant Services

- Sundays at 8:15 a.m. in the small sanctuary and 11 a.m. in the main sanctuary.
- Kingdom Kids children's program meets during Protestant services at 8:15 a.m. and 11 a.m.

### Catholic Services

- Sundays at 9:15 a.m. in the IMC main sanctuary.
- Weekdays at 5:15 p.m. in the IMC chapel offices
- Saturdays at 5:30 p.m. in the IMC small sanctuary.
- Children's program meets Sundays during the Catholic 9:15 a.m. Sunday Mass.

### Religious Activities

Men's Bible Study meets Thursdays at 5:45 p.m. in the chapel conference room. Ladies' Bible Study meets 9:15 a.m. Thursdays at Qtrs. 405-B Taro. Contact Sally Bulla at 5-9804 for more information.

**Youth Fellowship** meets Feb. 22, March 8 and 29, April 5 and 19 and May 3 at 6 p.m. in the REB.



## USE ARMA TO REPORT MAINTENANCE ISSUES



## BARS AND CLUBS

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

### Kwajalein Country Club

Enjoy Country Club Brunch every first Sunday of the month. from 10:30 a.m. - 12:30 p.m. The February charge for meals is \$25 for adults and \$12 for children. Cash Only. Enjoy a variety of brunch foods including fried chicken tenders, cheese quiche, collard greens, BBQ ribs, yams, macaroni and cheese, creamed grits, biscuits and gravy, steamed crab legs, bacon, sausage, fresh fruit, assorted pastries, pancakes and grilled teriyaki tuna.

Menu selections are subject to change. No reservation required. Seating is limited. Shuttle service will be available every 30 minutes. Customer pick-up is in front of the Food Court starting at 10 a.m. There is a 45-minute time limit per table. For more information, call MWR at 5-3331.

**Friday Night Trivia.** Prizes and Fun.

**UNO Saturday.** Come play UNO every Saturday at 6 p.m. Shuttle Service available every Saturday at 5 p.m., 6 p.m., 7 p.m. and 8 p.m. from the Ocean View Bar.

### Ocean View Club

Men's Night Mondays. 6 - 8 p.m. Enjoy drink Specials and one large cheese pizza from the Sunrise Cafe for \$12.

**Happy Hour Wednesdays.** 5 - 7 p.m.

**Saturdays.** Enjoy activities like game nights, karaoke. Themes and live music.

**Ladies Night Jazz Sundays** with Mimosas. 5-9 p.m.

### Roi-Namur Outrigger Club Dinner Specials

- Tangy garlic ginger glazed salmon filet with rice and choice of side dish - \$10
  - 8-ounce seasoned and grilled milkfish filet with rice and a choice side dish - \$10
  - Mashed cauliflower - \$2
  - Cauliflower tater tots - \$2
  - Randy's Beer Batter Chicken Strips and choice of side - \$8
  - Chicken sandwich and choice of side - \$8
  - Fish and Chips - \$8
  - Fish Sandwich and choice of side - \$8
  - Bacon, cheddar ranch
  - Steak fries - \$6
  - Cauliflower Fried Rice - \$4
- Add bacon and mushrooms or chicken for \$6



## Yokwe Yuk Welcome Club Plant Sale

**Monday, March 1**

**10 a.m. - noon**

**Corner of Lagoon Road and 4th St. across from Surfway**

Interested in donating potted plants and herbs for sale? Please contact Debbie Proudfoot at YY-WCinfo@gmail.com or Julie Makovec on Facebook.

**Beginning Feb. 20, all routine service order requests for bachelor quarters and Army Family Housing are to be reported through ArMA. Reporting jobs using ArMA provides residents with the ability to send pictures and have permanent records of their issues.**

To register for an account and submit tickets, go to:  
<https://www.armymaintenance.com>

To Report Emergency SORs, call call 5-3550.  
Examples:  
1. major water leaks

2. loss of all AC
3. no operational toilets
4. Inoperable appliances, plumbing, smoke detectors or door locks.

For ArMA questions, please contact Scott Hill at 5-0133 or michael.s.hill86.civ@mail.mil



# CLASSIFIEDS

The community wants to hear from you. Send in **your announcements and Classified ads to The Kwajalein Hourglass**. Submit ads and announcements Wednesdays to [kwajaleinhourglass@dyn-intl.com](mailto:kwajaleinhourglass@dyn-intl.com).

## HELP WANTED

To research and apply for government employment opportunities on U.S. Army Garrison-Kwajalein Atoll and worldwide, visit [usajobs.gov](http://usajobs.gov). Done hiring? Write to [kwajalein.hourglass@dyn-intl.com](mailto:kwajalein.hourglass@dyn-intl.com) to remove your help wanted listing.

**Enjoy working with school-aged children?** Kwajalein School System seeks caring, student-centered adults available from 8 a.m. – 3:30 p.m. to serve as substitute teachers or substitute teacher aids. Desired qualifications include: holds a teaching license, four-year bachelor's degree or two-year associate degree; previous experience working with school-aged children; enjoys working with children; and a favorable background check. Contact Paul Uhren for more information at [uhrenp@kwajalein-school.com](mailto:uhrenp@kwajalein-school.com) or 5-3601.

**U.S. Embassy Majuro** seeks a Political/Economic Assistant. Job Announcement No. Majuro-2012-002; Series/Grade LE1605/9. For more information, email [MajuroHR@state.gov](mailto:MajuroHR@state.gov) and contact Human Resources Office: Ma. Victoria dela Cruz; P.O. Box 1379, Majuro, MH 96960 and visit <https://careers.state.gov/downloads/files/eight-qualities-of-overseas-employees>.

**U.S. Embassy Majuro** seeks an Administrative Clerk. Job Announcement No. Majuro-2021-003 (series/grade LE 105/6) FS is 08. Actual FS salary determined by Washington D.C. For more information, visit <https://careers.state.gov/downloads/files/eight-qualities-of-overseas-employees>.

**Community Bank** seeks a part-time Banking Center Service Specialist, or teller. Submit applications and resumes to [www.dodcommunitybank.com](http://www.dodcommunitybank.com). Contact Rita Pyne at 5-2152 for more information.

**Community Bank** seeks to hire a Banking Center Operations Supervisor. This is a part-time, on-island hire position for 35 hours per week. Interested candidates should submit applications and resumes [www.dodcommunitybank.com](http://www.dodcommunitybank.com). For more information, contact Rita Pyne at 5-2152 with questions about this opportunity.

**Nan Inc.** seeks a qualified quality control manager and site safety and health officer. To apply, visit [www.nanhawaii.com](http://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](http://www.rgnext.com).

**DynCorp International** is looking for qualified candidates for various positions. Current DI 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, go to [www.dilogcap.com](http://www.dilogcap.com) or 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.

## NOTICES

**Alcoholics Anonymous meets Tuesdays at 6:30 p.m. in the REB, room 213 for open meetings.**

**Ongoing Smoking and Tobacco Cessation.** Please call EAP at 5-5362 or make an appointment with a physician.

**Tobacco Use on USAG-KA.** Smoking permitted only in designated smoking areas. All smoking and cigarette butt receptacles must be at least 50 feet from entrance of facilities. USAG-KA Policy Memorandum 600-8 sets forth specific policies designed for the protection from the negative impact of tobacco use. Smoking cessation programs are available. Please contact Mary Beth Dawicki at 5-5362 or [marybeth.dawicki@international-sosgs.us](mailto:marybeth.dawicki@international-sosgs.us).

**Island Memorial Chapel Counseling Services.** The IMC chaplains are available for appointments on Roi-Namur and Kwajalein. Contact the Chapel office at 5-3505 to schedule a meeting. Discussions in pastoral counseling are kept private. Confidentiality belongs with the client.

**The Employee Assistance Program** Counselor Mary Beth Dawicki is ready to listen. Contact Dawicki at 5-5235 or email at [marybeth.dawicki@international-sosgs.us](mailto:marybeth.dawicki@international-sosgs.us) to make an appointment. Information shared during appointments is confidential. As an alternative to in-person meetings, phone consultation or virtual meetings are available utilizing a HIPAA compliant platform. Call 5-5362 for more information.

**Tablecloth Inventory.** MWR will be completing a tablecloth inventory March 9 - 13. No reservations for tablecloths will be



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

**Staff Sgt. Yadira Vazquezro-driguez**  
**SHARP Victim Advocate**  
Work: 805 355 0660 / 1419

**USAG-KA SHARP Pager:**  
805 355  
3243/3242/3241/0100  
USAG-KA SHARP VA

**DOD SAFE Helpline:**  
877 995 5247

## HUNGRY? GRAB DINNER AT AAFES

### AMERICAN EATERY

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



### SUBWAY

**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.**

### BURGER KING

**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

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

accepted during this time. Thank you for your understanding.

**Kwajalein Drug Take Back Program.** Safely discard expired materials at one of two island collection receptacles—at the Kwajalein Hospital Pharmacy during business hours Tuesday through Saturday and at the 24-hour collection bin at the Kwajalein Police Department, Bldg. 803. Eligible collection items include over-the-counter drugs; pills, tablets and capsules; ointments; creams; lotions; powders and no more than 4 oz. liquid medicines.

**The Kwajalein Hospital** now accepts the following five insurance providers: Geo Blue/BCBS, Tricare, United Healthcare, Aetna and Cigna. For those patients not covered under these providers, pay and claim is in effect.

**Survey Cards.** The Zamperini Cafeteria and Café Roi have customer comment cards for you to comment on your dining experience. They are on the tables at the Zamperini, and at the cash register at Café Roi. Surfway comment forms are located on a podium inside as you enter the store. Fill them out and put them in the Customer Comment Box.

**Virtual Eyecare.** Kwajalein residents can receive eyecare services virtually by visiting EyeCareLive at [EyeCareLive.com/2020](http://EyeCareLive.com/2020). Services provided by EyeCareLive are not officially endorsed by USAG-KA. Contact EyeCareLive anytime at [help@eyecarelive.com](mailto:help@eyecarelive.com) with questions about services provided.

## ACTIVITIES AND EVENTS

**Power Walk Ex Class.** Stand strong, move forward and get to stepping with Power Walk Ex Class. The class meets Thursday and Saturday from 6 - 7 a.m. Walk will begin and end at the Ivey Gym. All MWR fitness classes require a wellness class pass.

For more information and to purchase your pass, visit the MWR desk at the Grace Sherwood Library or call 5-3331.

**Spring Dance Collective with Courtney Strouse.** Classes for all age groups in a variety of styles run now through April 30. Email [dancekwaj@gmail.com](mailto:dancekwaj@gmail.com).

**Ballroom Dance Classes.** Wednesdays from 7 - 8 p.m. at the Vet's Hall deck. Tehse free classes starts with East Coast (triple step) Swing. Dance partner is not required. Email [adrift@rise-up.net](mailto:adrift@rise-up.net) with questions.

**Hail and Farewell to the Police Chief.** Sunday, February 28 at 6:30 p.m. Emon Beach main pavilion. After many years of service and volunteerism in our community, Kwajalein Police Chief Dennis Johnson and his wife Rhonda are ready to retire. The island community is invited to bid a fond farewell to the Johnsons at an Emon Beach potluck Sunday, February 28 at 6:30 p.m. Meats, plates and cutlery will be provided. Please bring your own beverage and a dish to share. Questions, contact Rhonda at 5-2835.

## HOURS AND OPENINGS

**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 a number of household maintenance and upkeep projects.

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

**Bargain Bazaar Donation Pick-Up Day** is Monday, March 8. Donations benefit the YYWC Education Assistance Fund. For a donation pickup, please PM Kelly Redmond on Facebook or email [kellyredmond.lmt@gmail.com](mailto:kellyredmond.lmt@gmail.com)





# PLAY BALL

## 2021 SOFTBALL REGISTRATION

TEAM REGISTRATION OPEN THROUGH MARCH 13  
SEASON DATES: MARCH 23 TO MAY 15  
MINIMUM EIGHT PLAYERS PER TEAM  
\$100 PER TEAM

WANT TO PLAY BALL?  
SIGN UP AT THE  
GRACE SHERWOOD LIBRARY MWR DESK. CALL  
5-3331 WITH QUESTIONS.

## UXO REMINDER

### PUBLIC SAFETY ANNOUNCEMENT

**Remember** the three Rs of UXO: Recognize an item as possible Unexploded Ordinance. 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.

Kemejmej 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 rekawotata. Kalimjek wot jab jibwe.

Non bar kakemejmej eok, eokwe jouj im koba lok ilo Island Orientation allon otemjej.

## USAG-KA WEATHER WATCH

RTS WEATHER STATION STAFF



## SUN - MOON - TIDES

### WEATHER DISCUSSION:

Somewhat typical dry season conditions are expected over the next week with a subtropical ridge developing; however, low-pressure systems continue passing through the central Pacific, creating fronts and shear lines that stretch into the Tropics.

These disturbances have prevented the development of a strong subtropical ridge, which was experienced during December. Limited atmospheric moisture is expected through most of the weekend and into next week.

A weak low to mid-level wave will cause some moisture to reenter the area and produce stray showers Sunday and Monday morning, but things are expected to dry out again by the evening hours.

**SATURDAY:** Mostly sunny with minimal showers. Winds NE-E at 14-19 knots.

**SUNDAY:** Mostly cloudy becoming mostly to partly sunny with stray morning showers. Winds NE-E at 16-21 knots with occasional higher gusts.

**MONDAY:** Mostly to partly sunny with stray morning showers. Winds NE-E at 15-20 knots with occasional higher gusts.

**NEXT WEEK:** Dry with moderate to fresh NE-E breezes with periods of gusty conditions. Middle of the week may see isolated to widely scattered showers.

	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	7:06 a.m. 7:00 p.m.	1:32 p.m. 1:36 a.m.	10:51 a.m. 2.5' -----	3:05 a.m. 1.3' 7:09 p.m. 1.5'
MONDAY	7:06 a.m. 7:00 p.m.	2:21 p.m. 2:27 a.m.	12:32 a.m. 1.8' 1:22 p.m. 2.8'	5:47 a.m. 1.5' 8:30 p.m. 1.0'
TUESDAY	7:05 a.m. 7:00 p.m.	3:14 p.m. 3:20 a.m.	2:23 a.m. 2.2' 2:23 p.m. 3.3'	7:48 a.m. 1.1' 9:05 p.m. 0.5'
WEDNESDAY	7:05 a.m. 7:00 p.m.	4:09 p.m. 4:14 a.m.	3:01 a.m. 2.6' 3:03 p.m. 3.8'	8:39 a.m. 0.7' 9:35 p.m. 0.0'
THURSDAY	7:05 a.m. 7:00 p.m.	5:06 p.m. 5:07 a.m.	3:32 a.m. 3.1' 3:38 p.m. 4.3'	9:17 a.m. 0.2' 10:04 p.m. -0.4'
FRIDAY	7:04 a.m. 7:00 p.m.	6:03 p.m. 6:00 a.m.	4:02 a.m. 3.6' 4:11 p.m. 4.7'	9:52 a.m. -0.2' 10:33 p.m. -0.7'
FEBRUARY 27	7:04 a.m. 7:00 p.m.	6:59 p.m. 6:50 a.m.	4:33 a.m. 4.0' 4:43 p.m. 5.0'	10:26 a.m. -0.6' 11:03 p.m. -0.9'



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U.S. NAVY PHOTO BY LT. CMDR JOHN. D. SCHNEIDAU



# WE'RE HERE BECAUSE THEY GOT HERE FIRST.

## 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 HOUR-GLASS SHAPE.

THE HOURGLASS OF THE INSIGNIA WAS CONSEQUENTLY USED IN THE TITLE OF THE ISLAND NEWSPAPER, THE KWAJALEIN HOURGLASS.

## #SALUTETHE7TH

**GET THE WORD OUT.** SEND ANNOUNCEMENTS, COMMUNITY UPDATES AND EVENT FLIERS TO [KWAJALEINHOURGLASS@DYN-INTL.COM](mailto:KWAJALEINHOURGLASS@DYN-INTL.COM) WEDNESDAYS BY 5 P.M.

FOR MORE INFORMATION, CONTACT USAG-KA PUBLIC AFFAIRS OFFICER MIKE BRANTLEY AT 5-4848.



**CLICK THE 7TH INFANTRY DIVISION LOGO TO CHECK OUT PHOTOS FROM THE KWAJALEIN HOURGLASS ONLINE.**