

THE KWAJALEIN HOURGLASS



Residents' recycling can help both island and budget

— pages 4-5

(Photo by April Brown)

WHAT'S INSIDE

KRS prez answers RMI workers' questions

— page 3

Neighborly cooperation pays off

— page 5

Recommended flu shots still available

— page 16

Remember those who have paid a very dear price

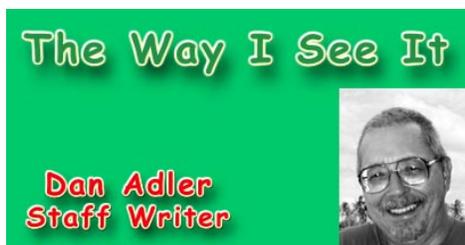
No more tomorrows. No more love. No more feeling the sun and wind on their faces. No more seeing their children, wives, parents. No more potential. No more anything.

At last count as I write, there are 450 American service members who have died in Iraq.

The tragedy endured by their loved ones can not be imagined, especially at this time of year when other families are celebrating the holidays and the birth of the Prince of Peace.

War brings many agonies and heart-break to be endured and not only by the families of the dead. There is a much larger number that sometimes doesn't get much notice. That is the 2,545 wounded and injured that the war in Iraq has created.

Wounded. A simple sounding word. A word that cannot begin to convey the agony of lost limbs, the loss of sight, the loss of the ability to walk, the loss of the ability to hold their children, stroke a wife's hair and touch her face. A strong, fit, healthy young man or woman in the prime of life with everything stretched before them as far as they could see went off to follow orders. Now perhaps all they see before them is months or years of recovery, rehabilitation



and pain. Perhaps these wounded souls have paid an even dearer price for freedom than the dead. Sometimes it takes more bravery to live than to die.

Families watch strong soldiers leave and broken bodies return. They watch as their loved one endures the surgeries, the physical therapy, and the scars both physical and mental.

The instant a soldier is wounded is sometimes when his war really begins.

At this time of year when we gather our loved ones and friends around us, let's remember that our freedom, our safety and the right to worship God as we see Him is at this very moment being bought and paid for by these incredible people called American soldiers.

Some of them will be paying for a long, long time.

In this season of giving and generosity,

I looked for ways to contribute money to the wounded and Injured from Afghanistan and Iraq. It turns out it's not as easy as you would think. But I found:

The American Red Cross
P.O. Box 73013
Chicago, Il. 60673-7013

Make checks out to The American Red Cross. The only way to make sure that the money goes to the right place, be sure to write: **For the Armed Forces Emergency Services for wounded military members and their families** on the check.

There is one other option I found. There is a Wounded Warrior Hospital Fund which was started by friends and colleagues of the wounded men. It is not authorized or supported by the U.S. military. It purchases TVs, DVD's and phone cards for those evacuated from Afghanistan and Iraq to Landstuhl Regional Medical Center in Germany. The Web site describing the fund is www.woundedwarriors.org. (Editor's note: as with any commercial Web site, do your own investigation before sending any money.)

If you have been thinking about doing something for these men and women, perhaps this is one thing to do.

Happy Holidays everyone.

Marshallese Word of the Day

alon - month

The Kwajalein Hourglass
Commanding Officer ...Col. Jerry Brown
Public Affairs Officer ...LuAnne Fantasia
EditorJim Bennett
Assistant EditorKW Hillis
Graphics Designer.....Dan Adler
ReporterJan Waddell
ReporterApril Brown
CirculationJon Cassel
Intern..... Krystle McAllister

The *Hourglass* is named for the insignia of the U.S. Army 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 USAKA. 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 USAKA. It is published Tuesdays and Fridays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff, P.O. Box 23, APO AP 96555.

Phone: Autovon 254-3539; local 53539.
 Printed circulation: 2,000

Letters to the Editor

Patriotism and unity transcends heritage

Well, Native American History Month has come and gone without any recognition on Kwaj, save a few last minute articles in the *Hourglass*. If it weren't for Native Americans, not one founding colonist would have ever survived. We all know how they were later treated for their endeavors. With each passing generation, many Indian offspring also saw themselves as Americans, of one country, willing to learn the white man's language and serve the country to which they now belonged.

One such man was born on Nov. 21, 1888 on a reservation in Pawhuska, Okla. English was his second language. He joined the US Cavalry in the early 1900's and fought Poncho Villa under Gen. John J. Pershing. He obtained his commission and joined the fledgling Army Air Corps. [As a] brigadier general he [assumed] command of Hickam AFB following Pearl Harbor.

He then received his second star

and commanded the 7th Air Division encompassing the entire Pacific region. On a secret mission to find the Japanese fleet near Midway, his LB-30 went down with no call for help. The mission required radio silence. His name was Maj. Gen. Clarence Tinker of which Tinker AFB in Oklahoma City is named.

His firstborn son, Clarence Jr. (Bud), [was also] killed during WWII, [receiving a] Purple Heart posthumously Both men rose to the defense and service of their country...like ALL soldiers, sailors, airmen and Marines...and paid the ultimate price.

I never got to know my grandfather and Uncle Bud intimately, save through [my father's stories], who also recently passed away.

But I carry their spirit of unity and patriotism for America and I honor them and my heritage through learning to speak Osage (*Wha-Sha-She*) and by returning to receive my Indian name later next year.

(A copy of MG Tinker's biography was donated to the Kwaj Public Library in 1999.)

— Pamela Tinker Johnson

Benefits top issue at KRS Marshallese Town Hall

By Jan Waddell
Reporter

KRS President Ike Richardson stressed many issues including pay increases and safety at the town hall for the KRS Marshallese workers on Wednesday,

"Equal work for equal pay," Richardson said.

KRS's Marshallese workers gathered at the Richardson Theater for two hours Wednesday afternoon to meet with Richardson, voice their concerns and hear what changes were in store for them in the upcoming year.

"Everyone will be treated exactly the same," Richardson said.

There will be pay raises, he said. Every March 1, KRS employees will be given a pay increase based on performance evaluations, as long as the employee was working for KRS before Oct. 30 of the previous year.

The raise-performance evaluation, on March 1, is based upon the employee's work performance, absences and attitude on the job. But the amount of the raise will not come as a shock since each employee will meet with his or her supervisor about the evaluation three to four days prior to March 1.

There is small fund Richardson will use to "close the pay gap," for Marshallese workers and there will be "merit dollars" which will be used to raise the income of the KRS Marshallese employee; although not everyone will receive "merit dollars," Richardson said.

Award Program

A new incentive program, called the Presidential Award Program, will be introduced in January 2004, he said. To qualify, supervisors will make recommendation to their managers as to which KRS employees deserve special recognition.

Richardson explained he would personally go to the job site, shake the hand of each recipient and award cash. The incentives could be \$50, \$100, \$150, \$200, \$250 or \$500 based on the employee's performance and scope of initiative the employee shows. The award will also include two tickets to fine dining at the Yokwe Yuk Club. Awards will be made monthly.

Although the budget for next year has been reduced the reward program will remain in place, he said.

Vacations

As of Jan. 1, 2004, vacation time must be earned and will no longer be given up front, Richardson said, explaining that this applies to all KRS employees.

But unused vacation and PTO time can be carried over from year to year, Richardson said. Employees can carry over as much time as they have.

Hiring

The current contract requires that

"Right now no one will lose jobs due to the reduced budget."

— Ike Richardson
KRS president

1,044 Marshallese be employed by KRS, and there are now 1,102 KRS Marshallese employees.

So KRS is actually ahead of schedule, he said. In addition, Marshallese workers are already being hired for off-island positions.

"Right now no one will lose jobs due to the reduced budget," he said.

A reevaluation will possibly take place in April, May or June of next year.

Setting rumors to rest

Overtime and why someone would be fired was addressed to "set rumors to rest," Richardson said.

KRS is not hiring other people and firing Marshallese. The only reason a Marshallese worker would be fired is for not coming to work, poor performance or violating the law, Richardson said.

Overtime is paid at straight time, not at 1.5 times the rate of regular pay except for a few grandfathered employees, he said. None of the "rank and file" KRS employees receive time and a half for overtime.

Safety

Encouraging attendees to "join the team in that effort," Richardson said everyone should keep "safety at the forefront."

No supervisor can fire an employee for reporting a safety issue, he said.

If any employee believes his or her supervisor is giving them "a hard time," Richardson asked them to

call him at 50790.

"Do the right thing and follow the rules," he said, adding that he would like to know any ideas or issues from those present at the meeting.

Food Service Workers

A proposed program is under discussion to "narrow the gap," Richardson said, for all Marshallese food service workers to pay \$3 for meals, while all non-Marshallese employees will pay the regular price for meals

He stated right now the \$3 price will apply only to Marshallese food service workers.

Miscellaneous

Marshallese can use the Dental Clinic, but only in the case of an emergency or accident. Regular checkups are not allowed, he said, explaining that it is a supply and demand issue.

Transportation between Kwajalein and Ebeye should be more comfortable in the future since a new catamaran will be purchased in 2004 and KRS will purchase another catamaran in 2005 to help improve transportation.

In response to a request for Kwajalein housing for Marshallese workers, Richardson said that there were only three or four open residences on Kwajalein and there is not enough housing on Kwajalein for all Marshallese workers.

In January, computer training classes will begin on Ebeye and 15 Marshallese employees will be chosen each month to attend the classes, Richardson said.

A question was raised about the possibility of shower or bath facilities for Marshallese employees on Kwajalein. Richardson said he will look into it along with other issues including a request for pin numbers so that Marshallese workers can call Ebeye without being charged long distance fees.

Richardson said he would discuss some of the issues which were raised by the Marshallese workers with USAKA Commander Col. Jerry Brown. These issues include expanding what Marshallese workers can purchase from Ten-Ten, changing the Dock Security Checkpoint processing policies and USAKA entrance requirements.

Residents can learn from businesses' recycling

By April Brown
Reporter

A little extra effort from residents could go a long way in solving the landfill problem on Kwajalein.

"Most people think of trash like they do in the states, throw it away and it's gone," said Phil Malloy, Solid Waste Management manager. "[But] this is only a three mile island, it only goes so far [and] we don't have that much space."

Although Kwajalein, with a 60 percent recycle rate, is well ahead of the United States which only recycles 28 percent; the island's landfill is growing steadily and when space runs out, a new landfill will have to be built. A new landfill will cost anywhere between 10 and 20 million for it to handle the amount of trash produced here, Malloy said.

Almost everything that residents use on island can be recycled, he said. Cardboard, trash and leftover food from restaurants like the Café Pacific get ground up and processed and it becomes compost which can be used on island for land beautification.

In the Dec. 5 issue of The Hourglass, Pat Zurick, Food Sanitarian, said that all food that doesn't meet standards when delivered is thrown out.

"The pallets of food that are rejected after being inspected go to us and it's turned into compost," Malloy said. "The food is recycled."

Glass on island is pulverized into a product similar to sand which



LEFT: Solid Waste Management forklift operator Peter Enjer removes bins of used oil, picked up from Ebeye yesterday for recycling, while Anjer Langinbelik directs him. COVER: Café Pacific employee Alexander Andrew unloads a bag of cans for the recycling pickup yesterday afternoon. .

(Photo by April Brown)

is safe enough to be used on a playground for children. The only items shipped off island are cans, everything else has to be recycled because it is too expensive to ship.

"It takes about \$3,000 per Matson van to ship products off," Malloy said. "This community imports so much and exports almost nothing. I don't know percentage, 50 percent or less, [residents] recycle."

The SWM team makes every effort to recycle everything that gets thrown out. But when residents mix food in with recyclable materials, workers can't always clean objects enough to send them through recycling and they have to be burned.

"The incinerator plant should be the last option for trash," Malloy said. "This is the worst thing to do with trash. The reason we burn it is to reduce volume. It reduces the volume by 95 percent."

Many times objects like metal and glass, get thrown away and put through the incinerator, but these items can't be burned.

"If you put in something that's not burnable, glass, cans, I'm just wasting time," Malloy said. "If you put a beer bottle in the trash, you're wasting my time and the incinerator fuel, but if you recycle it, I can make it into a product."

Due to lack of space and resources, Malloy and the SWM team look to every item that passes by them, seeing if there is a way to reuse it.

"You can throw it away once but

if you recycle it, you can recycle it forever," Malloy said.

And that is exactly what Malloy is asking of residents when they conserve a utility like electricity by turning off the lights or turning off water during a dry season.

"I'm just another utility. One of the reasons the island is so green is because we recycle so much," he said. "When you're recycling you're saving money. If you throw things away, you're wasting money."

"The big problem we get [is] when someone puts out their bin and throws everything loose in there together. We need people to segregate their trash," he said. "People need to recycle but the other thing is how they recycle. Someone has to deal with your trash."

If there is a bag of cans with a plate of food in it, an SWM worker will try and clean the food and maggots off of the cans so the cans can be recycled, but many times the items are unusable.

"It's hard to send people into the trash bin to pick out trash, like bulky metal," Malloy said. "If I don't want to do it myself why am I going to send one of my workers in? But someone has to do it."

The SWM team works hard to make recycling easy for residents, Malloy said.

"Almost every place that there is a public area, like the Small Boat Marina or Emon Beach, we try and

(See EVERYONE, page 5)

RECYCLING GUIDE

Recycle in separate containers:

- Glass - food & drink containers
- Aluminum cans: no trays or foil
- Metal cans - paint, aerosol & food
- Scrap metal
- Electronics
- Cardboard & wastepaper
- Yard trimmings & palm fronds

Put out hazardous waste beside trash can

- Household chemicals & cleaners
- Batteries
- Windows & mirrors

Return to Self-Help, do not put in trash

- Fluorescent light bulbs

Trading mulch and used oil helps close neighbors

By April Brown
Reporter

In a close-knit community, getting a cup of sugar from neighbors is natural. In the Marshall Islands, that neighbor is Ebeye and the sugar is 36 bins of used oil and used tires.

Yesterday morning two Solid Waste Management employees arrived on Ebeye with a forklift to retrieve excess used oil and tires which are used here on Kwajalein in a recycling effort (see accompanying article). The oil and tires were picked up from Ebeye when a larger van was delivered replacing a smaller vehicle used on Ebeye by the USAKA Host Nation office.

This new project involved the cooperation of the KRS Environmental office, Solid Waste Management and USAKA's Host Nation Office working with Ebeye's management as they work to reconstruct their landfill.

"They have a come a long way in the management of the landfill," said Stephan Notarianni, USAKA Host Nation Support officer. "It's managed, where it hasn't been

managed in the last twenty years. By taking their oil we help them with their environmental oil problems."

SWM in addition to used oil is also interested in glass and tires. At the same time, Kwajalein is in the process of taking mulch over to Ebeye for them to use for their landfill.

"It's not like a give and take, it's an ongoing thing. When there's mulch available here, we load it up and take it over there," Notarianni said. "They had a need for mulch and we produce a lot of mulch. Everybody wins, but it's not like an exchange program."

About eight truck loads of mulch have been taken to Ebeye already as they separate and rebuild their landfill. Kwajalein produces more mulch than is actually needed due to the quantity of trash, said Phil Malloy, SWM manager. The excess oil from Ebeye saves Kwajalein \$1,500 in fuel.

"One of the reasons we're anxious to get rid of our mulch is because we can't use all of it," Notarianni said.

The next project on schedule is for

landfill managers from Majuro to come over and train with the team on Kwajalein, Malloy said.

"Majuro wants to set up a bigger operation in their agricultural sector. They have the resources, they just need to know how to do it," he said. "By coming to Kwaj to learn instead of going to the U.S. they learn from Marshallese who understand the needs of the islands instead of some professor in the states."

The project with Ebeye is just one more step in organizing the landfill problems in the Pacific Islands, Malloy said.

"We've worked with KRS Environmental to get this going," Notarianni said. "[Malloy] and his crew were instrumental in getting this project off the ground."

As Kwajalein continues to produce excess mulch, Ebeye's landfill benefits just as Kwajalein benefits from the excess used oil and other products from them, he said.

"It's a good model of cooperation and neighborly action," Notarianni said. "We help them, they help us out and there's no money involved. It just makes plain sense."

Everyone needs to pitch into the trash program...

(From page 4)

put a recycle bin," he said.

But recycling is not mandatory for residents like it is for companies. Malloy requires recycling bins in supply areas for metal, cardboard and trash to separate at the source.

"That's what I'm asking residents to do," he said. "Separate at the source."

Malloy tries to offer the same set-up at public locations for residents but it doesn't always work.

"Residents throw trash into a recycling bin of cans or glass, and some worker has to dig through and clean that food off before the item can be recycled," Malloy said. "Recycling is not mandatory, but please at least respect the program."

Education on the recycling situation could help the attitude toward recycling on island.

"Apathy [is the biggest problem]. I would love to bring everyone down here and take them around the landfill," he said.

With budget cuts, recycling is a step that can and does save the island money, Malloy said.

"To recycle is almost one third the cost of disposing, out here it's so much cheaper than throwing it away," he said.

Malloy employs three men to run the recycling program which handles the same volume of trash as the incinerator. Recycling will turn that trash into a product. Fifteen men are employed to operate the incinerator and their product is smoke and ash in comparison with the compost, sand and fuel that comes from recycling.

"Which method is better?" Malloy said.

The program doesn't stop here on Kwajalein since trash from Meck and Roi-Namur all come down here to be processed. A new project with Ebeye will directly benefit both islands with the trading of excess oil and glass and mulch, Malloy said.

"Oil, from automobiles, boats, and fryer fat from the restaurants,

I can blend it with diesel and use it as fuel for the incinerator. That's our fuel," he said. "In airplanes you want very pure fuel. I can handle a lot of impurities in our fuel because it's basically going in a flamethrower. Every time I put a gallon of waste oil in our incinerator that's a gallon of diesel I don't have to buy."

Despite needed improvements and help from the community, the program is well run, Malloy said.

"We have a good trash program here," he said. "There is a lot of work we could do."

Based on resources, Kwajalein should not be able to recycle at the level it does, Malloy said.

"Kwajalein is an example for island nations," he said. "We have to figure out local ways to do it. Everything you throw away we see as a resource."

For more information or questions about recycling contact Solid Waste Management, 51165.

Sharks of Kwajalein Atoll

Grey reefs inspire awe and respect

(Part two of a three-part series)

By Paul Hubert
Special to the Hourglass

Part II

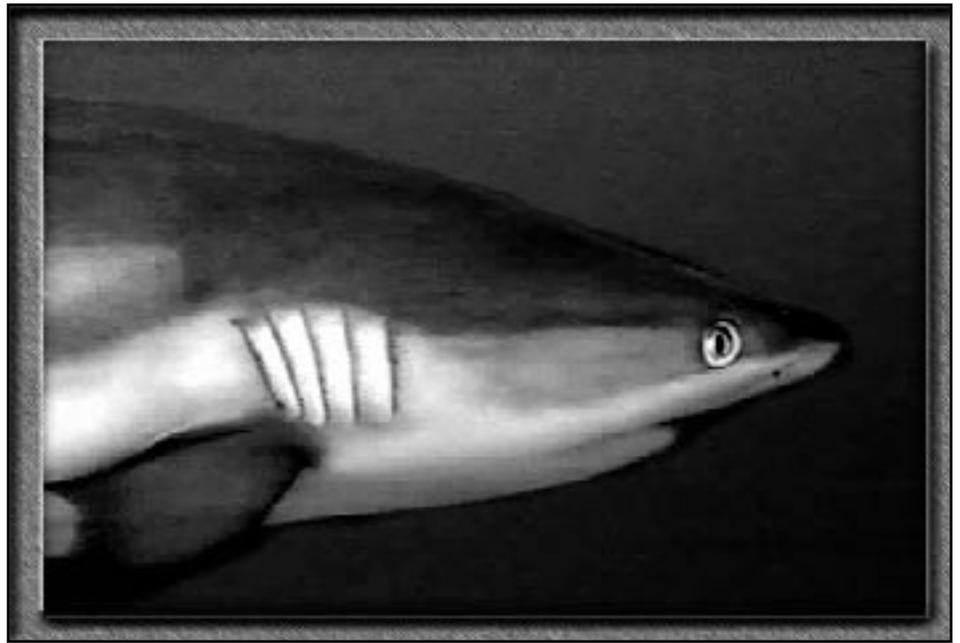
One day several years ago, Ric Fullerton and I were scuba diving and spearfishing in Gea Pass. As we collected reef fish for the table, we saw a grey reef shark and several white-tips prowling the coral. We speared more fish, and we saw more sharks.

While I was slipping fish onto the stringer, the grey reef came streaking in from out of nowhere with unbelievable speed. I twisted to face it; the fish fell from the stringer and drifted to the bottom. When the shark was five feet away, it turned on a dime and rushed into open water a few yards away. There it darted and gyrated crazily as Ric and I gaped in awe at the display of speed and power.

At the mercy of a shark

Then the shark bolted toward us again, and this time, it came straight for me. It was on me in an instant. I jabbed its snout with my spear as hard as I could, but there was absolutely no reaction, and I realized I was completely at the mercy of the shark. It brushed the spear aside with its snout and swam to me, rubbing its snout against the steel.

The shark continued swimming up the shaft as if sniffing it, then followed the shaft to my arm and followed my arm to my face. The



(Photo by David Sansone)

Grey reef sharks have highly developed senses to locate food. However, even in a feeding frenzy, they will generally not bite divers. Of course, the possibility always exists.

shark was inches away. I could see the pores in its skin, the grey cat's eyes searching me, and the darkness of its mouth behind those white teeth.

I leaned back and grabbed the shark by the loose folds of skin behind its pectoral fins, and for a few moments, we were suspended in water in that embrace. Then the shark pulled free.

I floated in midwater, suddenly buoyant from uncontrolled hyperventilating. Ric looked up at me from his more secure position, backed up against the coral. I saw sympathy in his eyes; he knew I was a goner.

But the shark joined the white-tips on the bottom that were eating our dinner, and Ric and I went elsewhere to finish our spearfishing.

The grey reef is grey above and white below, with a charcoal-black rear edge of the caudal (tail) fin. These sharks are more robust of body than the white-tip. They are built for speed, and they often swim well away from protection of the reef. In fact, they are commonly found in schools of tuna a half-mile or more from shore.

Checked out by a shark

Grey reef sharks usually avoid divers. When they are seen, it is usually briefly, at a distance. The encounter may seem fleeting to

the diver, but the shark is hearing and feeling the presence of the diver's bubbles, the flow of air through the regulator, the beat of the diver's fins through the water, the clanging of equipment on coral — even booties squeaking against fins.

In areas where they are frequently exposed to spearfishing, grey reefs learn to associate divers with easy food and may tag along with a dive party, hoping to grab a speared fish. In areas where diving is uncommon, they may, out of curiosity, approach divers close enough to touch.

Lightning quick

Grey reef sharks can be dangerous, though. The lightning quickness of these sharks must be seen to be appreciated, and when they are excited by spearfishing, they will buzz and dart at a diver, turning away at the last instant, or even bumping or biting the spear — or the diver — in a frenzied effort to grab the fish. However, even when grey reefs become excited by spearfishing, they generally will not bite the diver. Obviously, though, the possibility exists.

Highly developed senses locate food

Adept at discriminating between fish and diver, grey reef sharks possess a battery of senses that are very highly developed to

locate food. The reputation of sharks in general would lead us to believe that they couldn't care less whether they grab a mouthful of diver or a mouthful of fish, but that is not the case.

If they are such discriminating eaters, why then do grey reefs have a savage reputation?

While it is unlikely that a diver will be bitten by a grey reef shark trying to feed, one that is angry or feels threatened is truly dangerous. It is well-documented that grey reef sharks, as well as some other species, have at least the rudiments of a code of behavior, and when the rules of this code are broken, they may attack.

The two most probable reasons for attack seem to be, first, an effort to establish dominance, and second, a reaction to what the shark perceives as threatening behavior by a diver. In these cases, the shark may demonstrate its hostility by altering its swimming pattern or its body posture, or both. This is called "posturing" or "threat displaying."

Telltale indication of irritation

If the shark is mildly irritated, it will simply swim away from the diver. The telltale indication of hostility is that the shark does not swim in a straight line, but instead turns slightly side to side in an S-shaped path, as if unsure which direction to go.

As the shark escalates the display, the turns become more pronounced. It may seem as though the shark is turning around to come back to the diver, then changing its mind and turning in the other direction. The shark may even swim in tight circles. This may not seem threatening to the diver because the shark is swimming away, but is a clear statement from the shark: "I am irritated."

If the diver swims in the direction of the shark, that will likely be perceived as a threat.

When the situation turns serious

As tension rises, the shark alters its body posture. Arching the back seems to be the most common change and usually is the first to be adopted. Things are getting serious when this happens. The shark may also raise its snout to accentuate the arched back, so that when seen from the

side, the shape of the shark is a sideways S. The shark may also point its mouth and shake its head and snap its jaws.

As the shark nears the point of attack, the intensity of the posturing increases. The shark exaggerates the back-and-forth swimming pattern, or swims in tight figure-eights, perhaps to the point of making no headway at all, or even slowly sinking, twisting and gyrating the whole time. At this point, an attack is imminent.

Grey reefs do not necessarily follow this pattern of escalation exactly. They may adopt some of the postures and not others and may attack without posturing at all.

When you are threatened

What should you do if a grey reef is posturing at you?

First, do not approach any closer to the shark. Remember, it feels threatened by you. Do not make any unnecessary noises or motions. Back away slowly. If possible, put something between you and the shark — a net, your goody bag, anything. If the shark does attack, it will probably happen so quickly that you will not have time to protect yourself except with what you have put between the two of you.

Chances are good that the shark will leave eventually. Twice, while I was ascending from breath-hold dives, I have surprised grey reefs between me and the surface. They initiated displays, but neither one attacked.

Why do grey reefs make such a show of attacking?

These sharks, like many animals, apparently establish a hierarchical structure, with certain individuals being dominant over others. The hierarchy is usually established by fighting, or at least threatening.

Don't swim toward a shark

Displays are much more often the result of divers performing an act the shark perceives as a threat. The surest way to elicit a posture from a grey reef is to swim toward it. Little fish flee when divers swim toward them — but grey reefs fight.

Individual sharks vary in their tolerance of threatening behavior. Some allow a diver to approach

within a few feet, but many will not tolerate a diver 20 feet away swimming toward them. Also, it is OK for the shark to approach a diver, but not vice versa.

Matt Fine and I were spearfishing near South Pass one day, when Matt saw a 3½-foot grey reef swimming straight up from the bottom toward him. He mistook the shark for another that had accompanied us for hours the previous weekend. That shark had come so close to us we name it "Snuggles."

Matt dove toward the shark. When he was 10 feet away from it, it turned back for the bottom; Matt continued to swim toward it. That caused it to initiate an intense display; in fact, it stopped swimming and slowly sank, coiled into a corkscrew with its mouth agape.

We're thankful it did not attack the now retreating diver.

Reaction to flash photography

I have seen an interesting reaction by a grey reef to photographic flashes. When Snuggles was following us, I took a picture while the shark was only three feet from the flash. At the instant the flash went off, the shark stopped swimming, and a shudder racked its body for half a second. Then it swam away as if nothing had happened.

I don't know if it was the bright light or the sudden discharge of electricity in the flash that caused the reaction. Posturing grey reefs have attacked as a result of flash photography, but this shark seemed relaxed before and after the flash went off.

Grey reefs have been the subject of many scientific studies because of their social behavior and use of body language, which have caused scientists to rethink the basic nature of sharks. They pose an element of danger, but prudent behavior by divers can reduce that danger. To me, they are the most interesting animals on the reef.

A modest amount of diving at Kwaj will likely produce encounters with the sharks we have written about so far. Others are seen less frequently, and they are the subject of the next part in this series, which will conclude Dec 16.

Residents take to the streets Monday for Pauper's Marathon

By April Brown
Reporter

Monday morning, as the sun creeps over the horizon, runners will gather in front of the Nemo Weto Youth Center for what is considered by the Kwajalein Running Club members as the ultimate test of endurance — the annual Pauper's Marathon.

"It's on the same day as the Honolulu Marathon. Many years ago there were more people to do the marathon," said Bob Sholar, KRC president. "The idea was if you couldn't afford or didn't want to buy a ticket to Honolulu you could stay here and run the Pauper's Marathon."

The marathon consists of 10 loops of 2.6 miles each through the commercial and residential areas of the island as they run the marathon.

There is no entry fee required to run the Pauper's Marathon, he said.

The first race was run in 1978 with over a dozen competitors, Sholar said.

As the years have gone by, fewer people have wanted to do the marathon, so KRC also offers the opportunity for relay teams of five to 10 people to make the run, so those who aren't prepared for a 26 mile run can participate.

Sign in is 6-6:20 a.m. on Monday morning. The race, which begins and ends at the youth center, starts at 6:30 a.m. Water stations will be set up along the route for thirsty runners.

For more information or to register, contact Bob Sholar, 51815, by 6 p.m., Saturday or drop off a registration form at Qtrs. 123-C.



(Photo by KW Hillis)

Test Flight

MariBeth Cherry, left, with the help of Surfside Salon supervisor Brenda Panton, tries to convince her 2-year-old son, Noah, to try out the new airplane seat for his haircut like his sister Maeli, 4. The new seat helps children get over the common fear of a haircut, Panton said.

Soccer Schedule

Friday, Dec. 12

5:30 p.m. Calvary United II/Hackers Angels
6:45 p.m. Calvary Girls/Sp. Girls Blue
8:00 p.m. Abyss Football/Locals

Saturday, Dec. 13

5:00 p.m. Strikers/Sp. Girls II
6:30 p.m. Hackers Doves/Sp. Girls Blue

Tuesday, Dec. 16

5:30 p.m. Sp. Boys Blue/Sp. Boys Red

Wednesday, Dec. 17

5:30 p.m. Sp. Girls Blue/Jabro Girls
6:45 p.m. Sp. Girls Red/ Calvary Girls
8:00 p.m. Strikers/Sudden Rush

Thursday, Dec. 18

Reserved for Playoffs

Friday, Dec. 19

Reserved for Playoffs

For up to date scores, schedules and officials, call the Sports Hotline at 54190.

Soccer Standings

(Updated Friday 12)

Men's A Division

Fijian Connection..... 6-0-3
Fish..... 6-2-2
Spartans Boys 1 6-3
Locals 4-4
Calvary United 1 1-8
Abyss Football 0-6-1

Men's B Division

Spartans Boys Red 5-2
Spartans Boys Blue 4-2
Calvary United II 4-2-1
Hacker's Angels 1-5-1
Jabro Boys 1-4-2

Women's A Division

Spartans Girls I..... 5-0-2
Kicked Back..... 4-2-2
Spartans Girls II..... 3-1-3
Strikers 2-4-1
Sudden Rush..... 0-7

Women's B Division

Spartans Girls Red 7-0
Spartans Girls Blue 3-2
Calavry Girls..... 3-3
Hacker's Doves..... 1-5
Jabro Girls 1-5

AFN KWAJALEIN

The TV schedule has changed to a grid format carried on the following four pages.

Weekend Movies on Channel 23

Sunday

9:00AM National Lampoon's Golf Punks
11:00AM Anastasia

Monday

9:00AM Ordinary People
11:00AM Honey, I Blew Up the Kid

All AFN programming is subject to change without notice. Certain sporting events are not available on Kwajalein's Direct-to Sailor AFN Pacific feed.

Window on the Atoll:
Santa's Arrival and
Tree Lighting Ceremony

Saturday, Dec. 13

	Channel 9 AFN Pacific -delayed	Channel 13 AFN News- Sports	Channel 14 AFN News	Channel 17 AFN Sports	Channel 35 AFN Pacific-No delay	
12:00AM	The Late Show	Good Morning America	Good Morning America	NCAA Basketball Purdue at Oklahoma	24	
12:30AM	Access Hollywood				Headline News/Pac Rpt	
1:00AM	Movie Home Alone			Headline News	Sportscenter	Tonight Show with Jay Leno
1:30AM						
2:00AM						
2:30AM	(:45) Movie Ordinary People	World News This Morning	World News This Morning	Rome is Burning	Late Show with David Letterman	
3:00AM		The Early Show	The Early Show	Pardon the Interruption	Access Hollywood	
3:30AM						
4:00AM		Sportscenter	Fox News	Fox News	Inside the NFL	Movies 'Til Dawn National Lampoon's Golf Punks
4:30AM						
5:00AM		Bulletin Board	Fox News	Fox News	Inside the NFL	(:45) Movie Anastasia
5:30AM						
6:00AM	Good Morning America	NHL Avalanche at Canucks	Primetime Thursday	NHL Avalanche at Cannucks	Today	
6:30AM			Fox News			
7:00AM						
7:30AM						
8:00AM	Today	Inside Politics	Inside Politics	ESPNNews		
8:30AM					NFL Films Present	
9:00AM						
9:30AM				Headline News	Headline News	
10:00AM	Dr. Phil	Lester Holt Live	Lester Holt Live	Around the Horn	The Simpsons	
10:30AM				Pardon the Interruption	The Cosby Show	
11:00AM	Oprah Winfrey	Headline News	Headline News	SportsCenter	The View	
11:30AM		NBC Nightly News	NBC Nightly News			
12:00PM	Window on the Atoll	ABC World News	ABC World News	NBA Shootaround	CHiPs	
12:30PM	Judge Judy	CBS Evening News	CBS Evening News			
1:00PM	Movie National Lampoon's Golf Punks	NBA : Nets at Magic	Newshour/ Jim Lehrer	NBA Nets at Magic	Charmed	
1:30PM			Hannity & Colmes			
2:00PM						
2:30PM						
3:00PM	Calilou	News with Brian Williams	The News with Brian Williams	NBA Mavericks at Lakers	Friday Night Fights	
3:30PM						
4:00PM	Powerpuff Girls	BET Nightly News	BET Nightly News	Sportscenter		
4:30PM	The Proud Family	Nightly Business Report	Nightly Business Report			
5:00PM	Jeopardy!	Larry King Live	Larry King Live	WWE RAW (TV-14)		
5:30PM	Access Hollywood					
6:00PM	Bulletin Board	Newsnight with Aaron Brown	Newsnight with Aaron Brown	Sportscenter	Trading Spaces Family	
6:30PM	The Cosby Show					
7:00PM	King of the Hill	Paula Zahn Now	Paula Zahn Now	NFL Total Access	Headline News	
7:30PM	That 70's Show				Navy/MCorps News	
8:00PM	Survivor	Nightline	Nightline	NHL Blackhawks at Stars	Entertainment Tonight	
8:30PM	Pearl Islands	Pardon the Interruption	Army or AFTV			
9:00PM	24	Hardball with Chris Matthews	Hardball with Chris Matthews	Sportscenter	Headline News	
9:30PM	Headline News				ESPNNews	
10:00PM	Headline News	O'Reilly Factor	O'Reilly Factor	Sportscenter	One On One	
10:30PM	Tonight Show				According To Jim	
11:00PM	The Late Show	Dateline NBC	Dateline NBC	Inside the NFL	The Practice	
11:30PM						

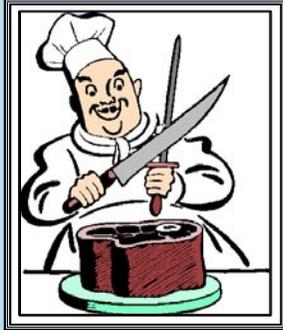
Sunday, Dec. 14

Time	Channel 9-AFN Pacific Delayed	Channel 13 - AFN News-Sports	Channel 14 - AFN News	Channel 17 - Sports	Channel 35 - AFN Pacific No Delay
12:00AM	David Letterman	CNN Saturday Morning	CNN Saturday Morning	NBA Timberwolves at Kings	Law & Order: SVU
12:30AM	Access Hollywood				Headline News
1:00AM	Movies 'Til Dawn	20 / 20	20 / 20	Sportscenter	Saturday Night Live
1:30AM	National Lampoon's	NBC Saturday Today	NBC Saturday Today		Live In Hollywood
2:00AM	Golf Punks			Wall St Journal Reports	Wall St Journal Reports
2:30AM	(:45) Movie				
3:00AM	Anastasia	America's Black Forum	America's Black Forum	NFL Live	
3:30AM		NCAA Basketball Florida at Louisville	News From CNN	NCAA Basketball TBA	NCAA Basketball Florida at Louisville
4:00AM					
4:30AM					
5:00AM	Sign-On/Bulletin Board	ESPNews	Headline News	NCAA Basketball Oregon at Kansas	ESPNews
5:30AM			Air Force TV News		
6:00AM	Touched by an Angel	20/20	20 / 20	NCAA Football 2003 Division II Championship	Headline News
6:30AM		FOX News	Fox News Live		Hour of Power
7:00AM	The Simpsons	NCAA Basketball UNLV at Stanford	Headline News	NCAA Football 2003 Division II Championship	Celebration of Victory
7:30AM	The Cosby Show				McLaughlin Group
8:00AM	The View	Capital Gang	Sportscenter	NCAA Football 2003 Division II Championship	Coral Ridge Hour
8:30AM					
9:00AM	CHiPs	Washington Wk Review	Washington Wk Review	NFL Matchup	2003 Heisman Trophy Presentation
9:30AM					
10:00AM	Charmed	Headline News	People In The News	Boxing Night of the Undisputed	Headline News
10:30AM					
11:00AM	Biography	Dateline International	Dateline International	Boxing Night of the Undisputed	Air Force TV News
11:30AM					
12:00PM	Bulletin Board/ID	Larry King Weekend	Larry King Weekend	USGA Year in Review	Motor Week
12:30PM	McLaughlin Group				
1:00PM	Washington Wk Review	At Large with Geraldo Rivera	At Large with Geraldo Rivera	USGA Year in Review	Ebert and Roeper
1:30PM	Headline News				
2:00PM	WWE RAW	Beltway Boys	Beltway Boys	Sportscenter	WWE Smackdown
2:30PM					
3:00PM	Trading Spaces Family	Fox News Watch	Fox News Watch	PGA	Andromeda
3:30PM					
4:00PM	Walking with Cavemen	Headline News	Headline News	Target World Challenge 3rd round	Headline News
4:30PM					
5:00PM	Entertainment Tonight	America's Black Forum	America's Black Forum	Target World Challenge 3rd round	ESPNNews
5:30PM					
6:00PM	Buffy the Vampire Slayer	Headline News	Headline News	Target World Challenge 3rd round	Smallville
6:30PM					
7:00PM	One On One	Navy/Marine Corps News	Navy/Marine Corps News	Sportscenter	Primetime Movie The Santa Clause 2
7:30PM	According To Jim				
8:00PM	The Practice	Big Story Weekend Edition	Big Story Weekend Edition	Sportscenter	Primetime Movie The Santa Clause 2
8:30PM					
9:00PM	Law & Order: SVU	CNN Presents	CNN Presents	Sportscenter	Primetime Movie The Santa Clause 2
9:30PM					
10:00PM	Window on the Atoll				
10:30PM	Saturday Night Live				
11:00PM					
11:30PM					

Monday, Dec. 15

Time	Channel 9-AFN Pacific Delayed	Channel 13 - AFN News-Sports	Channel 14 - AFN News	Channel 17 - Sports	Channel 35 - AFN Pacific No Delay
12:00AM	Live In Hollywood	Fox & Friends	Fox & Friends	NCAA basketball	Movie continued
12:30AM					
1:00AM	The Entertainers			Marquette at Arizona	Headline News
1:30AM					Seinfeld
2:00AM	ESPNNews	CBS News Sunday Morning	CBS News Sunday Morning	Sportscenter	Meet The Press
2:30AM					
3:00AM	The Sports Reporters			Sports Reporters	Americas Black Forum
3:30AM	Sportscenter	Face The Nation	Face The Nation	Sportscenter	Entertainment Tonight
4:00 AM	Sign-On/Bulletin Board	Headline News	Headline News	Sunday NFL	
4:30AM		Navy/Marine Corps News	Navy/Marine Corps News		
5:00AM	Headline News	The NFL Today	Late Edition with Wolf Blitzer		The NFL Today
5:30AM	Hour of Power				
6:00AM	Celebration of Victory	NFL Bills at Titans	Fox News	NFL 49ers at Bengals	NFL Bills at Titans
6:30AM	Coral Ridge Hour				
7:00AM	The Word in the World				
7:30AM	Café Video				
8:00AM	Clifford the Big Red Dog				
8:30AM	Franklin				
9:00AM	Wild Thornberries	NFL Browns at Broncos	CNN Sunday	NFL Packers at Chargers	NFL Browns at Broncos
9:30AM	Fairly Oddparents		Meet The Press		
10:00AM	Movie:				
10:30AM	James and the Giant Peach				
11:00AM			Tim Russert		
11:30AM	Rugrats				
12:00PM	Fox Report	SportsCenter	Fox Report	SportsCenter	Headline News
12:30PM		NFL Primetime			NFL Primetime
1:00PM	Movie The Santa Clause	NFL Giants at Saints	This Week	NFL Giants at Saints	Dr Phil
1:30PM					
2:00PM			Dateline International #2		Oprah Winfrey Show
2:30PM					
3:00PM	The Civil War Part 2		60 Minutes		Headline News
3:30PM					Judge Judy
4:00PM	WWE Smackdown		CNN Sunday Evening		Critical Rescue
4:30PM		SportsCenter		SportsCenter	
5:00PM	Andromeda		Larry King Weekend		American Chopper
5:30PM					
6:00PM	M*A*S*H	At Large with Geraldo Rivera	At Large with Geraldo Rivera	NFL Primetime	Spectrum Movie The Prince of Egypt
6:30PM	Window on the Atoll/BB				
7:00PM	Smallville	Access Hollywood	Access Hollywood	SportsCenter	
7:30PM					
8:00PM	Primetime Movie: The Santa Clause 2	Beltway Boys	Beltway Boys	PGA	Jeopardy!
8:30PM		Fox News Watch	Fox News Watch	Target World Challenge	Headline News/Pac Rpt
9:00PM		Bulls and Bears	Bulls & Bears	Final Round	ESPNNews
9:30PM		Cavuto on Business	Cavuto On Business		Navy/MCorps News
10:00PM	Headline News	60 Minutes	60 Minutes		Survivor
10:30PM	Seinfeld				Pearl Island
11:00PM	Meet The Press	CNN Daybreak	CNN Daybreak		Finale
11:30PM				Sportscenter	

CAFÉ PACIFIC



Lunch

Sat	Island hamburger steak Chicken Monterey Sweet-and-sour tofu Grill: Cheese sandwich
Sun	Savory pot roast Chicken divan Pasta a la pesto Grill: Brunch station open
Mon	Skillet fried pork chops Chicken and peapod stir-fry Quiche Lorraine Grill: Brunch station open
Tues	Braised Swiss steak Greek-style roast chicken Grill: Tuna melt sandwich
Wed	Stuffed cabbage Chicken and dumplings Trout meuniere Tofu vegetable stir-fry
Thur	Grill: Broiled knockwurst Oven-fried chicken Chinese oxtail soup Grill: Ham and cheese croissant
Fri	Zesty beef lasagna Spinach/mushroom lasagna Chicken peapod stir-fry Fish and chips Grill: Ranchero burger

Dinner

Fri	Stir-fry to order Char Siu spareribs Chicken nuggets with sauce
Sat	Chicken-fried chicken Parker ranch stew
Sun	Sweet-and-sour pork Chicken hekka Korean beef steak
Mon	Chicken-fried steak Baked chicken
Tues	Spaghetti Steamed cod Beef ravioli
Wed	Prime rib of beef Noodles Romanoff Lemon herb chicken
Thur	Fajitas to order Cajun roast pork Texas-style chili Breaded catfish

HELP WANTED

KRS has the following on-island job opening. Unless otherwise noted, call Alan Taylor, 55154.

ACCOUNTING ASSISTANT, Cash Office. Full time. Temporary for two or three months. Perform bank reconciliations, data entry, requires good analytical skills, proficiency in MS Excel, problem solving skills and attention to detail. Accounting or cashier experience desirable.

SUBSTITUTE TEACHER. Provide supervision and instruction in the absence of the regular classroom teacher. Organizational skills and structure are a prerequisite. Teaching certification preferred, but not required. Childcare clearance required.

CYS ACTIVITIES ASSISTANT DIRECTOR

CYS HOMEWORK CENTER LEAD

CYS TECHNOLOGY LAB ASSISTANT

MS/TEEN HOMEWORK CENTER ASSISTANT

CYS and MS openings are flexible hours, afternoons/evenings. High school diploma plus childcare/youth experience, childcare clearance required.

USAKAIRTS has the following job vacancy:

GENERAL ENGINEER, GS-0801-13. Program Support Division, Kwajalein Support Directorate, duty stationed Huntsville, AL. Announcement No. USAJobs X-LW-04-5819-RD. Closes Jan. 8.

WANTED

27" COLOR TV for BQ room and VCR movies. No chick flicks or children's movies. Call 52308.

BICYCLES in reasonably good working order or needing minor repairs can be donated to the junior/senior high school PTSO for use by Ebeye students while on Kwajalein as transportation on school activities. To donate a bike, call Gregg, 59747H/50952W, or Jennifer, 51950H.

LOST

CUB SCOUT belt with several metal achievement loops attached, left in men's room at Yuk Club Dec. 8. Sentimental value. Call 50163.

BROKEN PUMA Precision "1" 9 iron. Return to Bob at the golf course Pro Shop.

GOLD PLUMERIA blossom earring on Ocean Road between Reef BQ and CAC, or over to Emon Beach via the first row of new housing. Reward offered. Call 54826.

MEN'S GOLD wedding ring with one diamond and two rubies. Reward offered. Call 59737, evenings.

FOUND

LEOPARD-heeled Ska-Doo slip-ons, children's size 13. Call 54434, 9 a.m.-9p.m.

STERLING SILVER palm tree earring/French hook. Call Rue, 53461W or 54173H.

CLASSES AND COURSES

COMMUNITY EDUCATION Winter B 2004 registration has begun. Registration is through Jan 12. Classes begin Jan. 13. For class information, call Anthony, 51078.

PATIO SALES

SATURDAY, 12:30-3 p.m., 6th Street and Lagoon Road. Microwaves, clothes, futon and other items from Johnson Island.

MONDAY, 7 a.m.-?, Qtrs. 137-F. PCS/multi-family sale. Men's and women's clothing, kitchen items, Christmas decorations, household decorations, blinds, child's wagon. Rain cancels.

MONDAY, 8 a.m.-noon, Tr. 719. Men's and women's clothing, luggage, kitchen items, books.

MONDAY, 8 a.m.-noon, Tr. 573. Giant plant sale: Cicads, hibiscus, fancy palms, bougainvilleas, obesiums.

MONDAY, 8:30-noon, Qtrs. 479-B. Men's, women's and children's clothing, shoes, toys, kitchen items, cosmetics. No early birds.

FOR SALE

CARVE 99 wood model sailboard with Z techtronic fins, \$1,000; Acid Wave 88 wood model sailboard, bought used, \$500; 6.5 and 5.4 race rigs with carbon fiber masts, 5.4 has carbon fiber boom and new condition RS-Z race sails, \$600 for the 6.5 and \$700 for the 5.4. All items as a package, \$2,500. Available in March. Call 59939, after 7 p.m.

NINE CANS of Parent's Choice infant formula; bassinet; bath seat. Call 54728.

KWAJ-CONDITION tricycle, \$25. Call 53578 and leave a message.

BABY SWING, \$20; Fisher Price portable baby dome, \$20; Burley-type utility trailer, \$40; bar stool, \$10. Call 50163.

GO VIDEO dual VCR-DVD player, excellent condition, \$125; IBM 17" LCD flat panel analog/digital input, excellent condition, \$400. Call 52475.

KING-SIZE mattress, firm, excellent condition,

Chapel Services

Protestant services:
Kwajalein
Sunday, 8 a.m. and 10:45 a.m.
Roi-Namur Service at 4 p.m.
This week's sermon:
"Our Exuberant Joy"

Sunday school for all ages
through adult, 9:15 a.m.,
in the REB.

Catholic services:
Saturday Mass,
5:30 main chapel
Sunday Mass
7 a.m., small chapel
9:15 a.m., main chapel

For more information,
call the chapel office, 53505.



Marshallese Christmas Cards

plus T-shirts and 2004 calendars are on sale at the Marshallese Cultural Center

The Hourglass will publish one issue per week the weeks of Christmas (Dec. 27) and New Years (Jan. 3). Deadline for classified ads are noon, Tuesdays, Dec. 23 and Dec. 30.

with 2" memory foam pad, \$250. Call Ken or Jude, 54176.

LAPTOP COMPUTER: Compaq Presario 1200, 6 Gig HD, 198 MB memory, Win98 SE, \$600; desktop computer, no monitor, Lian-LI aluminum case, ASUS A7N8X MB, AMD 2800+, ATI 8500DV, All in Wonder, TV in and out, WD120 HD, 1 Gig DDr400 PC3200 memory, \$900; 2003 Baja Bug nitro RC car, RTR, add batteries, \$300. Call 53979.

20' CAL sailboat including dinghy and boathouse, needs bottom paint, \$5,500. Call 52368.

CAT CARRIER, 12" x 12" x 22", with food and water tray, \$25; covered litter box with scoop and scraper, \$10; three pet food bowls, 50¢ each; mini blinds, two 38", two 35", one 34", two 33", three 32", two 22", one 31" beige, \$5 each. Call 52244, after 5 p.m.

KILI BAG, \$28; Swarovski crystal flower, \$22; 18K gold mixture large ankle bracelet from Europe, \$30. Call 58954, after 5 p.m.

17' BOSTON WHALER, new 80 hp, four-stroke Yamaha, new VHF radio, new paint, great boat for use in lagoon, \$14,000; 10' Rhino dinghy jet ski, 25 hp engine, \$3,500; 21-speed Pro Flex mountain bike, paid \$1,000, will sell for \$200. Call 54489.

COMMUNITY NOTICES

WANT TO participate in bringing Christmas to 121 school children on Likiep Atoll? Call Alan or Marge, 53370.

LEGAL COUNSELORS Dennis O'Connell and Robert Magnuson will be on Roi, Saturday, Dec. 20, 7:30-11:30 a.m. For an appointment, call 53417.

BEGINNING GOLF clinic is Tuesday, Dec. 16, 5-6:30 p.m., at Holmberg Fairways. For sign up information, call Bob, 53768.

IN SUPPORT of the KGA golf tournament, there will be no non-tournament starting times until after noon, Monday, Dec. 15.

THE YOKWE YUK CLUB is closed Dec. 14 for a private function. The Oceanview Bar will stay open until 2 a.m.



RMI SHOPPING DAY

RMI Shopping Day for residents of Ebeye and Ennubirr is tomorrow, 10 a.m.-6:30 p.m., at Macy's, Macy's West and Gimbel's. No minors under 18 will be allowed in the retail facilities. Gimbel's will sell all items except food, alcohol, books, newspapers, drugs and sundry items.



Hey kids!

Scuba Santa

arrives at Emon Beach Monday, Dec. 22, 7 p.m. Everyone is invited to this unique Kwaj event. Santa will give out candy and treats

HOLIDAY CONCERTS



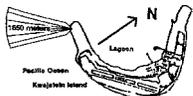
Dec. 15: Community Band Carol Concert, 10 a.m., on Macy's Porch

Dec. 16: Elementary choir & cadet band concert, 7 p.m., in the MP room



Waterford Master Cutter, James Buckley, is at Macy's through tomorrow at 5 p.m. He will etch limited messages on customer-owned crystal. Signup for a time at Macy's crystal counter

The Small Arms Range is in operation Dec. 18-19, 8 a.m.-noon. Avoid the hazard area shown below. All watercraft observe the red flags at the southwest end of the island.



A BABY-SITTING referral list has been developed by Child and Youth Services (CYS). The teens have completed the babysitter training course consisting of basic aid and child development. If you need a qualified baby-sitter, call Karen, 53610 or Trina, 52158, for the list.

KWAJALEIN INTERNATIONAL Sport Fishing Club meets Wednesday, Dec. 17, 7 p.m., at the club's boat lot No. 42. The Lib Island Christmas Exchange will be discussed.

KWAJALEIN AMATEUR Radio Club will be "Finding Rudolf," Wednesday, Dec. 17, 5 p.m., at the Ham Shack. This is our Christmas Hidden Transmitter Hunt. Refreshments and prizes. Questions? Call Dave, 53605.

MOPS (Mothers of Preschoolers) meets Thursday, Dec. 18, 9-11 a.m., at the REB. Daycare is provided for children five and under.

KRS SAFETY REMINDER: Observe posted signs and barricades, especially those surrounding historical structures and WWII relics. They are there for your protection. Questions? Call 51134.

OUR MARSHALLESE neighbors from Ebeye invite you to "Christmas in the Marshall Islands," a performance of traditional Marshallese Christmas songs and dances, Monday, 7:30 p.m., at CRC

gym. Share this special time with our neighbors.

KWAJALEIN POLICE officers' Christian Fellowship meets tonight, 6:30 p.m., at the Adult Recreation Center. The fellowship is geared towards police officers and firefighters, but is open to anyone having an interest in our professions and want to learn more about a personal relationship with Jesus Christ. Join us for relaxed Christian fellowship, prayer and Bible study. Call Mike, 52413 or e-mail at fullarmor911@yahoo.com.

GET IN THE holiday spirit by making a snowflake to place on Grace Sherwood's Library Winter Wish Wall. Young children can color a pre-cut snowflake and older children can cut out their own special snowflake. When the snowflake is ready to put on the wall, make a wish. The trick is, the wish has to be for somebody besides yourself.

VOLLEYBALL SEASON is Jan. 15-March 1. Pre-registration is Dec. 23-Jan. 3 at Community Activities. Fee is \$150 per team. Need a team? Call Kayla, 53331, to be placed on a "free agent" list. An adult beginners clinic will be held Jan. 3, 5:30-7:30 p.m., at CRC gym. A mandatory managers' meeting will be held Jan. 6, 6:30-7:30 p.m., in the library conference room. A scorekeepers' clinic will be held Jan. 8, 5:30-6:30 p.m., in CRC gym. There will be new rules this year.

PHARMACY'S HOURS for medication pick-up will be 9 a.m.-11:45 p.m. and 1:15-4:30 p.m., Tuesday through Saturday, beginning Dec. 16. Prescriptions can be submitted 6:30 a.m.-5 p.m., Tuesday through Saturday. The hospital reminds residents that a minimum of 24 hours is needed to refill prescriptions. Your patience is appreciated.

FIESTA HISPANIC club will hold their monthly meeting tomorrow, 5:30 p.m., in CRC room 1. Come join us and see what the Hispanic Club is all about. It's a potluck, so bring a dish to share.

PRE KINDERGARTEN to grade six soccer registration is through Jan. 7, 12:30-5 p.m., at the elementary school office. Cost is \$20 per child. Discounts for NYSCA head coaches. Call 53761.

KWAJALEIN RUNNING CLUB'S Pauper's Marathon is Monday, Dec. 15. Sign in at the Youth Center 6-6:20 a.m. Race starts at 6:30 a.m. All are welcome. Register by calling Bob, 51815H, or drop off at form at Qtrs. 123-C, by 6 p.m. Saturday.

GOLF COURSE greens fees and locker rentals are now due for January-June. The \$168 fee is payable at Community Activities, 7:30-11:30 a.m. and 12:30-4:30 p.m., or mail a check to Community Activities, P.O. Box 23, Local, or at the golf course Pro Shop. Payment due by Jan. 3. A \$15 late fee will be assessed to all late payments. Accounts not settled by Jan. 31 will result in lockers being emptied. Questions? Call 53331.

FAMILY HOUSING residents: Check the A/C filter at least once a month. The A/C will work better and you'll be more comfortable.

ENERGY CONSERVATION tip: Conserve water and electricity by not running your hot water when not in use.

BOWLING LOCKER rentals are now due for the period of January to June. The \$12 fee is payable at Community Activities office, 7:30-11:30 a.m. to 12:30-4:30 p.m., or at the Bowling Center or mail a check to Community Activities, P.O. Box 23, Local. Payment is due Jan. 5. A \$5 late fee will be assessed to all late payments. Accounts not settled by Jan. 5 will result in lockers being emptied. Questions? Call 53331.

THE HISTORY OF JAZZ weekly series continues 6-8 p.m., in the Adult Recreation Center on the following dates: Dec. 14, Dec. 21. Turk is your host.

The Bethlehem Project

A musical performance
Sunday, 10:45 a.m. and
7 p.m., at the chapel.
Free admission

**Santa says
You're invited to**

Christmas dinner at Café Pacific

	Roast tom turkey		Carved rack of lamb
	Steamed crab legs		Carved smoked ham
	Seafood bar with shrimp, mussels and salmon		Desserts including pumpkin and pecan pies, Uncle Louie's fruitcake and chocolate Oreo cheesecake
	Gourmet cheese bar	Bachelors: 11 a.m.-6:30 p.m. All other residents: 1-6:30 p.m.	

Inoculation is only defense against flu bug

By KW Hillis
Associate Editor

As some Kwajalein and Roi residents prepare to head to the states for the holidays, reports of a particularly virulent flu, not included in this year's flu vaccine, is making headlines across the U.S.

More than that one flu is making the rounds according to the Centers for Disease Control and Prevention and how to keep from getting any flu and the accompanying aches, pains and fevers during flu season is becoming an important question.

"So far I haven't seen [the virulent flu] here," said Dr. Eric Lindborg, Kwajalein Hospital chief medical officer. "Unfortunately I don't think there is a lot that can be done in terms of an effective modification of your risks of exposure because flu is an airborne viral illness. You walk into the mall, you walk in to the supermarket and you are going to be exposed to it almost no matter what you do."

Even though exposure to the flu is very hard to avoid, there is a way of reducing the risk of catching some strains. This is important since annually the flu claims over 36,000 people according to the CDC.

"[That] is part of the reason for the

importance of the flu vaccine," he said. "Unlike other illnesses that are food and water-borne, where you end up having some control over exposure, you really don't have much control over exposure to the flu."

The flu vaccine available in the U.S. and here on island is formulated to cover the flu viruses that were expected to hit this year, according to the CDC. After the vaccine was formulated, one of the flu strains did mutate and the new strain is not included.

"There is some talk from the CDC that even though the strain of concern is not part of the current flu vaccine there is some cross benefit that by getting the flu vaccine, one might still have a less severe episode of the worrisome strain," Lindborg said.

If a person does get the more virulent form of the flu, the symptoms can be worse if he or she catches one of the other flu viruses as well, he said.

Those at particular risk include people 50 years and older, people with long-term health problems including diabetes, asthma, heart disease, and blood disorders; women in second or third trimester of pregnancy, according to the CDC.

One particular at-risk group are children from 6 to 23 months old,

Lindborg said.

"That is a group that is especially vulnerable ... for which the flu vaccine is especially recommended," he said.

There are some "increased concerns regarding the strain that is out there that might make it even more important for people to choose, even those at low risk, to take the vaccine this time around," Lindborg said.

If the flu does hit, all that can help is to drink plenty of fluids, take analgesics such as Tylenol, aspirin, ibuprofen, or Advil and rest, he said.

Due to their airway system being smaller, children are at more risk of respiratory illness when they catch the flu, he said.

"There are kids who have fevers but ultimately seem to be eating and acting ok," he said. "If a child truly appears ill, along with a acute fever - approximately 101 degrees, that child should be seen," at the hospital whether or not it is the flu.

There are over 300 doses of the vaccine still available at Kwajalein Hospital and more can be ordered if there is a demand from the community, Lindborg said.

Flu shots are administered, free of charge, Tuesday to Saturday from 1-4:30 p.m. at the hospital.

Holiday events change restaurants schedules

From staff reports

Christmas, New Year's and holiday functions — both private and public — are changing the schedules at KRS Food Services restaurants on Kwaj.

The Yokwe Yuk Club, the Oceanview, Three Palms Snack Bar and the Country Club will be open some special hours and days to accommodate residents, said Johann Baumi, KRS Food Services manager. Fine dining on

Wednesday and Saturday nights will not be offered due to other events.

Robert Champion has taken over managing all four restaurant venues, so workers and food preparation assets can be directed to where they are needed each night. Upcoming events:

- Late hours at Oceanview, Dec. 14, 4:30 p.m.- 2 a.m. since the club is closed for private party.
- Luau at Oceanview, Dec. 19.

- Christmas Eve, Yokwe Yuk Club bar and grill is open. Grill, 5-9 p.m., bar, 5 p.m.- 2 a.m.

- Christmas Day, Oceanview, open 4:30-11 p.m.; Country Club open.

- Family night buffet, Yokwe Yuk Club, Dec. 26.

- New Year's Eve, party at YYC.

- New Year's Day - early morning, Three Palms Snack Bar, 12:30 - 3 a.m. a breakfast buffet is available.

Weather

Courtesy of RTS Weather

Tonight: Partly cloudy with widely scattered showers.

Winds: Northeast to east 12-18 knots.

Tomorrow: Partly cloudy with isolated showers, becoming scattered later.

Winds: Northeast to east at 10-15 knots.

Temperature: Tonight's low 80°
Tomorrow's high 88°

December rain total: 4.15"

Annual rain total: 89.74"

Annual deviation: -5.54"

Call 54700 for updated forecasts and sea conditions.

Sun • Moon • Tides

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Friday December 12	0654/1831	2118/0927	0550, 4.3' 1800, 5.4'	1140, 1.2'
Saturday December 13	0654/1832	2211/1016	0630, 4.1' 1840, 5.2'	0040, 1.1' 1210, 1.4'
Sunday December 14	0655/1832	2302/1103	0710, 4.0' 1920, 5.0'	0110, 1.3' 1250, 1.6'
Monday December 15	0655/1832	2352/1147	0800, 3.8' 2010, 4.7'	0200, 1.5' 1340, 1.9'