

THE KWAJALEIN HOURGLASS



Stacey O'Rourke browses through baskets at the Silent Basket Auction hosted by the Yokwe Yuk Women's Club Sunday evening. All proceeds from the basket auction go towards the annual Outer Islands Christmas Drop in December. For more, see Page 4.

Photo by Sheila Bigelow

LETTER TO THE EDITOR

YYWC thanks participants of auction

Dear Kwajalein,
I just wanted everybody to know the wonderful news about how much this community participated in the annual Wine and Cheese Auction event at the multi-purpose room Nov. 15, benefiting the Outer Island Christmas Drop and the Yokwe Yuk Women's Club.
We had 38 baskets donated, or

participated in for the silent portion, four live auction items (three dinners and a band), a raffle, a charismatic auctioneer (Chief Paul Brown), and we sold 160 tickets, which produced the incredible following results: Silent baskets: \$7,540; Live: \$3,800; Raffle: \$994 and the total was \$12,334.
Thank you, thank you to all who

gave in some way, either by volunteering, donating, buying or just coming and showing your support. It was a great party as well, and wonderful to see everybody gather in one place, having a good time. What a nice way to kick off the holidays.

— Lauren Traweck

COMMENTARY

Will you take the three-in-one challenge?

Fall is filled with a wonderful sense of seasons. Back in the states you celebrate the end of a warm summer with Labor Day and then anticipate the chilly season of Halloween. After that, it's a pleasant stroll to Thanksgiving and the final sprint to Christmas and ending with the finale of New Year's Eve.

Each season produces a certain aroma of attitudes and anticipations

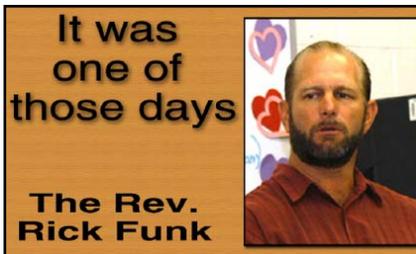
— a lazy Labor Day, a scary Halloween, a gracious Thanksgiving, a generous Christmas, and a hopeful New Year's. We have one season, however, that continues all year long and seems to generate a certain foulness that constantly pollutes our air — Complaining Season.

We can all easily point out a long list of faults in others, especially those who have a responsibility in some social sector such as the stores, schools or social services. Nothing is done exactly the way I would like it done or think needs to be done. Hence, I grumble. Maybe you do, too.

As Thanksgiving approaches, I would like to lay down a challenge. I call this the three-for-one rule. Here's how it works: If you want to complain about something or someone, first you need to say three positive things about that person or group. If you can't come up with three compliments, then you have to hold your complaint.

Three compliments shouldn't be too difficult for anyone. Of course, in the south you can just about say anything about someone if you add, "Bless his heart." Example: "He's about the ugliest creature on the planet . . . bless his heart."

That does not necessarily qualify for this challenge. You should be able to offer something positive for everyone and



everything. Let the good news outweigh the bad by three-to-one.

Maybe I should give you another example. Perhaps I think a store is deficient because it does not carry my favorite product. Before I complain, I might be thankful that I have the opportunity to shop for decent and safe products at all. I could be living on Lib. Also, I might appreciate the challenges workers have in getting the right products.

We all live with a great deal of frustrating bureaucracy. Finally, I could compliment whoever would listen to me for taking the time to hear my complaint. Then I would let 'em have it (bless her heart). You get the idea.

This challenge is about a change in attitude and perspective. We often focus on what is negative and that overshadows anything that is positive. We often do this to ourselves as much as to others. That's very unfortunate. Hopefully, we can change that a little bit. Are you up for the challenge? Next time you are talking with friends, remember the three-for-one challenge. We will be very complimentary — or very quiet.



THUMBS DOWN

To the man who purposely walked in front of a fifth grader on the Café Pacific sidewalk across from the post office area causing the young girl to fall off her bike. He then yelled at her to "find a road." Such behavior to a child is uncalled for and unnecessary.

THE KWAJALEIN HOURGLASS

The Kwajalein 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.

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Japanese ship conducts successful Aegis ballistic missile defense test

By Christopher P. Cavas
Defense News

A Japanese destroyer shot down a ballistic missile target during a seven-minute engagement off Hawaii Oct. 28, becoming the third Japanese ship to demonstrate an engagement capability using the Aegis combat system.

The destroyer *Myoko* used a Standard SM-3 Block IA missile to intercept the separating medium-range target above the Earth's atmosphere at an altitude of about 100 miles, according to the U.S. Missile Defense Agency.

The target was launched from the Barking Sands Pacific Missile Range facility on Kauai island at about 6 p.m. Hawaii time. *Myoko's* crew detected the launch and at 6:04 p.m. fired the interceptor missile which hit the target about three minutes later.

The *Myoko* becomes the third Japanese ship to be declared operational with the Aegis ballistic missile defense capability. The destroyer *Kongo* carried out a similar successful exercise

in December 2007, and another destroyer, the *Chokai*, performed what was termed by MDA a "successful engagement" exercise in November 2008, although a technical glitch prevented a missile interception.

A fourth Japanese Aegis destroyer, the *Kirishima*, also is to be upgraded with the BMD capability.

Two U.S. Navy ships also participated in the Oct. 28 missile exercise. The destroyer *Paul Hamilton* tracked the target and performed a simulated engagement, according to MDA, while the cruiser *Lake Erie* — the regular MDA test ship — tracked the missile target and post-intercept debris using the advanced signal processor of the next generation of Aegis BMD, version BMD 4.0.1. Full operational certification of BMD 4.0.1 is expected in 2011, according to Aegis developer Lockheed Martin.

Nineteen U.S. Navy cruisers and destroyers are operational with Aegis BMD capability in addition to the three Japanese ships, and more are being upgraded.

Before returning to Japan, the *Myoko* was loaded with additional



A Standard SM-3 missile rises from the Japanese destroyer *Myoko* to strike a ballistic missile target. (U.S. MISSILE DEFENSE AGENCY)

Raytheon SM-3 Block IA missiles. An MDA news release said the ship will arrive in Japan "ready to provide additional ballistic missile defense capability against the increasing ballistic missile threat present in the region."

Missile Defense Agency announces six new Navy Aegis missile defense ships

By Philip Ewing
Defense News

The U.S. Missile Defense Agency announced Nov. 12 the names of the next six ships that will join the Navy's ballistic missile defense fleet, all of which are stationed on the East Coast.

The upgrade will go to five destroyers from Naval Station Norfolk, Va.: *Ross* and *Donald Cook* in fiscal 2012, and *Cole*, *McFaul* and *Porter* in fiscal 2013. One ship from Naval Station Mayport, Fla., the *Carney*, will get the BMD upgrade in fiscal 2012.

MDA's current goal is to have 21 BMD ships by the end of 2010; 24 in 2012; and 27 around 2013, said Scott Perry, an Aegis BMD official with MDA. He spoke in a Surface Navy Association presentation on Nov. 12 outside Washington.

Earlier at that same presentation, Rear Adm. Frank Pandolfe, director of surface warfare for the Navy

Staff, said planners eventually wanted to add ballistic missile defense to many or all the Aegis ships in the Navy's fleet, which will include 22 cruisers and some 62 destroyers.

The Navy was tasked in September with providing standing ballistic missile protection to Europe, in addition to its mission protecting Japan, and combatant commanders continue to ask for BMD coverage, which means the fleet should be as big as possible, Pandolfe said.

"The goal is to have nearly Aegis ship BMD capable in time, so they all, or nearly all, provide this critical capability to the fleet."

Engineers are working now on adding the BMD upgrade to the Norfolk cruisers *Vella Gulf* and *Monterey*, Perry said. Navy officials said Thursday that today's plans call for the next cruisers to get BMD capability in fiscal 2015 and 16, although a Navy spokeswoman said she did not know which ships those would be.

The season of giving

More than \$12,000 raised for Outer Islands Christmas Drop at Silent Basket Auction

Article and photos by Sheila Bigelow
Associate Editor

Going once, going twice, sold! The 6th annual Silent Basket Auction was hosted by the Yokwe Yuk Women's Club Sunday evening in the Dayve Davis Multi-Purpose Room at the high school. The MP room was decorated with sparkling Christmas string lights. Tables where attendees could enjoy wine and pupus prepared by KRS Retail Services filled the room. All of the donated baskets filled with treats and trinkets to be auctioned off throughout the evening were displayed along the walls and stage area. Proceeds from the event go towards the annual YYWC Outer Islands Christmas Drop which brings much needed and appreciated gifts to residents of Ebadon and Majetto. The Christmas Drop will be in mid-December this year.

Jenny Norwood greeted the crowd and gave a special welcome to those attending the silent auction for the very first time. "This evening is a sellout," said Norwood. "In fact, we could have sold a lot more tickets if we had more room. I think that's a reflection, first of all, that this event has been a big success in the past. It's been an evening that people enjoy and have a lot of fun at. But more significantly, the great turnout is due to the generosity of the Kwajalein community. We have a very generous community."

She continued, "Many of you may have attended a silent auction back in the states and the way this auction is different than in the States is you would've

seen items that were donated by retail and hospitality industries where people went around and solicited those donations. These donations come from many of you that are seated here tonight and come from individuals in our community."

She brought to everyone's attention a particular basket that she said, "Symbolizes how generous our community is." She was referring to Carrie West and Julianne Kirchner who each donated a babysitting session for up to five hours for up to eight children. Without being solicited by anyone, they donated their time for this great cause. "I think that shows what this is all about," said Norwood. "This is an amazing community and we thank you."

She thanked Lauren Traweek, the chair of the silent auction, for all of her hard work in preparing the event and coordinating the donation of baskets and goods. She ended her remarks by introducing the Auctioneer for the evening, Chief Warrant Officer Paul Brown.

Brown took over the stage with his enthusiasm, charisma and most memorably, his jokes. In between his responsibilities of reading the instructions and timeline of events for that evening, auctioning off the live auction items and revealing the final winners of each silent basket bid, he amused the crowd with several 'witty' and 'well-told' jokes. He had the crowd roaring with laughter and kept the evening light and fun with his comical banter. On a more serious note, he praised the YYWC and all the hard work they've done for the community and for the residents of the outer islands.

"They work great with the community and the charity work that they do is phenomenal," said Brown. "It's outstanding the scholarships that they give and that they work towards education (for the outer islands). The scholarships that they give out are just great. I'm really proud to be a part of it."

Attendees were then invited to browse through the 38 donated baskets overflowing with desirable goods, silently bidding on their favorites. Baskets were diverse. Some made your mouth water with tasty treats like the Chocolate Profligacy Basket donated by Brad Pinnell. Designed for the chocolate enthusiast, it was full of chocolate cakes, brownies, cocoa, bricks of Belgian chocolate and baking accessories like cake pans and a frosting spatula.

Some baskets offered services



Guests of the Silent Basket Auction browse through the 38 donated baskets to bid on their favorites. All proceeds go towards the Outer Islands Christmas Drop.

like the Swimming Lessons Basket donated by Julianne and Judy Kirchner, good for four half-hour swim lessons by certified American Red Cross water safety instructor, lifeguard and Olympic swimmer, Julianne. It also included a beach tote, towel, goggles and a Sammy Chamois sports towel.

Other baskets were stuffed full of goodies that made it hard for someone to decide that if they won it, whether they wanted to keep it for themselves or give it as a gift. Caroline Eggers donated a Bali and Beyond Basket complete with a Hill Tribe handbag from Chaing Mai, a finely woven silk shawl from India, an emerald, tourmaline, ruby and citrine necklace and earring set from Bangkok and a satin jewelry travel pouch from Bali.

After time was given to browse and bid for the silent auction, Brown gathered the crowd back at their tables to begin the exciting live auction portion of the evening. Brown's vivacious and upbeat tempo kept the crowd anxious to bid higher and higher on each item.

The first item was a romantic dinner for two overlooking the moonlit ocean behind quarters 241. The winner will be served a tailored-to-your-taste dinner by V Clarke, Paula Eggert, Karen Kutac and Lynn Elkins, including an appetizer, main course, sides and dessert. The bids for this prize started rising quickly and finally came to a halt, selling for \$340 to lucky winner Jim Cossey.

The second item was an Australian dinner for four cooked by chefs Joe and Judy Theriault which included a crab-stuffed lobster tail and filet mignon for the main course. Song Banducci bid strong to win this prize for \$300.

The third live auction item was the big ticket item for the night. The bids for this prize went back and forth for a long time, some upping the bids by over \$100 at a time to try and outbid their rivals. Finally, after bidding a whopping \$1,200 Dave Norwood won the Thai dinner for six to eight people prepared by chefs Song and Steve Banducci. This prize was so popular that the Banduccis decided to offer up a second dinner which also auctioned off for \$1,200 won by Joe Theriault.

The last live auction item was a



Steve Banducci and Penny Schwan were active bidders during the live auction portion of the basket auction hosted by the YYWC Sunday evening.

live, private concert performed by local rock legends Ron Curtiss, Billy DeCoster, Jamie Obst and Mark Pippitt. They offered to play an evening of unplugged 60's and 70's acoustic music perfect for any special occasion. They enticed a \$700 donation from Steve Banducci for this prize.

The evening continued as guests socialized, and checked and re-checked bids on their favorite baskets. Finally, Brown signaled the end of the silent auction bidding with a loud blast from an air horn. The ladies of the YYWC took a few moments to calculate the winners and then Brown announced them.

Throughout the evening, raffle tickets were sold by Clarke and Kutac for the chance to win a remarkable prize basket donated by Melissa Dethlefsen. It included a stunning matted and framed print of Emon Beach, several smaller

prints, three card packs, three luggage tags, two bookmarks and a checkbook cover. The lucky winner of the raffle was Bob Prosch.

It was clear to all, including the hard-working ladies of the YYWC that the evening was a massive success. But when Norwood announced the total dollar amounts of donations for the evening, the crowd was stunned and pleased. The raffle raised \$994, the live auction raised \$3,800 and the silent auction raised \$7,540 for a grand total of \$12,334.

Lisa Ansley, the chair for the Outer Islands Christmas Drop, took a moment to thank the crowd for their generous donations.

"I just want to again thank everyone for their generous donations. I hope you enjoy your baskets or your dinners or whatever you won tonight, it goes to such a great cause and we really, really appreciate it."

Island Wellness

Kwajalein amenities offer residents numerous ways to stay healthy and fit

Article and photos Sheila Bigelow
Associate Editor

Island life sure does have its perks and one that most people seem to take advantage of is the excess amount of free time residents have here. Short commutes to work and no rush hour traffic give you extra time to partake in recreational activities. While some use that extra time to watch TV or play video games, it seems that a majority of residents would rather use that time to participate in healthy, physical activities or to at least help promote personal fitness and wellness.

There are different aspects to personal wellness, the most obvious being physical. Luckily, Kwajalein has a variety of different resources that are easily accessible to keep your body in its best physical shape.

The Ivey Gym is open 24-hours a day, offering weight and cardio equipment to keep you active. As of Nov. 13, Ivey Gym has even more equipment available to residents. An Army 'Bulk Buy' has provided USAKA with four new pieces of gym equipment. According to Kim Scruton-Yarnes, Community Activities Manager, the fitness equipment program is an Army initiative to purchase equipment on behalf of all installations worldwide, which would offer them a much better price, rather than single installations purchasing their own equipment. The Army distributes the equipment based on need and usage. This is the second time USAKA has received fitness equipment from the 'Bulk Buy' initiative. Ivey Gym received one new treadmill and three new Summit Trainers (stair steppers). Roi received one new Summit Trainer machine.

Community Activities would like to remind all gym patrons to please wipe down all equipment after use with a towel or wipes that are provided. Especially with flu season upon us, it's important to keep the spread of germs at a minimum.

Other resources on island that contribute towards personal wellness are the family and adult pools and the kayak shack. Swimming can burn up to 500 calories per hour (depending on height, weight and speed) and kayaking can burn around 300 calories per hour.

One of the biggest resources surrounds us — the ocean. Surfing, kite boarding and paddle boarding are great ways to have fun and work out at the same time.

For the youngsters on island, there is also the skate park, which is a great way for kids to have fun and stay active.

If you're interested in more of a group environment, Kwajalein has that covered too. Community Activities sponsors different sports seasons to keep you active year-round. Beginning in January, there is softball, water polo, basketball, soccer and volleyball.

Jason Kettenhofen, Youth Sports Director, keeps the children on Kwajalein fit as well. Sports seasons



The Moore family stays active by participating in one of the KRC's most popular events, the Rusty Family.

for kids include golf, flag football, soccer, tee ball and basketball.

Outside of regular sports seasons, there are numerous clubs that aim to keep residents active and healthy. The Kwajalein Running Club conducts running events and sometimes combination run/swim, run/bike or run/swim/bike events. They sponsor a variety of events ranging from a half mile Fun Run to the extreme of the RustMan Triathlon and Pauper's Marathon. KRC is casual in nature, emphasizing participation and self-improvement.

Bob Sholar, KRC President, says, "There are two different sides to the club. There's the real casual side meant to encourage people that are doing nothing, to do something, even if it's walking. The Fun Runs are the most casual events for people to come to. We have a half mile for the kids, then we have shorter distances for people who don't want to run very far and then a long run."

KRC is kid-friendly and even Sholar's 6-year-old daughter ran in the last Fun Run event, along with 30 other children.

The KRC wants to stress to the community that just because it's a 'running' club, doesn't mean there aren't walkers during events. "At the Columbus Day run, there were 133 people that participated, and 40 were strictly walkers," said Sholar. "Stephanie Los is the club Vice President now. She just has a friendly way



New gym equipment in the Ivey Gym provided by the Army 'Bulk Buy' initiative.

of encouraging people to at least do something, and I think that's part of the reason why we had so many walkers at the Columbus Day event."

Jennifer Yezeck, Community Activities Adult Athletics Supervisor, says, "I think it [KRC] is an underutilized resource because I don't think people realize you can walk. If anything, it's a great way to learn distances. It's good to go to one of these things [KRC race] just to learn what a mile is."

KRC invites the community and visitors to participate in any and all events. "Participation has been really high," Sholar said. "We had a big turnout for the Columbus Day run; we had a big turnout for the Rust Man and the Rusty Family and even the smaller events like the Downwind Dash."

Even visiting Coast Guardsmen participated in the RustMan this past April.

If you are interested in trying out the club, you can always participate in the monthly Fun Runs without being a member; but if you plan on running in any of the longer, t-shirt events, it's cheaper as a member than as a non-member.

Sholar isn't an elitist when it comes to the KRC. "I think that the Golf Association (KGA) is great exercise. Sometimes when I'm out

there walking around the runway, I realize that they cover quite a distance. And even the SCUBA club. I remember what a good work out it is – the whole thing – getting the tanks, getting out there and swimming."

Individuals also offer weekly fitness classes, each one contributing towards different facets of wellness. There are classes geared towards increasing your heart rate and incorporating weight training like aerobics classes, cardio classes, circuit training and water aerobics. Other classes aim to de-stress or concentrate on flexibility like dance classes and yoga. Classes are provided by individuals in the community for a private fee.

Another big part of personal wellness is proper nutrition. Before Jennifer Yezeck became the Community Activities Adult Athletics Supervisor, she studied to obtain a Bachelors in Chemistry, a Masters in Forensic Chemistry and another Masters in Health Promotion Management. She has stayed busy in the community, helping to promote proper nutrition.

"I went to the schools over the summer and asked if I could come into the third and fourth grade classrooms once a month and build a curriculum," said Yezeck. "Every month is some sort of Wellness Month. Last month (October) was Family Health Month, which was geared towards more social wellness. We talked about the importance of eating a meal with your family and sitting down for dinner."

Yezeck showed them a 'portion plate' so they would know how much should be vegetables and how much should be meat on their plate. They also played some games and came up with some game ideas to stay active at home.

Yezeck also works with Barbara Junker's Brownie Troop once per month. For the first half an hour there is a physical activity. The second half, Yezeck does a nutrition activity with them. She uses arts and crafts and games to keep them interested while learning like having them physically build the food pyramid out of boxes.

When it comes to nutrition, Yezeck believes knowledge is key. Instead of telling people specifically what to eat, Yezeck gives them the knowl-

edge to figure it out on their own.

"Here's the knowledge. You can figure it out from what I've told you," she says. "Nutrition is a science. You know what's in food; whether you eat it or I eat it, we're getting the same amount of what's in that food."

Café Pacific and Café Roi have been working towards providing more heart healthy foods like whole wheat pasta. They will also cook you eggs to order with egg whites only. "You have to be in control and watch your portions," says Yezeck. "It's hard, but I feel if you work at it and you're in control of it, it's doable."

There are other aspects of wellness besides physical and nutritional. Yezeck says that social wellness is about healthy relationships. "Surround yourself with people that make you feel good and are good for you. When you're with them, try to do something healthy like take a walk together. If you're just sitting on the couch chatting with a friend, why not go take a walk and chat?"

There is also intellectual wellness that deals with challenging your brain. Yezeck suggests trying to do crosswords with your non-dominant hand. Any sort of mental stimulation, even Sudoku, can help ward off senility.

Yoga is a great way to get in touch with your spiritual wellness. It's as simple as taking a few deep breaths and making time for yourself, taking time to not think and getting yourself centered.

Environmental wellness is as easy as getting up every once and a while to stretch and walk around when you're at work in front of a computer. Try to change your environment if you're stuck in one place for a long time each day. Another environmental wellness aspect deals with smoking. Smoking is not only bad for your physical health, it affects others and your environment.

Luckily, the Employee Assistance Program, run by Marion Ruffing, offers Smoking Cessation classes to help you kick the habit. Her current session is about to end in early December and she plans to begin another in January. The class is eight weeks long and meets at 5:30 p.m. every Thurs-

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MYSTERY

Was Amelia Earhart on Kwajalein?

By Gene Sims

Kwajalein historian and contributor

Editor's note: This article first appeared in the Jan. 7, 2002 issue of the Hourglass and due to the new interest generated by the recent movie starring Hilary Swank, we thought it would be interesting to reprint. Gene Sims was an unofficial historian of Kwajalein Atoll and the author of Kwajalein Remembered, a collection of his remi-

niscences of life on Kwajalein and contributor to the Hourglass. Sims was stationed at Kwajalein in 1944 with the Navy and returned as a civilian contractor in 1964-71 and in 1983-86.

Living in Oakland, Calif. in the 1930s as a young teenager, I became one of the millions of Amelia Earhart fans when my father took me to the Oakland airport to see Earhart attempt to be the first

person to fly to Hawaii. The flight aborted on the runway because of landing gear failure, but I can recall vividly the entire incident and the effect it had on my young life.

I also remember how disappointed I was when I missed seeing her successful flight from Honolulu and her arrival at Oakland airport some months later. Earhart was my idol, even if she was a girl.

My whole family was shocked at her disappearance in July, 1937.



Amelia Earhart stands by her bi-plane in 1935 at New York City.

National Archives photo

The tragedy was close to home since our neighbors were related to Fred Noonan, Earhart's navigator on that fateful trip.

I was in the Navy and went to Kwajalein near the end of World War II and I was anxious to see that part of the world where Earhart disappeared. That experience and the quest to know more increased dramatically when I returned to Kwajalein with my family in 1965.

Fred Goerner, a San Francisco radio personality who was well known at the time, wrote a book entitled, *The Search for Amelia Earhart*. Goerner wrote of his travels to Guam and Saipan in search of information about Earhart's last flight after he read a story about a Guamanian woman who claimed Earhart and Noonan were captured by the Japanese in 1937 and then taken to Saipan. The woman's story had appeared in several newspapers and Goerner convinced CBS officials to allow him to investigate further.

After reading Goerner's book, I reasoned that if the woman's story was true, perhaps someone on Kwajalein may also have seen Earhart.

While living on Kwajalein, I was talking with several Marshallese friends and I was surprised to here them speak about the white-skinned lady and man who came to Kwajalein in 1937. One of the Marshallese said he was 12-years-old at the time. His father had a small boat and caught fish for the Japanese and he used to help his father fish. One day while fishing, they saw a large Japanese ship coming in and a white woman and man were on the deck. In 1937, a white woman in that part of the world was a real rarity, so the event made a lasting impression on my friend.

When I asked him for details about the woman, her nationality, her appearance and so forth, my friend just shrugged and said he didn't remember but he was sure people living on Ebeye also knew of the woman.

My further inquiries among the Marshallese on Ebeye only produced second-hand rumors without any concrete facts about Earhart. I continued to collect and read all other written data I could find on her last flight. I read and re-read every line in Goerner's book.

According to Goerner findings,

Earhart and Noonan had landed or crashed near Jaluit or Mili in the Marshall Islands. I wondered why Goerner had never heard the story of Earhart on Kwajalein. I found out later that he had been denied access to Kwajalein by the Navy.

Had he been able to go to Kwajalein, his findings and his book might have been considerably different. Goerner never learned that there might be proof of Earhart and Noonan being on Kwajalein.

That proof may have been the testimony of a Jaluit woman named Mera Phillips. She had been the cook and interpreter for an American lady captured by the Japanese and held prisoner on Roi.

Phillips' story was further confirmed in 1993 by statements from John Tubeke, a Marshallese who worked on Roi.

He stated that when he was a young boy and living on Roi, he had seen a white woman and man twice over a period of three months. In addition to his statements, he was shown photos of three different white women by Neal Proctor, an instructor from the University of Maryland, who was visiting Kwajalein. He identified the photo of Earhart as the woman he had seen.

This story written by Jane Toma appeared in the *Hourglass* in the Dec. 15, 1993 issue. The article states that a pilot's leather flight bag was found in the debris of a Japanese airplane hanger on Roi after the battle in February, 1944. The bag was embossed in gold leaf with the letters 'A.E.' and was thought to have belonged to Earhart.

For reasons I have never understood, the military kept the briefcase secret until an article about it appeared in the *Honolulu Advertiser* and other newspapers.

In 1972, I was transferred to Agaña, Guam to set up a new business for Global Associates. My wife and I remained on Guam for more than eight years and I continued to learn more about the fate of Earhart.

As an engineer and manager of the new business, I was required to travel extensively throughout Micronesia. I also made weekly trips to Saipan where I became friends with many of the islands indigenous families. Some of them had resided on Saipan in the 1930s and the subject of Earhart was discussed many times with older residents. I found



National Archives photo

Portrait of aviatrix Amelia Earhart

that few people wished to discuss 1937 or Earhart being on Saipan.

However, my wife and I were shown various places on Saipan where Earhart was allegedly seen. One man took me to a spot in the old cemetery where he claimed Earhart was buried. But the most interesting place we visited was the old Garapan prison used by the Japanese in the 1930s. After American forces captured Saipan in mid-1944, the old stone-and-steel frame building was abandoned and left to decay.

Our guide showed us the cells where Earhart and Noonan were supposedly held captive. While there, I took many photos. Several days later after the photos had been developed, I was shocked to see one print of Earhart's cell. In the rusted metal frame of the cell door stood a white, ghostly figure. What it a photo misprint? I had the photo reprinted and again the ghostly outline was evident. I consider the ghost to be a message from Earhart.

After my wife's passing, I moved to a smaller home. I needed to clean out boxes of various written materials collected over 50 years. I uncovered the Earhart files and for several weeks I reread the data on her life.

At first, I reasoned the information might make a whale of a story. But then I realized the data might just become more controversy about the fate of Earhart and Noonan. My files are put away, but I still look at the ghostly photo and wonder.

Boy Scouts enjoy camping on Ninji

By John Sholar
Troop 314

This Monday, Boy Scouts from troop 314 could be seen on Coral Sands enjoying a day campout. It was a breeze compared to the one they took a month ago.

On Columbus Day weekend, the Island of Ninji was the campsite for Kwajalein Boy Scout Troop 314. Several Scouts, leaders, and volunteers made the six-mile trek along the causeway.

After boarding the boat to Ebeye, taking time out to hand out candy and bubbles to the Marshallese children along the way, they crossed the one-mile reef. In a reciprocal exchange, the Marshallese residents on Ninji helped them unpack their gear and the boys shared the dinner they prepared on a table they had constructed themselves.

Once their tents were pitched the Scouts spent the next three days and late nights talking, exploring Ninji and earning merit badges.

One afternoon was spent on Gugeegue swimming and jumping off the pier. Despite the fact that a



Photo by Arthur Ottman

Jake Jahnke and Tyler DeCoster carry the flags of the United States and the Republic of the Marshall Islands to open their campout on Oct. 11-13.

third of the fresh water was spilled on the way to Ninji, the troop was able to camp on Ninji for three days and two nights.

Thankfully, the troop supplies were transported back to Kwajalein by boat, making the load less cumbersome for the return hike.

Except for a few blisters and a coral cut on the foot of one Scout,

the return trip was also uneventful. Before departing Ebeye the Scouts spent nearly an hour eating popsicles and drinking beverages to keep cool while waiting for the boat to return home.

After their arrival on Kwajalein, the Scouts unpacked and put the troop gear away and headed out to get some home-cooked food.

Can tabs needed to help parents of sick children

Hourglass Reports

The fifth grade class at George Seitz Elementary School is studying recycling and how it can help not only the environment, but others as well.

The Ronald McDonald House Charity accepts donations of can tabs that can be 'cashed in.' The money generated from the sale of can tabs helps pay expenses of parents who stay at Ronald McDonald House while their sick children are being cared for at a neighboring hospital.

The fifth grade students decided that this was a great way to recycle and help out others at the same time. At first, they thought about cashing them in and using the money for themselves, but then they decided they would rather donate the tabs to help parents of sick children.

Honolulu House in Hawaii was chosen since any sick child from this area could possibly be sent to that location. The children have really jumped on board

with the idea. It is estimated that it takes a one-gallon container of tabs to sponsor one parent for one night.

The children wanted to know that statistic so they could make sure they were able to sponsor two parents for a few nights.

The elementary and high schools are holding a competition between grade levels. The elementary grade that collects the most tabs will receive a popsicle party and the winning high school class will get Tootsie Pops. Can tabs will be collected until Nov. 31.



day. Kwajalein Range Services provides the quit smoking aids free of charge for the three month program which equates to a \$300 value.

In her current class, Ruffing has eight participants. She uses the same program that she did while at the Kennedy Space Center called the 'Last Resort Tobacco Plan.'

"It works really well here too," says Ruffing about the program. "We work on the stages of change, we look at the benefits of quitting and we prepare them for quitting." They cover coping strategies, triggers, make a crisis list and create a stress profile.

Ruffing also invites guest speakers to talk with the class. Judy Shimamoto, dental hygienist, talks to the class about the damage done to teeth and gums when you smoke. She also invites speakers to discuss how to handle weight gain.

If you are interested in joining the next Smoking Cessation class, contact Marion Ruffing.

Ruffing is also offering a Weight

Management class that is open to the community. The current class has around 10 members which is a perfect size for one-on-one discussions, but big enough for support from other members. Members are required to weigh-in every Friday. Classes meet in the Hospital Conference room at 4:30 p.m. every other Friday. There is a 20-30 minute education portion and then a 20-30 minute group session where the class openly discusses what works for them and what doesn't.

Guest speakers are brought in to expand on Ruffing's classes. Yezek speaks to the class about the science of nutrition. Ruffing has also had Kim Scruton-Yarnes attend classes to take a look at their tennis shoes and analyze how they walk to be sure their shoes are providing proper support.

The group is comprised of all levels of fitness from people that exercise on a regular basis to those that haven't started exercising yet.

"Exercise is very much encouraged at their level that they feel

comfortable at," says Ruffing. "Walking is something they can do anytime."

The group ranges from people that need to lose over 100 pounds to those that only need to lose less than 15 pounds. Regardless, they are already seeing some impressive results. Some are losing up to three pounds per week.

The classes are open ended and members may come and go as they please.

It is impressive how much is being done around island to keep our residents fit and healthy. It's also clear that when it comes to wellness, we're looking at the big picture. Residents don't just focus on physical or nutritional; on Kwaj, we want it all. Whether it be joining the running club, taking a dance class or attending an EAP class to quit smoking, Kwaj residents seem to aim to be healthy. Luckily, residents have numerous resources available to help keep them active, contributing to the whole of Island Wellness.

Starters:
Poached Smokey Salmon with Capers, Cream Cheese, and Crostini
Artichokes "On The Half Shell" Baked with Scallops & Cream
Traditional Chilled Shrimp Cocktail

Salads:
Fresh Tossed Caesar with Garlic Herb Croutons and Anchovies
Mixed Seasonal Greens with Pecans, Pears, Raisins and Raspberry vinaigrette

Main Event:
Traditional Roast Turkey Dinner
Grilled to Order Mixed Seafood Sauté
Carved to Order Loin of Beef with Horseradish Crust
Steamed Alaskan Crab with Clarified Butter

Also Featuring Our "Tableau Patisserie"
Including Traditional Holiday Pies, Homemade Petit Tarts, Specialty Cakes, Berries and Chocolate and more!

Café Roi Thanksgiving

Twelve servicemembers die in Iraq, Afghanistan

Spc. Julian L. Berisford, 25, of Benwood, W.V., died Nov. 4 in Paktika province, Afghanistan, of wounds suffered when insurgents attacked his unit using small arms and rocket-propelled grenade fires. He was assigned to the 3rd Battalion, 509th Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, Fort Richardson, Alaska.

Staff Sgt. Amy C. Tirador, 29, of Albany, N.Y., died Nov. 4 in Kirkush, Iraq, of injuries sustained from a non-combat related incident. She was assigned to the 209th Military Intelligence Company, 1st Squadron, 14th Cavalry Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division, Fort Lewis, Wash.

Spc. Tony Carrasco Jr., 25, of Berino, N.M., died Nov. 4 in Ad Dawr, Iraq, of a gunshot wound suffered when enemy forces attacked his unit. He was assigned to 2nd Battalion, 32nd Field Artillery Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, Fort Riley, Kan.

Two Soldiers died Nov. 5 in Jelewar, Afghanistan of wounds suffered when enemy forces attacked their vehicle with an improvised explosive device. The soldiers were assigned to the 1st Battalion, 17th Infantry Regiment, 5th Stryker Brigade Combat Team, 2nd Infantry

Division, Fort Lewis, Wash. Killed were: **Spc. Aaron S. Aamot**, 22, of Custer, Wash. and **Spc. Gary L. Gooch Jr.**, 22, of Ocala, Fla.

Sgt. Charles I. Cartwright, 26, of Union Bridge, Md., died Nov. 7 while supporting combat operations in Farah province, Afghanistan. He was assigned to 1st Marine Special Operations Battalion, U.S. Marine Corps Forces Special Operations Command, Camp Pendleton, Calif.

Two Soldiers died Nov. 8 in Tikrit, Iraq of injuries sustained when their OH-58D helicopter crashed. They were assigned to the 2nd Squadron, 6th Cavalry Regiment, 25th Brigade Combat Team, 25th Infantry Division, Schofield Barracks, Hawaii. Killed were: **Chief Warrant Officer Mathew C. Heffelfinger**, 29, of Kimberly, Idaho and **Chief Warrant Officer Earl R. Scott III**, 24, of Jacksonville, Fla.

Staff Sgt. Stephen L. Murphy, 36, of Jaffery, N.H., died Nov. 9 as a result of a non-hostile incident in Anbar province, Iraq. He was assigned to 2nd Intelligence Battalion, II Marine Expeditionary Force Headquarters Group, Camp Lejeune, N.C.

Lance Cpl. Justin J. Swanson, 21, of Anaheim, Calif., died Nov. 10 while supporting combat operations in Helmand province, Afghanistan. He was assigned to 1st Battalion,



"It is foolish and wrong to mourn the men who died; rather, we should thank God that such men lived."

— **Gen. George S. Patton**

5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Camp Pendleton, Calif.

Lance Cpl. Shawn P. Hefner, 22, of Hico, Texas, died Nov. 13 while supporting combat operations in Helmand province, Afghanistan. He was assigned to 2nd Amphibious Assault Battalion, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Spc. Christopher J. Coffland, 43, of Baltimore, Md., died Nov. 13 in Wardak province, Afghanistan, of wounds suffered when enemy forces attacked his unit with an improvised explosive device. He was assigned to the 323rd Military Intelligence Battalion, Fort Meade, Md.



Fire Fight

U.S. Army Pvt. John Stafinski fires his M-249 squad automatic weapon during a three-hour gun battle with insurgent fighters in the Waterpur Valley, in Kunar Province, Afghanistan on Nov. 3. Stafinski is an infantryman, with Charlie Company, 2nd Battalion, 12th Infantry Regiment, 4th Infantry Division.

DoD photo by Sgt. Matthew Moeller, U.S. Army. (Released)

Volleyball
Season



2009

Thursday, Nov. 12

'A' LEAGUE

11th graders vs. 12th graders: 25-21, 18-25, 15-8
 10th graders vs. 9th graders: 25-16, 25-18
 Tip Drill vs. I'm on a Boat: 25-11, 9-25, 15-5
 Nice Sets vs. Just for Fun: 22-25, 25-8, 15-5

Thursday, Nov. 12

'B' LEAGUE

V8 Splash vs. 9th graders: 13-25, 25-13, 15-6
 Troubled Ladies vs. Volley Tears: 23-25, 25-20, 15-6
 On Vacation vs. MIT: 25-10, 25-16
 Hospital Scrubs vs. 7th graders: 13-25, 25-18, 15-11



Photo by Sheila Bigelow

Left to right, Callie Chavana, Stan Jazwinski and Jana DeVille of team I'm on a Boat warm up before their game against the 9th graders Wednesday night in the CRC gym.

Team Standings

(as of Nov. 12)

'A' LEAGUE

Tip Drill:	1-0	I'm on a Boat:	0-1
Nice Sets:	1-0	Just for Fun:	0-1
11th graders:	1-0	12th graders:	0-1
10th graders:	1-0	9th graders:	0-1

Team Standings

(as of Nov. 12)

'B' LEAGUE

Troubled Ladies:	1-0	Volley Tears:	0-1
On Vacation:	1-0	MIT:	0-1
Hospital Scrubs:	1-0	9th graders:	0-1
V8 Splash:	1-0	7th graders:	0-1



**Soccer Championships
Rematch**

FC SWELL VS. EK

8 p.m., Nov. 24, at Brandon Field



Honor Roll
for first quarter ending Oct. 31



High honor roll (3.667 and higher) Grade 7: Mereille Bishop*, Dave Bonham, Daniel Grimes, Jordan Hadley, Molly Premo and Khaila Ramey-Collier*; Grade 8: Lindsay Cochran, Leightyn Cossey, Elizabeth Elkin, Maddy Greene, Jennifer Hibberts, Stephanie Hibberts, John Sholar*, Andrea Tiffany and Shenandoah Wrobel; Grade 9: Kori Dowell, Megan George, Alexis Nelson and Eva Seelye; Grade 10: Jonathan Bishop*, Jacob Jahnke, Graham Kirchner and Colby McGlinn*; Grade 11: Melissa Peacock; Grade 12: Clarissa Brady, Coleen Engvall, Julianne Kirchner, Kaitlynn Phillips, Christine Woodburn and Alexis Yurovchak.

Honor roll (3.5 - 3.7) Grade 7: Ashley Kutac; Grade 8: Angela Kendrick; Grade 9: Mary Doerries, Ashlee Skinner and Shannon Wilkinson; Grade 10: Jarem Ereksan, Michelle Fore and Tiffany Scofield; Grade 11: Kyle Cassiday, Aaron Mathieson, Tyler Stepchew, Leimamo Wase, Carrie West and America Wrobel; Grade 12: Kitlang Kabua and Azure Nelson.

Merit roll (3.0 - 3.49) Grade 7: Reab deBrum, Annalee Nelson and Roanna Zackhras; Grade 8: Kauluwehiokala Kaluhiokalani, Scott Davis, Ann-Marie Hepler, Eltina John, Bokean Kemem, Mason Malloy, Daniel Murillo, Donald Swanby, Jefferson Wase and Rosalynn Ysawa; Grade 9: Malkie Loeak, Mary McPhatter, Mekailah Stephens and Natasha Tomas; Grade 10: Shawn Brady, Tyler DeCoster, Maggie Fronzak, Connor Malloy and Alex Shotts; Grade 11: Alyssa Ammons, Cayley Corrado, Coty Davis and Shelby Hadley; Grade 12: Ryan DeCoster, Emma Peacock, Nakoli Sakaio and Devin Vinluan.

* 4.0 grade average

HELP WANTED

KRS and CMSI Job Listings for On-Island Positions will be available at the Kwajalein, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board by the Continental Travel Office, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job Listings for Contract Positions will be available at www.krsjv.com, on the bulletin board by the Continental Travel Office and on the Roi-Namur/Post Office bulletin board. Full job descriptions and requirements for Contract openings are located online at www.krsjv.com.

NEED EXTRA MONEY? KRS employment applications are continually accepted for Casual Positions in the Community Services Departments, Medical Department and the HR Temp Pool. Some of the Casual positions are: Recreation Aides, Medical Office, Media Services Specialist, Substitute Teacher, and HR Temp Pool Office Support. Questions? Call 54916.

IT'S OFFICIAL, WE NEED YOU! Community Activities is hiring paid officials, scorekeepers and locker room attendants for the 2009 volleyball season, Tuesday-Saturday evenings from Nov. 12-Dec. If you are interested, please contact Jen Yezek at 53331 or Jennifer.yezek@smdck.smdc.army.mil, or go directly to HR and fill out a part-time/casual employment form. No experience necessary.

WANTED

OLD COMPUTER tower, motherboard and CPU for parts. Please call 52525 and leave a message.

ADULT BIKE NEEDED to buy or rent for visitor from Dec. 10-Jan 25. Please call 54586.

FOUND

WATCH, on walking path at Emon Beach. Call 56566 during the day and 54577 after 5 p.m. to claim.

77 MM CPL lens cap or filter by the adult pool on Sunday morning. See Sandy at family pool to claim.

PATIO SALE

TODAY, 1-5 p.m., quarters 124-D. Children and adult clothes, furniture, household items and more. No early birds, rain cancels.

MONDAY, 7:30 a.m.-noon, quarters 420-B. PCS sale.

MONDAY, 8-11 a.m., outside Sands bachelor quarters on Ocean side. Multi-family sale, Christmas gifts, decorations, ornaments, household items, jewelry, clothes, craft supplies and more. Rain cancels.

NOV. 28, 2-4 p.m., Quarters 460-B.

FOR SALE

WII ACCESSORIES and games; men's watches, two Seiko Kinetics, one Eberle Automatic, all in great condition; Igloo cooler, small; electronic clock, new; CD alarm clock; Crown Royal chalkboard; digital camera and full kiteboarding setup. Call Jeremy at 54168.

OVER 50 DVD's for sale, all \$5 each. Please call Susannah at 55137.

ENTERTAINMENT CENTER, three piece, \$250; matching living room chairs, \$150 for pair; coffee table, \$80; oak dining table with four chairs, \$200; deck, \$200; gazebo, \$350; storage unit/boat house, \$400 and plants. Call 54506.

PCS SALE, HD LCD TV, 47 inch, \$700; Sun Bike, three speed, \$250; steel bike trailer, \$150; Xbox 360, \$250 and games, \$10-20. Call Murphy at 53743/1360.

WATERBOYZ surfboard, 7'2", \$300; HP Printer \$10; waterproof housing for iPod Nano, second generation, \$20; fish aquarium, 50 gallon, stand and equipment, \$300; computer desk, \$50; tent, \$10 and camping utensils set, new, \$20. Email briannew1@hotmail.com.

GUITAR HERO III for Playstation 2 with two guitars, \$50. Call Graham at 51444.

CROWN LINE fishing cruiser, 27 feet, 350 mercruiser, plus 15HP, boathouse 309 and trailer, \$19,600 and fiberglass high performance boat, 21 feet, 225HP Johnson plus 8HP, boathouse 800 and trailer, includes lot, \$6,590. Call 59662.

BIKE TRAILER, hard shell bottom with new stainless steel axle, new sealed bearings and plastic wheels, \$150; plastic flower pots, \$2 each and King size bedding set with comforter, \$40. Call 52642.

GEORGE FOREMAN G5 interchangeable omelet/snack plates; alarm clock/radio; Revlon total view lighted make-up mirror; answering machine; Remington "All That" electric rollers; Uniden cordless phone; Uncle Milton's Antville ant farm; HP printer/scanner, new with one ink cartridge; ironing board; Labtec wireless desktop keyboard; toaster; CD rewriter; hamper; Maxtor wireless signal booster; USB portable diskette drive; extension cords; Osterizer blender and Christmas trees. Call Sandy at work, 52847, or home, 54579.

HONDA 9.5-15 hp water pump kit, \$15; 9.9-15 hp ignition coil, \$100; 9.5-15 hp prop, \$95; 25 hp impeller kit, \$15; set of Honda fuel connectors, \$30. All parts are new in packages. Call Dennis at home, 54489, or work, 51850.

YANMAR STYLE FISHING/cargo boat, 35 foot, 30hp diesel with 25hp Mercury outboard kicker, range of approximately 500 miles with inboard tanks, big cargo area in forward hull, hydraulic steering, VHF radio, stereo, scuba tank holders, comes with air-conditioned boathouse #70, \$20,000 or best offer. Call Tom at work, 51850, or at home, 53711.

GRADY WHITE OFFSHORE, 24 foot, powered by new Yamaha 4-stroke 115 hp engines, range of almost 300 miles on inboard tanks, aluminum trailer, Lee outriggers, GPS, VHS radio, stereo, depth finder, comes with boat house 33, tools, freezer, refrigerator and boat stuff, \$45,000; Honda 9.5-15 hp water pump kit, \$15; 9.9-15 hp ignition coil, \$100; 9.5-15 hp prop, \$95; 25 hp impeller kit, \$15; set of Honda fuel connectors, \$30. All parts are new in packages Call Dennis at work, 51850 or home, 54489.

PLANTS and orchids. Call Tessie at 55189 after 6 p.m.

SHIMANO 50 pound, two speed reel and 6 foot, 80 pound trolling rod, \$400.00. Call Tim at 59081 or 52559.

UPRIGHT PIANO, \$100 or best offer. Call 54186.

HOBIE GETAWAY CATAMARAN, 2007, fast and

Religious Services

Catholic

Saturday Mass, 5:30 p.m., in the small chapel.

Protestant

Sunday

8 and 10:45 a.m., on Kwaj and Roi-Namur service at 4 p.m.

Baptist

9:40 a.m., Sunday, in elementary school music room.

Latter-day Saints

10 a.m., Sunday, in

Corlett Recreation Center, Room 3.

Jewish services

Last Friday of the month in the Religious Education Building. Times will vary. Contact the Chaplain's office, 53505, for more information.

comfortable, nearly new condition, includes sails, wheels, sail trailer and teal Sunbrella material intended for boat cover, \$6,500. Call 53003 or 50619 if interested

HDTV, 42", \$800; Weber gas grill, \$250; giant pot and propane burner, great for deep frying a turkey, \$150; computer cart, \$15; two lap trays, \$5; bar stool with back; two dehumidifiers; outside plastic storage unit, \$50; Honeywell air purifier and New Kids Line Lilac Garden crib set, includes bumper, quilt, valance, fitted sheet, diaper stacker, skirt and wall hanging, \$50. Call 55006 before 8 p.m.

FORMAL DRESSES for teens, two size medium spaghetti-strap dresses, one never worn, red with beads on bodice, \$20 and one worn once, pink with beads on bodice, \$15, both in excellent condition; entertainment center, light-colored wood, excellent condition, two shelves with glass door for stereo equipment, space for a 32 inch tv, CD rack, DVD shelves and four cupboards with doors below tv space; aquarium, 29 gallon, with a Flu-val filter system, new light and accessories, \$75. Call 53759.

LIFE JACKET for 20-30 pound dog, \$10; cordless phone with extra handset, \$20; Black and Decker one cup coffee maker, new, \$20; set of hand-painted dishes from Pier1 Imports, \$25; bamboo blinds, three sets, new, \$50 and QVC food processor, \$40. Call Tammy at 51229

GIRLS' CLOTHES, new and used, dresses, shorts, tops, sizes four, five and six; shoes, sizes 11, 12 and 13; leotards; ballet and tap shoes, sizes 10, 11, 12 and 13; toys, movies; twin doubler, like new, \$20; EZ swimsuit, new, ages one-six, \$10; princess canopy, \$10 and classic Winnie the Pooh bedding, comforter, bumper, diaper bag, lamp and table. Call 52692.

POWER BOAT, 27 feet, ready to fish, twin 3.0L I/O engines, 130 gallon fuel tank, spacious cabin, aluminum trailer, \$30,000. View at boat lot #8 or call 53698.

Café Pacific

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 28
Pot roast	Beef tips in burgundy	Penne pasta	Breaded pork cutlets	Chicken ala orange	THANKSGIVING	Grilled porkchops
Herb grilled chicken	Veal with tomato sauce	Spaghetti	Chili mac	Breaded clam strips	Round of beef	Pepperoni pizza
Ham marco polo	Three cheese quiche	Italian meatballs	Hawaiian chopped steak	Tex-mex stir-fry	Smoked ham	Three cheese pizza
Grill: Brunch station open	Grill: Brunch station open	Grill: N/A	Grill: Giribaldi sub	Grill: N/A	Cashew Encrusted Mahi	Grill: Mushroom burger

Dinner

Tonight	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Italian sausage lasagna	BBQ pork butt	Mini taco bar	Salisbury steak	Carved London broil	Roast porkloin	THANKSGIVING
Mush/spinach lasagna	Turkey/peapod stir-fry	Oxtail stew	Spicy chicken curry	Chicken Cordon Bleu	Sauteed beef tips	Roasted Turkey
Turkey alfredo	Ranch style beans	Chef's choice entree	Vegetable stir-fry	Baked pot/condiments	Vegetarian beans	Mashed potatoes/stuffing

COLUMBIA SAILBOAT, 26 feet, in the water on new mooring, very clean, dinghy and 5HP motor, boat shack, trailer, five sails in excellent condition, new head sail, CD, radio, ipod, stereo, new '09 10HP Honda, toilet, sink, VHF radio, life sling, all new lines, new cabin zip off cushion covers, 406 EPIRB, BQ grill, new tiller, sleeps four, everything works and is a great boat, selling for a bigger boat, \$16,000. Call Ryan Vahle at 52222, 52590.

DANBY HOME COMFORT dehumidifier, slightly used, 1300 square foot coverage, remote and owner's manual, excellent condition, paid \$230, asking \$150. Please call 51265 after 4 p.m.

TV, 27 INCH, \$40; AM/FM/SW radio with digital readout, \$30; Bearcat 30 channel scanner, \$20; Hamilton Beach four-cup coffee maker, \$20; Craftsman multi-function tool kit, \$30 and HP flatbed scanner, \$10. Call 53124.

TWO-DRAWER FILE cabinet, \$20; scanner, \$20; Peavy drum set, \$700 or best offer; beach chairs, \$10 each; cooler, \$5; spear gun and extra large flippers, \$20; men's inline skates with all pads, size 13, \$50; toys; dress-up clothes; plants and outside chairs. Call 54125.

ARM'S REACH the Mini Co-Sleeper, aqua blue, \$50 and Disney baby sling, new, paid \$40, selling for \$20. Call 52864.

MAYTAG DISHWASHER with butcher block top, \$100 and Sharp convection microwave oven, \$30. Call 55613.

POWERCAT BOAT, 25 feet, twin 115 Yamahas, GPS, depth finder, all around great boat, \$40,000. Call 51595.

COMMUNITY NOTICES

CHRISTMAS WREATHS are still for sale! Help support the Kwajalein Cub Scouts by buying a wreath. Sales will be from 10 a.m.-2 p.m., on Nov. 23, on the PX porch. Wreaths will be delivered free of charge on Dec. 9.

KWAJALEIN POLICE will conduct pistol range operations 8-11 a.m., Nov. 25. Observe the red flag hazard area. Questions? Call 54452.

OWN A STAR on the Community Christmas tree or around town, \$4 per kit and includes wood star(s), paint and paint brush. Kits available in the Community Activities office, building 805. All stars must be returned by 4 p.m., Nov. 25. Paintings must be family friendly; all ages are welcome. Call 53331 with questions.

PEST CONTROL DEPARTMENT will be conducting night spraying operations on Roi from Nov. 20-Dec. 4. Please take this time to clean up clutter around your residence and work place and seal all trash before placing in outside trash containers. After the spraying operation the Pest Control department will be closely monitoring all facilities and residences for proper waste disposal and overall sanitation; notices will be placed at sites that are contributing to the fly and mosquitoes populations. For questions, please call the Pest Control office at 54738.

KWAJALEIN ATOLL International Sportfishing Club monthly meeting will be on Nov. 24 at the Pacific Club. Food and beverages will be served at 6:30 p.m., meeting will start at 7 p.m. All anglers welcome to attend! Questions, contact Roy Howard at 52725.

ISLAND ORIENTATION will be 12:45-4:30 p.m., Nov. 25, in CAC Room 6. It is required for all new arrivals. It is not recommended for family members under 10. Questions?



The hours of operation are as follows:
 Unaccompanied personnel: 11 a.m.-6:30 p.m.
 All other residents: 1-6:30 p.m.
 Adults: \$24.95
 Children under 12: \$11.95

Take-out meals will not be permitted during the Thanksgiving meal unless an authorized ration request form is submitted in advance. Food Service personnel will prepare take-out meals.

Please join us at Café Pacific for our Thanksgiving Buffet on Nov. 27. We will be offering an array of tantalizing entrees that will please even the most discerning tastes. Our talented chefs will be preparing an array of items including a carving station with slow roasted steamship round of beef and Virginia maple smoked ham, steamed crab legs with drawn butter, succulent roast turkey with all the trimmings, cashew encrusted mahi-mahi, tortellini with garlic cream sauce, chilled seafood bar which features jumbo peel-and-eat shrimp, mussels on the half shell, smoked salmon and Cajun crawfish. In addition, we will be serving an international cheese bar, assorted salads, fresh fruits and a variety of delicious desserts including assorted pastries, pumpkin and pecan pie. Why cook when you can come and enjoy without the cleanup? Bring the whole family.

Menu subject to change due to availability

Call 51134.

THE CWF WILL HOST Thanksgiving dinner at 12:30 p.m., on Nov. 27, at the REB. All residents are invited to come share a delicious turkey dinner. Turkey, gravy and drinks will be prepared. If able, please bring a side dish to share. Don't spend this holiday alone, come enjoy the day with us. Call Amy at 52681 with any questions.

CYSS' BI-ANNUAL BABYSITTER training will take place on Nov. 28 and Nov. 30. Attendees must be 13-years-old by June 1, 2010 to attend. Basic First Aid and Child Development Information will be provided. Space is limited. Call Amy Daniels at 53610 to register.

SAY FAREWELL to the Kendrick family. After two tours and 21 years, they are heading back to the states. There will be a pot luck PCS party for them from 5-8 p.m., on Nov. 30, at Emon Beach pavilion one. Non-alcoholic drinks and paper products will be provided. Please bring a dish to share and your favorite memory of good times had with them to write down in a scrap book; bring pictures too. Call Amy LaCost if you have any questions.

HOLIDAY CONCERT FOR second and third grade will be at 7 p.m., Dec. 3, in the high school MP room. The second grade will be performing *The Elf Factory* inviting parents to take a trip with them to a land of magic. The third grade will be performing *A Teddy Bear Christmas* where the young bears learn that Christmas is about family and love.

DUE TO MISSION DATES changing, the Kwaj. Lodge will now be able to accept requests for limited December billeting for family and friends. However, there is still a requirement for December TDY housing for a January mission so please get your requests in as early as possible. The Housing Office wishes everyone a safe and happy holiday season.

Additional Theater Auditions for "LOL" TODAY, 6 p.m., in CRC room 7
 Contact Shari Scott for details!

COUNT YOUR BLESSINGS
 Join in the traditional Thanksgiving Eve Service at 7 p.m., Nov. 26, in Island Memorial Chapel. Everyone is welcome for an evening of song and thanksgiving.

Café Roi

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 28
Coca-Cola chops	Dijon roast beef	Missile burger	BBQ burritos	Gilled cheese sandwich	BBQ spare ribs	Gyro bar
Roast salmon	Eggs Benedict	Chicken sandwich	Glazed ham	Boiled brisket	Tempura mahi mahi	Beef pastacio
Eggs Florentine	Potato/cheese tart	Galic mahi mahi	Chickpea stew	Pasta with clam sauce	Peanut butter/banana	Spinach/feta pie

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 28
Corned beef/cabbage	Pork chops	Shoyu chicken	Grilled steaks	Fried chicken	THANKSGIVING	Carved roast
Bangers and mash	Cornmeal catfish	Pork adobo	Fried chicken	Spaghetti/meatsauce	DINNER	Huli huli chicken
Potato colcannon	Praline yam casserole	Asian noodles	Spaghetti/meatsauce	Garlic bread	For details, call 56535	Tofu/veggie stir-fry



Armed Forces
Entertainment,
Community
Activities and
CYSS presents:

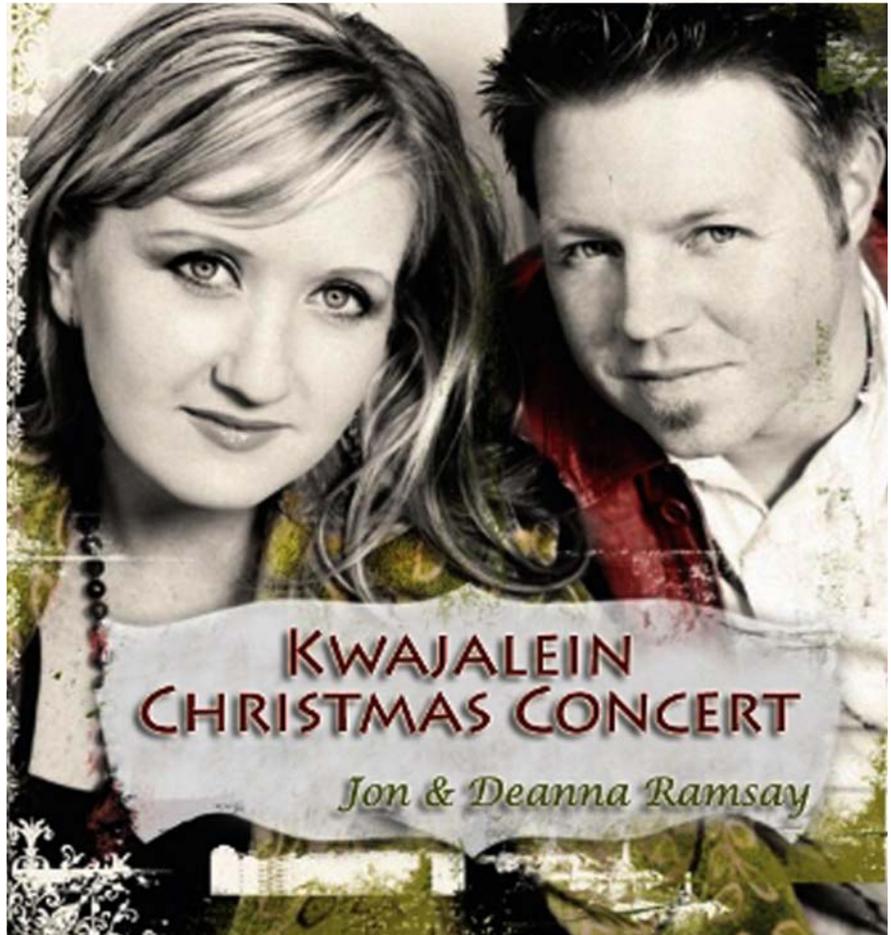
D.C. UNITED

Join Devon McTavish, Marc Birch, Robert Boswell and Michael Chabala on Dec. 9 for free soccer clinics.

Contact Community Activities at 53331 with questions.



LIVE CHRISTMAS trees are being pre-sold at the high school office starting Nov. 3. The shipment is limited, trees will be sold on a first-come basis until sold out. High-quality and long lasting. Delivery by students will be free to your home the second week in December. Please call the high school office at 52011 with questions. Cost is \$60, checks to Kwajalein High School (KHS).



Kwajalein Christmas Concert

Featuring World Vision Christian artists
Jon and Deanna Ramsay

7 p.m., Nov. 29, in Island Memorial Chapel

Weather courtesy of RTS Weather

Sunday: Mostly cloudy, 30 percent showers. Winds: ENE-SE at 5-10 knots.
Monday: Partly sunny, 20 percent showers. Winds: E-SE at 5-10 knots.
Tuesday: Partly sunny, 10 percent showers. Winds: E at 10-15 knots.
Wednesday: Mostly sunny, 10 percent showers. Winds: ENE-E at 10-15 knots.
Thursday: Partly cloudy, 30 percent showers. Winds: ENE-ESE at 8-15 knots.
Friday: Partly cloudy, 20 percent showers. Winds: ENE-ESE at 8-15 knots.
Nov. 28: Partly sunny, 10 percent showers. Winds: ENE-ESE at 10-15 knots.

Annual total: 63.18 inches
Annual deviation: -24.98 inches

Call 54700 for updated forecasts or visit www.rts-ux.com.

Sunrise/set Moonrise/set High Tide Low Tide

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	6:45 a.m./6:26 p.m.	11:40 a.m./11:41 p.m.	6:50 a.m., 2.7' 7:02 p.m., 3.6'	12:59 a.m., 0.2' 12:32 p.m., 0.5'
Monday	6:45 a.m./6:26 p.m.	12:19 a.m.	7:33 a.m., 3.5' 7:35 p.m., 3.2'	1:40 a.m., 0.5' 1:11 p.m., 0.9'
Tuesday	6:46 a.m./6:26 p.m.	12:57 p.m./12:26 a.m.	8:34 p.m., 2.3' 8:43 p.m., 2.9'	2:33 a.m., 0.8' 2:06 p.m., 1.2'
Wednesday	6:46 a.m./6:27 p.m.	1:35 p.m./1:10 a.m.	10:06 a.m., 2.3' 10:08 p.m., 2.7'	3:44 a.m., 1.0' 3:40 p.m., 1.4'
Thursday	6:47 a.m./6:27 p.m.	2:13 p.m./1:55 a.m.	11:42 a.m., 2.5' 11:39 p.m., 2.7'	5:06 a.m., 0.9' 5:34 p.m., 1.4'
Friday	6:47 a.m./6:27 p.m.	2:53 p.m./2:41 a.m.	12:47 a.m., 2.9'	6:14 a.m. 0.8' 6:54 p.m., 1.1'
Nov. 29	6:47 a.m./6:27 p.m.	3:37 p.m./3:29 a.m.	12:49 a.m., 2.9' 1:33 p.m., 3.4'	7:04 a.m., 0.5' 7:48 p.m., 0.6'