

THE KWAJALEIN HOURGLASS



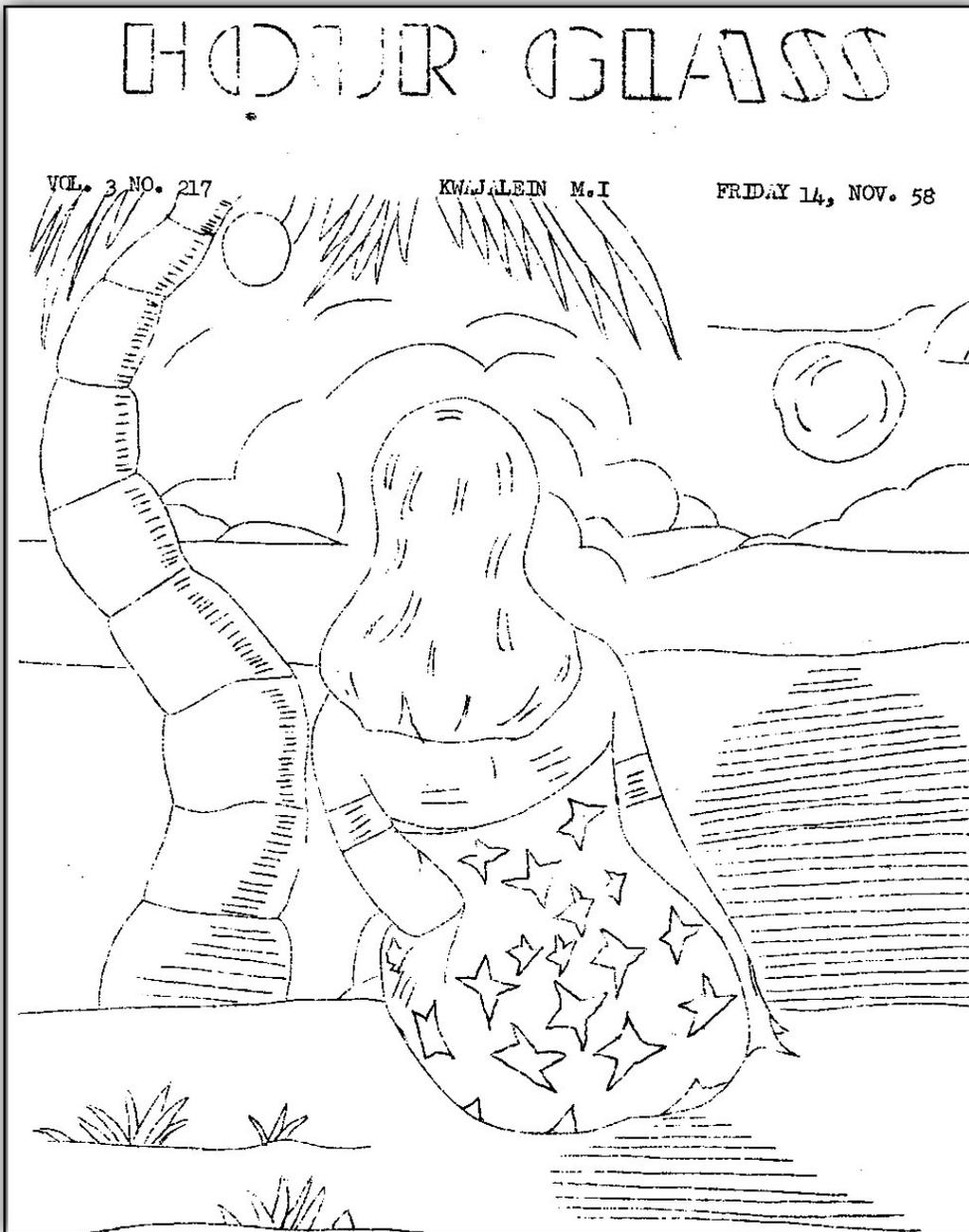
Kwajalein High School marine science class members CC Brady, left and Kelly Grant help to perform physical check-ups on the turtles at the Turtle Pond Dec. 16.

For more, see Page 6.

Photo by Don Shuwarger

Hourglass is older than we thought

By Dan Adler
Media Services Manager



In the Dec. 26 issue, we stated that the *Hourglass* was 50 years old. But it now appears the *Hourglass* has been published since 1955.

Long-time resident Bob Sholar provided us with this *Hourglass* front page that indicates it was Volume 3, Number 217. The Volume number stands for the number of years a publication has been printed.

Taking that into consideration, the *Hourglass* may have started in 1955, which would make it 54 years old. Who knows, it might be older than that. It wouldn't surprise me to find out it is. Even though we don't know for sure how long the *Hourglass* has been around, for the thousands of people who have come and gone over the years, it's been part of the Kwajalein 'experience' and Kwajalein history.

By the way, an hourglass is the insignia of the 7th U.S. Army Infantry Division that liberated Kwajalein from the Japanese in 1944. The *Hourglass* is named in honor of the 7th Division.

The battle for Kwajalein took place Jan. 31-Feb. 4, 1944. The *Hourglass* will run a special article on the battle when it gets closer to the anniversary of that battle.

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.

The *Kwajalein Hourglass* is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Kwajalein Atoll. Contents of *The Hourglass* are not necessarily

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Deacons at the Protestant Church on Enniburr sing and dance on Dec. 25 to start the special program.

Christmas on Roi

Roi and Enniburr residents know how to make a Christmas merry

Article and photos by
Vanessa K. Peeden

A Christmas spent crying is a horrible and terrible Christmas. On this Christmas, I vowed I would not cry over missing family events, friends and the holidays at home. This Christmas I would do something different. So I went to Roi-Namur to see how the Roi rats celebrate Christmas and they sure know how to make it merry.

The holiday festivities on Roi started Dec. 19 with the annual Roi residents' party at the Outrigger Bar. The event this year featured a variety of beautiful and delicious homemade cookies baked by Lisa Shier. There were 15 pounds worth of cookies, of which I think I ate five

pounds myself. But then I remembered the Marshallese saying, "to share is love" and stopped myself because I knew I needed to save some for others.

There was also a vast assortment of eight different cheesecakes made by Don Schmehl. Lucky for me I don't particularly care for cheesecake so they were safe. However, cheesecakes are one of my husband's favorites and he never got a slice that night. So all day the next day he kept whining, "I didn't get one piece of those cheesecakes." If you know him then you know I do not exaggerate. I almost tried to fly back up to Roi to get Schmehl to make one for him.

Besides the cookies and the cheesecakes, there were also many

appetizers made by several Roi residents including such things as lumpia, chips and dips and vegetable trays.

The most incredible and plentiful appetizers were the ones produced by Laura Pasquarella-Swain. She had cooked for days preparing a feast. She had wonderful crab cakes, huge shrimp, pork dumplings, ham and Gouda cheese phyllo pastry, smoked turkey, sushi and sashimi.

There was also a green bean casserole with mushroom soup made from scratch by David Bates — yummy.

I won't even discuss how many pounds I must have gained from

See ROI CHRISTMAS, Page 8

Tip Drill, Troubled Ladies are named volleyball champions for 2009 season

Article and photos by Sheila Bigelow
Associate Editor



Tip Drill are named 'A' league Champions for the 2009 volleyball season. Pictured front row, left to right: Tarah Yurovchak, Anne Jahnke, Kaya Landers and Nick Yarnes. Back row, left to right: Chad Goodrum, Joe Stout, Jon Jahnke and Mark Yurovchak.



Troubled Ladies are named 'B' league Champions for the 2009 volleyball season. Pictured left to right: Cherrilyn Ranis, Anne Dowell, Angela Corder, Floyd Corder, Melody Corder, Neimelu Bolkeim, Miko Bolkeim and their children that were their energetic cheering section during their championship game.

Volleyball season was impressive this year, a lot of teams stacked with players that have obviously been playing seriously for some time. That aspect of the season made for a seriously intense championship game in the 'A' League, played Dec. 18 in the CRC gym. Nice Sets went up against undefeated Tip Drill, hoping to give them their first and final loss of the season.

Both teams were in it to win it, going for every ball, even if they had to climb into the bleachers. They had some extreme volleys going, digging each other's spikes and then giving it right back. Both team's feet were always moving, ready to run, jump, hit, dive or whatever they needed to do to win that point. Both teams had exceptional ball placement, taking advantage of any holes left on the court.

Match one saw Tip Drill start off strong, showing off why they entered the championships undefeated. Tarah Yurovchak started the match with a run of points, her left-handed serve throwing off the other team. Their two big hitters, Jon Jahnke and Mark Yurovchak slammed balls onto the other team's court, making it hard for Nice Sets to recover. There was no mistake that Kaya Landers has played some serious volleyball before; her passes, serves and hits were done with perfection. They had some impressive defense with big blocks made by Chad Goodrum.

Nice Sets quickly got their act together and came back with tough server Mike Sakaio, tying up the score 11-11 in the first match. Nice Sets' big hitter was Jeff Sudderth, killing the ball multiple times in a row, racking up points for Nice Sets. Cera Hall may look timid, but slammed some killer hits in Tip Drill's face. Powerful and accurate serves seemed to make the winner out of match one. Nice Sets tied it up at 19 points and then Sakaio took his team to victory, winning the first match 25-21.

Match two moved a lot quicker,

Tip Drill in a hurry to claim a victory. They took a strong lead early on and managed to keep it throughout most of the match. Realizing how important serving was in match one, Jon Jahnke stepped up to show off his skills. His serves were fast and full of spin, difficult for Nice Sets to return. Even with big hitter Mark Yurovchak out of the game due to an ankle injury, Tip Drill still managed to dominate Nice Sets, winning the match 25-13.

Tip Drill and Nice Sets left it up to a nail-biting third match to determine who would leave the champions that night. The third game is played only to 15 points, making every single point critical.

Nice Sets setters Christi Logan and Dave Medora set up Sudderth and James Hall time and time again, making it hard for Tip Drill to save or return their powerful hits. Tip Drill kept the score of the game close with good ups by Goodrum and Nick Yarnes. Accurate serving became critical, the pressure getting to some, but not others. After an intense volley, Nice Sets was ahead 12-8, and Tip Drill took a time out to regroup. Jahnke brought Tip Drill back and tied it up 13-13. Nice Sets won the ball back and served game point at 14-13, but Tip Drill wasn't ready to give up and won the ball back, tying the game at 14-14. Having to win by two points, Tip Drill gave one final push and finally claimed the title of champions, winning the final match 16-14, and remaining the only undefeated team in both leagues.

The 'B' league championship game was played immediately after the 'A' league finished their games. The Troubled Ladies (plus Floyd) were matched up against undefeated On Vacation. On Vacation seemed to have picked an accurate team name, since that's where most of their players were during the championship game, leaving them with only four players for the final games of the season. The Troubled Ladies on the other hand were stacked with impressive players, ready to give On Vacation their first loss of the season.

The Troubled Ladies took the lead early in the first match, racking up points with their impressive serves. Their team members may all be relatively short, but that didn't



Anne Jahnke sets up Mark Yurovchak for a killer spike while warming up for their championship game held Dec. 18 in the CRC gym.

stop them from slamming the ball onto On Vacation's side of the court. They were also sure to take advantage of the other team's lack of players, strategically placing the ball in the wide open holes where no players were standing.

But just because On Vacation had a lack of players didn't mean they were ready to give up. Mark Kickhofel had a powerful overhand serve that racked up points for his team. Monte Junker had a deceitful underhand serve that was difficult for the Troubled Ladies to return. Janet Burki always kept her feet moving, ready to set up big hitter Greg Moore. In the end, the lack of players seemed to be the downfall of On Vacation, losing the first match to the Troubled Ladies 25-11.

In match two, On Vacation gave the Troubled Ladies a run for their money. Intense volleys had each save followed by a loud, "Whoo" of relief. The score stayed close throughout the second match, Junker serving his team up to 19-24. But the Troubled Ladies finally claimed victory in the end, winning the second match, and 'B' league championships, 25-19.

Congratulations to all teams for a job well done.



Mark Kickhofel of On Vacation warms up for his championship game held Dec. 18 in the CRC gym.



Photos by Zena Shuwarger

Left to right, Tom Hansen, Blake Larson and Les Czinege lift one of the three turtles dwelling in the Dr. Donald Ott Turtle Pond and Memorial Park out to receive it's annual physical examination. Jeff Griswold's Marine Science class from Kwajalein Jr/Sr High School assisted Veterinary Technician Jenny Schwartz with the exams.

Marine science class students help to administer physical exams to turtles



Marine Science students flip the turtles onto their backs so they can examine the plastron (underside) of the turtle, looking for any soft spots or missing shell. The turtle's eyes are covered with a damp towel so it doesn't feel any pain.

By Sheila Bigelow
Associate Editor

The Dr. Donald Ott Turtle Pond and Memorial Park is a beautiful and well-kept area on Kwajalein. While there used to be seven turtles dwelling in the pond, only three remain. Rachel is the only female, accompanied by males Big Boy (or Big Guy) and Speedo. Each year, the turtles are pulled out of the pond and given physical exams to be sure they are staying healthy and happy.

"Every year we have to draw blood and give physical exams according to USAKA regulations," said Veterinary Technician Jenny Schwartz.

Help is given by Jeff Griswold's Marine Science class. The students are allowed to do a majority of the physical exams themselves for educational purposes. The Marine Science class has helped with the phys-

ical exams since Schwartz arrived in 2005, but may have been helping in years previous as well.

The Marine Science students had to get in the pond and work together to physically pull the 120-200 pound turtles out of the water to administer their physical exams. "Before we do anything we go over some safety and restraint techniques," said Schwartz. Once the safety briefing was finished, the students got into the water and started rounding up the three turtles.

In order to pull the turtles safely out of the water, there must be a minimum of three people in the pond at the same time. "It's just a wrangling game," Schwartz explained. "You grab the front flippers and the back of the shell and move them over to the edge of the pond." Helpers are waiting on land to help pull the turtle out completely. Turtles can stay out of the water for hours and hours without their shells drying out, so it gave the students plenty of time to complete the exams and scrub them down.

Once the turtles are on land they

tend to flap their flippers around at first, so the students were warned to be careful of getting a flipper to the head. "All you do is you cover up their eyes and they're an animal that what they can't see won't hurt them," Schwartz explained. The students covered the turtles' eyes with a damp towel.

"We let them do all the measurements, scan for microchips and scrub the shells," said Schwartz. "All I do is draw the blood and make sure the animals are being handled properly, so it's very hands-on for the kids. They take four tape measurements of the shell. We usually try to weigh them. It didn't happen this year; we had the wrong type of scale."

After the students examined and measured the turtles, they used sand to clean their shells. "There's algae build-up [on their shells] as the year passes," said Schwartz. "There are 'cleaner fish' in that pond...but they still tend to get large algae deposits. We found what works best is to grab handfuls of sand and scrub [their shells]. It also gives you a

chance to feel on their shell to see if there are any soft spots or any missing shells." The students also flip the turtle onto its back to examine the plastron (underside) for any soft spots or thin shell areas.

Schwartz supervised the students and when they were finished with the exams, drew the necessary blood samples from each turtle. "We want to draw blood every year to make sure that their kidneys and liver are working properly. We don't have any normal values so all we can do is compare to results from years past and if things seem out of whack then we try to track down the turtle vet."

All the students seemed to enjoy their time at the turtle pond, gaining valuable hands-on experience in Marine Science.

"That's what they [the turtles] are there for, educational purposes," said Schwartz. "As long as they're healthy and as long as their quality of life is ok. When turtles are depressed or sick, they float; their behavioral aspects change. And these guys for the most part seem pretty content and pretty happy in there."

Three servicemembers die in Afghanistan

Lance Cpl. Omar G. Roebuck, 23, of Moreno Valley, Calif., died Dec. 22, as a result of a non-hostile incident in Helmand province, Afghanistan. He was assigned to 2nd Combat Engineer Battalion, 2nd Marine Division, II Marine Expeditionary Force,

Staff Sgt. David H. Gutierrez, 35, of San Francisco, Ca., died Dec. 25 at Kandahar Air Field, Afghanistan, of wounds suffered when insurgents attacked his dismounted patrol with an improvised explosive device in Howz-e Madad. He was assigned to the 2nd Battalion, 1st Infantry Regiment, 5th Brigade, 2nd Infantry Division, Fort Lewis, Wash.

Spc. Jason M. Johnston, 24, of Albion, N.Y., died Dec. 26 in Arghandab, Afghanistan, of wounds suffered when insurgents attacked his unit with an improvised explosive device. He was assigned to the 2nd Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, Fort Bragg, N.C.



ROI CHRISTMAS from Page 3

eating it — it's too depressing. But hey, I was enjoying it all and not crying. That was my intent.

The party for the residents was great fun and had a large turnout of around 90 people. Not all of those were Roi rats. There were some Kwajalein souls who had escaped Kwaj to stay on Roi for the party. Towards the end of the party it was announced that it was time to light the Christmas tree.

People followed Tony Stephens over to Café Roi like the rats followed the Pied Piper of Hamelin. Once there, Stephens smiled and asked Kyle and Nathan Jones to throw the switch and the beautiful tree was ablaze with lights. Everyone cheered and took pictures. There were also several comments made about how the Roi tree lit on the first try. Someone was overheard saying it took an engineer's touch to do it correctly. If you look at the tree's lighting system you can tell the cord, cables and lights were put together to withstand a typhoon or any other rogue storm Roi may have. Café Roi looks so festive with the tree and the other magical decorations on the building.

The next event on Roi was the Yankee Swap at the Gabby Shack on Christmas Eve. Again, everyone brought scrumptious food and boy, was I happy when I found out that Schmehl had cheesecakes. I got a slice and made sure my husband ate it so as to end my days of listening to whining about cheesecake. I'm not sure how many pounds I gained again, but hey, I wasn't depressed and crying.

About 30 people participated in the swap and the presents most traded were bottles of liquor. I bought a curling iron from the Roi AAFES store as my present and it was a big hit. I thought I was helping the Rats free up space in AAFES until I was informed that the sale of one would generate more purchasing of curling irons. I actually had another gift to replace the curling iron so the recipient wasn't stuck with it.

The next day was Christmas. One of the nice things about staying in the Spartan is you can leave your blinds open and catch the sunrise. I woke up to the sound of rain, so there was no spectacular sun-



Marshallese girls sing a song in practice for their program Dec. 25 on Enniburr.

rise like there normally is. But it didn't depress me because I knew I was going to Enniburr to celebrate Christmas with our Marshallese friends.

Our group met at the Yokohama pier for the trip to Enniburr. We attended the Protestant services there. Everyone was dressed up for the festivities. After the brief church service there was a break for lunch. We were served a wonderful Christmas meal of rice, chicken, donut, potato salad, homemade bread and ice cream. After lunch the program began.

It started off with the deacons of the church singing and dancing. During their performance they started dropping coins and audience members began throwing candy. The children scrambled to collect the items. Next was the children's program. The boys and girls were singing and dancing with enthusiasm through their entire performance. The program had everyone clapping their hands and tapping their feet to the music. One could tell how happy the children were by their smiling faces and the light they had in their eyes. One young audience member, a girl about two years old, kept joining the other children whenever she could. She really wanted to be a part of the children's program.

After the children's program we took our leave and returned to Roi. All of us were in a happy mood after seeing such a heartwarming display of community life.

We discussed how it was interesting that we saw no electronic games or cell phones. Instead there was a whole community of people actually communicating with each other. The children played games together while the adults sat around talking.

It reminded me of days gone past when life was simpler and people entertained themselves instead of having to be entertained.

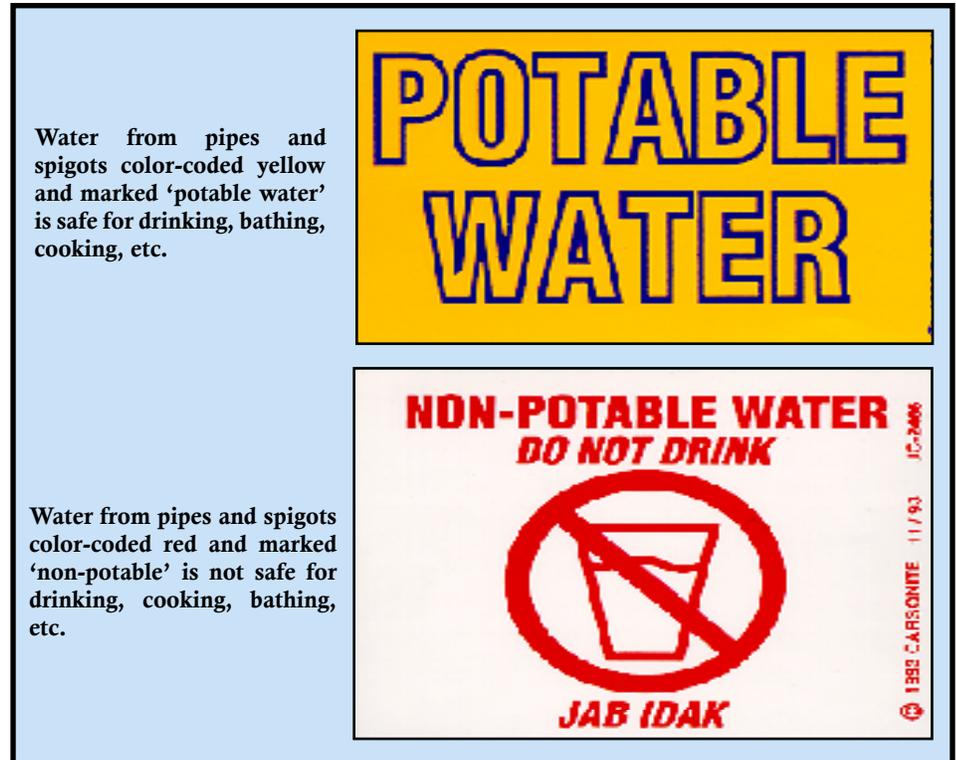
Last on the Christmas Day list of things to do was the evening meal at Café Roi. George Haws and his crew prepared a feast of wonderful things to eat. Again, I don't know how many pounds I gained from the meal, but it was worth it. The café was decorated with bright, beautiful flowers and palm fronds. The atmosphere inside was one of merriment and gaiety.

Here was also a community eating a wonderful meal and enjoying the company of others. It made me realize that it doesn't matter where you celebrate Christmas, as long as you are able to be with friends. A great big thank you to all the Roi rats for making my Christmas a merry one this year.

Be aware of color-coded water signs

Hourglass Reports

While recycling is a term generally applied to aluminum cans, glass bottles, and paper, water can be recycled as well. Water recycling is reusing treated wastewater for beneficial purposes such as agricultural and landscape irrigation, industrial processes, and toilet flushing. It is used to help conserve supplies of drinking water. A common type of recycled water is water that has been reclaimed from municipal wastewater, or sewage. Reclaimed water is locally called non-potable which means 'not for drinking'. On Kwajalein there are two separate water systems, one for drinking water and one for reclaimed water. The drinking water system is used for interior plumbing such as sinks, showers, washing machines and drinking fountains. It is also used for making ice at the ice plant. Drinking water on Kwajalein comes mainly from the rainfall captured on the runway. The reclaimed water system is used mainly outside buildings such as for lawn watering and vehicle, boat and airplane washing. The reclaimed water is only used inside of buildings for toilet flushing. Reclaimed water is water from the many sinks, showers, washing machines and toilets on the island that has been treated in the wastewater plant to remove wastes from the water. Before it is pumped



into the non-potable system, it is filtered and disinfected with chlorine to make it safe for use. It is not fit for drinking or cooking but it is safe for incidental contact. The Utilities Department monitors the quality of the reclaimed water as closely as it monitors the quality of the drinking water.

Water from pipes and spigots color-coded yellow are suitable for drinking, bathing, cooking, washing clothes, etc. This water is produced

mainly from rainfall and is filtered and disinfected with chlorine. It is always a limited supply.

Water from pipes and spigots are color coded red are not suitable for drinking, wading pools, children's sprinkler toys, water toys, etc. It is suitable for watering plants, watering lawns, washing vehicles, washing off patios, etc. It is produced from the wastewater treatment plant and is filtered and disinfected with chlorine.

Naan in "recycle", emakijkij ad kejobale n(-)ne jej konono kin kuat, bato kilaaj, im pepa. Ijoke, dren emaron(-)n in bar "recycle". N(-)Ne jej konono kin "water recycling", jej konon kin dren eo emo(-)oj likliki. Ewo(-)or wawein ko jemaron(-)n in kejobal dren in, einwo(-)ot ilo ad utdrikdriki jikin kallip ko, karreoiki kein jermal ko, im n(-)no(-)on kettori em jidrik ko. Ilo ad ko(-)oman eindrein, jej jiban kejobarok dren in idrak ko. Dren eo emo(-)oj likliki ej dren eo im emo(-)oj an jermal, etton im enana n(-)no(-)on idrak e.

Ilo ailin in Kwajalein, ewo(-)or ruo kain dren ko. Juo(-)on ej dren in idrak(drinking water) im eo juo(-)on ej dren eo

emo(-)oj likliki (reclaimed water). Dren in idrak eo ej itok elaptata jen wo(-)oo(-)ot. Dren in ej jermal ilonan mo(-)oko, einwo(-)ot ilo jikin

mo(-)on(-)na eo, jikin tutu ko, jikin kwalkwol nuknuk ko im jikin idrak ko. Ej bar jermal ilo mo(-)on ko(-)oman ice eo. Dren eo juo(-)on ej dren eo emo(-)oj an liklik (reclaimed water). Dren in ej itok jen sink ko kajojo,

einwo(-)ot jikin tutu ko, engine in kwalko(-)ol nuknuk ko, im em jidrik ko. Dren in ekka kejobale n(-)no(-)on jermal ko inabojen moko, einwo(-)ot utdrikdriki leen wijiki ko, karreoiki waan etto(-)or ko, im kettori em jidrik ko. Enana kejobale dren in emo(-)oj likliki n(-)no(-)on idrak, ko(-)oman mo(-)on(-)na im tutu. Bo(-)otab, n(-)ne kwoj jibwe ak dren in emoj likliki eun(-)nur yuk, ejelok jorran elap bwe emo(-)oj an jerajko im liklik ilo tiljek im emoj jolok kij otemjej mokta jen an emakit ak pump n(-)no(-)on moko jabdrewo(-)ot. Utility Department ej etale tiljek in dren kein ruo, dren in idrak eo (drinking water) im dren eo emo(-)oj likliki (reclaimed water).

Dren eo erre

- Pipe im bojet ko rekolar ialo (Yellow).
- Emo(-)on n(-)no(-)on idrak, tutu, komat, kwalkol nuknuk im menko erlok wo(-)ot
- Ewo(-)or jon(-)nan ko(-)ojobale ilo juo(-)on alo(-)on(-)n
- Emo(-)oj karreoiki kin jerajko
- Walok elaptata jen wo(-)oo(-)ot

HELP WANTED

KRS and CMSI Job Listings for On-Island Positions will be available at the Kwajalein, Roi-Namur and Ebye 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 gear locker attendants for the upcoming 2010 softball season. 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 hire employment form. No experience necessary.

WANTED

USED, BEGINNER guitars. If you have one you would like to donate, please contact Cindy at 52370.

LOST

KEY WITH A SMALL, tan color Mexican sandal key chain on Dec. 10. If anyone has found this key please call 58228 or 53925.

Religious ServicesCatholic

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

FOUND

SMALL BOAT MARINA is cleaning out clutter! If you think you have left anything here, please come look through our lost and found items before we give them away.

FOR SALE

CROWN LINE FISHING cruiser, 27 foot, 350 mercruiser, plus 15 HP, boathouse #309 and trailer, \$19,500 and fiberglass high performance boat, 21 foot, 225 HP Johnson plus 8 HP, boathouse #800 and trailer, \$6,490. Call 59662 or e-mail hammerheadherb@hotmail.com.

CANON 3CCD VIDEO camera, GL1 with underwater housing, includes battery with charger, red underwater filter, wide angle lens, all in excellent condition, \$1,500 and Scuba tanks, XS Worthington, 120 steel, two for sale, \$600 for both or \$350 each. Call 56725.

MAYTAG DISHWASHER with butcher block top, \$100. Call 55613 and leave a message.

NEOPRENE baby carrier for the water, \$30; Fisherprice baby bathtub, \$15; Evenflo child carrying backpack, \$20; Gerry child carrying backpack, \$15; two crib bumpers, red and blue, \$5 each; receiving blankets; Gerber cloth diaper pack, \$5; Fisher Price baby monitor, \$10; The First Years baby monitor, \$10 and Babyhawk custom made, Mei Tei wrap style baby carrier, \$80. Call 53610.

RENDELL 19 foot boat with an inboard motor, boat #52 and boat lot #505; Waterboyz surfboard, seven feet, two inches long, \$250; waterproof housing for iPod Nano, second generation, \$20 and camping utensils set, new, \$20. E-mail briannew1@hotmail.com.

COMMUNITY NOTICES

THE TENNIS COURTS will be closed Jan. 3-9 for annual maintenance. Please excuse the inconvenience. Questions, call 53331.

CYSS YOUTH SOCCER league registration is Dec. 8-Jan. 9. League dates are Jan. 21-Mar. 13. Open to boys and girls in grades K-6. Volunteer coaching opportunities available. START SMART soccer program registration is Dec. 8-Jan. 9. Program dates are Jan. 27-Mar. 3. Open to boys and girls ages 3-5. Contact 52158 for registration information, building 356, sports program information call 53796.

FIBROMYALGIA/CHRONIC pain support group meets at 4 p.m., the first Thursday of every month, in the hospital conference room. The community is welcome. Questions, call 55362.

SOFTBALL REGISTRATION starts Jan. 5. Get your team together! Call Community Activities at 53331 for details.

YOUTH SOCCER COACHING CLINIC is at 5 p.m., Jan. 7-8, at the Namo Weto Youth Center. The two day clinic is highly recommended for all coaches and will cover skill/fundamental overview, drills/games, practice/game planning, game tactics and more. Contact Jason at 53796 for more information.

JOE HERRINGTON Cowboy Poetry and Western Stories will be at 7 p.m., Jan. 9, in CRC room six. Free admission.

Community Activities Fee Changes Effective Jan. 1, 2010

Rentals

20' x 20' Tent--\$40

\$10 per additional day

20' X 40' Tent--\$60

\$15 per additional day

Tables

\$5

Hobby Shop**Firing Fee**

**\$.10 times height measurement
plus \$.20 times vertical
measurement= total firing fee
including greenware and glazing
steps**

**Questions? Call the CA Office
5-3331**

BARN DANCE and Country Dinner will be Jan. 10. There will be dancing, bus service and a great country menu. Menu to include fried chicken, BBQ spare ribs, corn on the cob, roasted red potatoes, coleslaw, corn bread and Texas chocolate cake. Tickets cost \$27.50 and are for sale in the KRS Retail Services Office, downstairs building 805, weekdays, 7:30 a.m.-noon.

THE FAMILY POOL and the Adult Pool will be closed Jan. 14-17 for bi-annual maintenance. Please excuse the inconvenience. Questions, call 53331.

DUE TO FURLOUGH DAYS, the Hobby and Wood Shops will be closed every Thursday, starting Dec. 17 until Jan. 15. Call the Community Activities office with questions at 53331.

OPEN BOWLING is every Sunday, 2-7 p.m. Everyone is welcome!

ROI RESIDENTS, if you are interested in participating

Café Pacific**Lunch****Sunday**

Carved sauerbraten
Chicken schnitzel
Bratwurst/sauerkraut
Grill: Brunch station open

Monday

Chicken fried steak
Rosemary roast chicken
Garlic herb penne pasta
Grill: Brunch station open

Tuesday

Spaghetti
Whole wheat pasta
Cheese manicotti
Grill: Monte cristo wrap

Wednesday

Braised short ribs
Indonesian pork
Breaded polluck
Grill: Hot dog/chili

Thursday

BYO tacos/burritos
Beef tamales
Chorizo enchiladas
Grill: Mexican Fiesta

Friday

Super bird meatloaf
Chicken stew
Vegetable stir-fry
Grill: N/A

Jan. 9

Sweet/sour pork
Chicken cordon bleu
Pizza
Grill: Ranchero burger

Dinner**Tonight**

Short rib stew
Fajita chicken
Beans in broth

Sunday

Minute steak
Sautéed salmon
Chicken sukiyaki

Monday

Cajun roast beef
Island jerk chicken
Garbanzo beans

Tuesday

Roast pork
Thai chicken
Lumpia

Wednesday

Carved round top
Onion rings
Chicken Bhuna Masala

Thursday

Beef lasagna
Spinach/mush lasagna
Veal afredo

Friday

Pancake supper
Fried chicken
Beef/broccoli stir-fry

in an 8-week quit smoking class beginning in January, 2010, call Marion Ruffing at 55362 for sign-up.

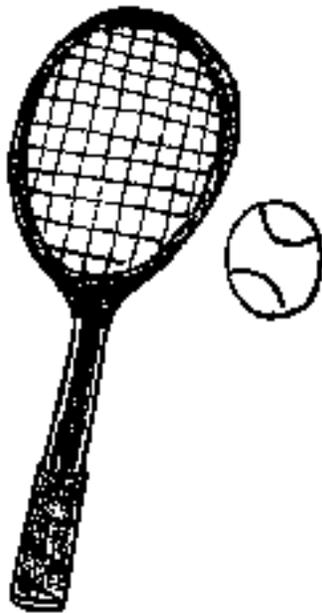
THE COMMUNITY is invited to participate in the Cub Scout Celebrity Open Pinewood Derby. Car kits are \$25 per kit and you can race more than one car if desired. To purchase a kit and get derby rules call 52885 or E-mail cgwiley1@yahoo.com. Pinewood Derby will be held Jan. 25. Car kits are limited so get yours soon!

THE CYSS BABYSITTER Referral list has been updated with newly trained babysitters. You may pick up the list at the CYSS Central Registration office, building 356, during office hours.

HOW CAN WE CONSERVE ENERGY? Wash and dry only full loads; use warm or cold water when washing, about 90 percent of the washer's energy use comes from heating the water; don't over-dry your clothes, consider air-drying your laundry; clean your dryer's lint filter after every load to increase air circulation; frost build-up decreases the energy efficiency of a refrigerator and make sure refrigerator seals are airtight.



WEIGHT MANAGEMENT CLASS for the New Year begins at 4:30 p.m., Jan. 8, in the hospital conference room. Class will meet every other Friday and weigh-ins will be every Friday. Questions, call 55362.



CYSS YOUTH TENNIS

New program open to boys and girls in grades 4-6. Registration opens Jan. 5-30 and program dates are Feb.10-March 26. Limited space available. Call 52158 for registration information, building 356, and call 53796 for sports program information.

FREE QUIT SMOKING CLINIC

Smoking Aides given to participants. Program will run Jan. 7-March 4, 2010, every Thursday, at 5 p.m. in the Hospital Conference Room. Limited class size, so call 55362 for sign-up. If you plan to attend this clinic, please call the hospital at 5-2223/2224 and schedule your free physician's appointment prior to the first class. Questions, call Marion at 55362.



Lunch

Sunday Garlic roast of beef New Orleans pasta Crab cake benedict	Monday Chicken and ribs Collard greens Eggs mornay	Tuesday Thai beef/veggies Crispy garlic chicken Szechuan fried noodles	Wednesday Hot dog bar Chicken fricasee Pasta del giorno	Thursday Corn dogs Pot roast Mac and cheese	Friday Beef tacos Chicken chilaquiles Beef tamales	Jan. 9 Sloppy joe sandwich Pulled BBQ pork Blackened fish
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Dinner

Sunday Braised beef Chicken breast San Francisco cioppino	Monday Champagne chicken Shallots & cream Beef shoulder	Tuesday Roast chicken Shortribs Grilled portobellos	Wednesday Sirloin steaks Chicken ala picatta Pasta aglio e olio	Thursday Roi fried chicken Pork cutlet Chickpea/potato curry	Friday Stuffed roast pork Grilled salmon Squash with lentils	Jan. 9 Meat lasagna Tortellini/marinara Spinach/mush lasagna
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Café Roi



Photo by Dan Adler

Kwajalein Hospital laboratory staff, left to right, Judy Davis, Lab Supervisor, Henny Tenje, seated, Marianne Osterbauer and Jason Samson.

Kwajalein Hospital laboratory is recognized for quality of service

Hourglass Reports

Kwajalein Hospital laboratory has met all criteria for laboratory accreditation by COLA, a national healthcare accreditation organization.

Accreditation is given only to laboratories that apply rigid standards of quality in day-to-day operations, demonstrate continued accuracy in the performance of proficiency testing and pass a rigorous on-site

laboratory survey. The Kwajalein Hospital lab has earned COLA accreditation as a result of a long-term commitment to provide quality service to its patients.

COLA is a nonprofit, physician-directed organization promoting quality and excellence in medicine and patient care through programs of education, achievement and accreditation.

Kwajalein Hospital laboratory's willingness to adhere to such rigid

standards in an effort to achieve accreditation is an indication of the professionalism and excellence shown by each member of the laboratory team.

COLA is approved by the U.S. government and sponsored by the American Academy of Family Physicians, the American Medical Association, the American College of Physicians, American Society of Internal Medicine, and the American Osteopathic Association.

Weather courtesy of RTS Weather

Sunday: Partly cloudy, 20 percent showers. Winds: ENE-E at 13-18 knots.
 Monday: Partly sunny, 10 percent showers. Winds: ENE-E at 13-18 knots.
 Tuesday: Partly sunny, 10 percent showers. Winds: NE-E at 13-18 knots.
 Wednesday: Partly sunny, 10 percent showers. Winds: NE-E at 13-18 knots.
 Thursday: Partly sunny, 10 percent showers. Winds: NE-E at 13-18 knots.
 Friday: Partly sunny, 10 percent showers. Winds: NE-E at 13-18 knots.

Annual total: 73.54 inches
 Annual deviation: -26.35 inches

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

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	7:04 a.m./6:42 p.m.	9:13 p.m./9:02 a.m.	5:53 a.m., 3.9' 6:06 a.m., 5.1'	11:45 p.m., -0.9'
Monday	7:05 a.m./6:43 p.m.	10:10 p.m./9:53 a.m.	6:35 a.m., 3.9' 6:47 a.m., 4.8'	12:33 p.m., -0.9' 12:28 p.m., -0.4'
Tuesday	7:05 a.m./6:43 p.m.	11:04 p.m./10:40 a.m.	7:17 a.m., 3.7' 7:28 a.m., 4.3'	1:13 p.m., -0.6' 1:12 p.m., -0.1'
Wednesday	7:06 a.m./6:44 p.m.	11:56 p.m./11:25 a.m.	8:03 a.m., 3.1' 8:10 p.m., 3.7'	1:53 p.m., -0.2' 2:00 p.m., 0.4
Thursday	7:06 a.m./6:44 p.m.	12:09 p.m.	8:56 a.m., 3.3' 8:59 a.m., 3.1'	2:36 p.m., 0.2' 2:58 p.m., 0.8'
Friday	7:06 a.m./6:45 p.m.	12:48 a.m./12:54 p.m.	10:04 a.m., 3.1' 10:08 p.m., 2.5'	3:25 p.m., 0.6' 4:21 p.m., 1.2'
Jan. 9	7:07 a.m./6:45 p.m.	1:40 a.m./1:40 p.m.	11:36 a.m., 3.0'	4:32 p.m., 0.9' 6:27 p.m., 1.3'