

THE KWAJALEIN HOURGLASS



Kwajalein residents gather for the Veterans Day Ceremony held on Tuesday.

For more, see Page 4.

(Photo by Dan Adler)

If you are struggling with depression, please get help

By AnnElise Peterson

It's that time of year again. The weather is getting colder (at least in some parts of the world), Halloween costumes have been put away, Thanksgiving plans are underway and Christmas trees are being pre-sold at the high school. This must mean we are heading into another holiday season. For some this is an exciting, fun part of the year to spend time with family and friends, share meals together and shop for special gifts. For others, though, it can be a time of stress, anxiety and dark days leaving feelings of loneliness and depression. This was certainly true in my case.

I knew my husband was having a difficult time with life in the first year of our marriage, but I was too caught up with a new job, a new baby and Christmas plans to be aware of how much he was hurting. He had just seen a counselor so I assumed we would continue to work through the issues together and eventually he would get better. What I didn't understand was that he was in a major depression, brought on by genetics and traumatic life experiences and that depression affected him, both physically and mentally, to say and do things irrationally.

When a person is clinically de-

pressed a 'chemical imbalance' has occurred in the brain, causing the electrical circuits to malfunction. Two ways of correcting this imbalance are through counseling and by medication. Many who suffer, though, are hesitant to seek help as they believe medication will not help and are fearful of the shame of being labeled with a mental illness. Those who need help don't ask because they don't want to be perceived as weak or needy.

It had taken many months, but I was pleased when my husband was finally willing to see a counselor. Unfortunately, the depression, brought on by years of hurt, anger and feelings of rejection had prevented him from enjoying life and from seeking the help he needed. Life had become slowly twisted. Many, who suffer as my husband did, think about their future, their careers and their relationships and can't see a way to overcome the problems. They believe they will never be happy again. The need to keep control of their life means that they allow their emotions to control their actions. This can eventually lead to hurtful and irrational choices. In my husband's case these choices led to his death.

Hurting oneself is never a way out of the pain; in fact, it usually causes more pain for the surviving family members.

Those who attempt suicide and survive are very glad the attempt wasn't successful because their intention was never to permanently hurt themselves. Their actions were only a way out of the pain or a cry for help. Ending pain and ending life are two very different things, but to someone who is having "dark thoughts," dying seems like a viable option.

The number one cause of suicide is untreated depression. As family members or friends we'd like to believe that if our husband, wife, child, parent or friend is having problems they would talk to us. I was only 20 minutes away from my husband that day, but he never called. Many don't seek help and then their actions leave those left behind reeling with questions, hurts and confusion. If you happen to know someone (a co-worker, spouse, friend, child, parent, etc.) that is displaying any of the following signs, please ask what is going on:

1. They discuss suicide or death in a conversation
2. They begin giving away precious possessions
3. They experience overriding feelings of hopelessness and guilt
4. They pull away from friends and

See DEPRESSION, Page 12

THUMBS DOWN

To the editor for publishing the letter from a Kwaj resident complaining that the other Kwaj residents don't have a lower standard of living than the writer thinks they should. The writer doesn't have any hard facts on which to base the complaint, thus publishing the letter accomplishes very little that is useful.

— Cynthia Pavia



THUMBS UP

To the American Legion Rifle Team, the Girl Scouts, the Boy Scouts and the Kwajalein school band for their participation in the Veterans Day ceremony.

To the Community Activities staff for assisting the vendor at the Craft Fair. Thanks Thompson Tatwoj, Kisino Loeak, Asmond Arelong and Jacob Cardillo.

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

official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or USAKA. It is published Fridays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff.

P.O. Box 23, APO AP 96555

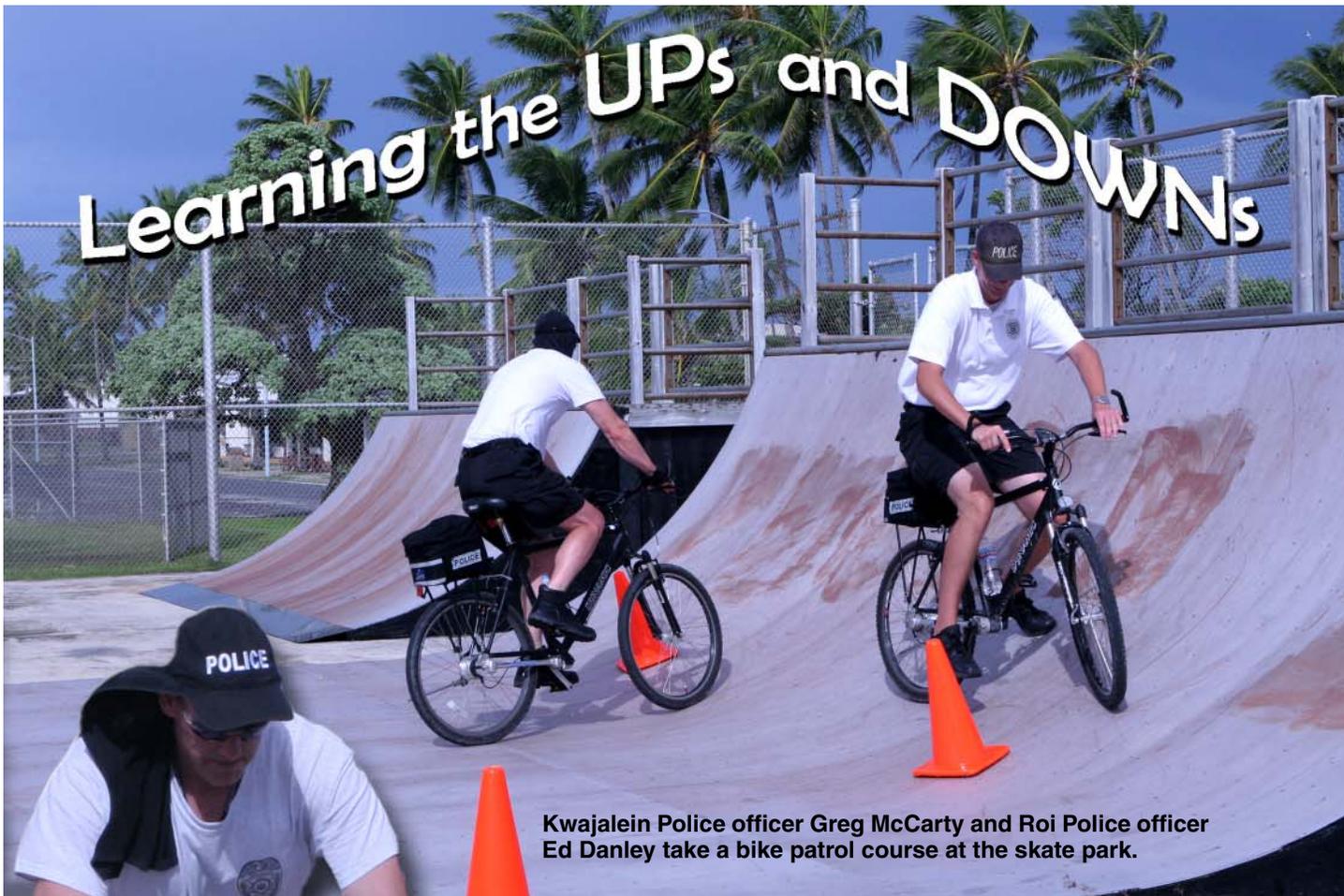
Phone: Defense Switching Network 254-3539;

Local phone: 53539

Printed circulation:1,500

E-mail: hourglass@smdck.smdc.army.mil

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Media Manager.....Dan Adler



Kwajalein Police officer Greg McCarty and Roi Police officer Ed Danley take a bike patrol course at the skate park.

Kwajalein Police training for new community bike patrol

Article and photos by Dan Adler
Media Manager

Gary McLaughlin is a 31-year veteran of the Sacramento, Calif. Police Department. He has been a bike patrol officer for 19 of those 31 years. He is also a member of the International Police Mountain Bike Association. Members include police officers, emergency medical technicians and security personnel.

The association has been in existence for 20 years and McLaughlin has been a board member and started an advanced biking class.

McLaughlin offers instruction in proper techniques for community bike patrol to police departments and other emergency services that use bikes to decrease the possibility of liability in case of accidents. It is not mandatory for bike patrol officers or EMTs, but it is strongly recommended.

“It’s the same as saying that they

can drive a police car without any training,” said McLaughlin. “Because bikes only have two wheels, are very fast and human-powered, the chances of getting into an accident are pretty great. Especially if you’re pursuing a suspect on foot, or even a car pursuit, believe it or not, in places where there’s lots of traffic.”

McLaughlin saw a flyer from the biking association saying that Kwajalein would like an instructor to come out and teach their officers bike patrol. He had just returned from South America where he had been teaching a course to police. He made up a proposal and KPD accepted it and had him come out.

He doesn’t charge for the course other than airfare, accommodations and food. He is also not paid by the Sacramento Police Department

See BIKE PATROL, Page 12



Above: Kwajalein residents gather for the veterans day ceremony at the flagpoles. Lower left, Master Sgt. Daniel Perdue, Protestant Chaplain Rick Funk, Catholic Chaplain Fr. Daly and Lt. Col. Harold Buhl salute during the national anthem. Lower right, Vietnam veteran Mike Herrington, Junior Girl Scout Reagan Buhl, left, and Brownie Savannah Clarke lay a wreath to honor veterans.

REMEMBERING ALL WHO SERVED

Kwajalein honors America's veterans

Article and photos by Dan Adler
Media Manager

A brief ceremony was held Tuesday morning at the flagpoles in observance of Veterans Day.

The national anthems of the Republic of the Marshall Islands and the United States of America were played by the Kwajalein Junior/Senior High School Band under the direction of Dick Shields.

Master of Ceremonies, Master Sgt. Daniel Perdue, gave a history of Veterans Day which was originally known as Armistice Day which marked the end of World War I.

It is observed on Nov. 11 of each year as World War I ended at the eleventh hour of the eleventh day of the eleventh month in 1918.

Lt. Col Harold Buhl, RTS Range Commander, then spoke and re-

mind the audience of the horrors veterans of the 'War to End All Wars' endured.

"We acknowledge sacrifices like daily life in knee-deep mud, trench foot where skin came off with boots, when thousands of tons of artillery shaking your skull for days on end, machine gun fire, mustard gas, dysentery, cholera, hunger, gangrene and other medieval conditions," he said.

Buhl continued that all American veterans from 1775 to 2008 can be proud of the results of their blood and sweat.

"Our veterans have defended our nation — a greater nation than the world has ever known — and it's up to us to make use of this success and not simply lazily bask in it," he said.

Buhl told the audience that no one

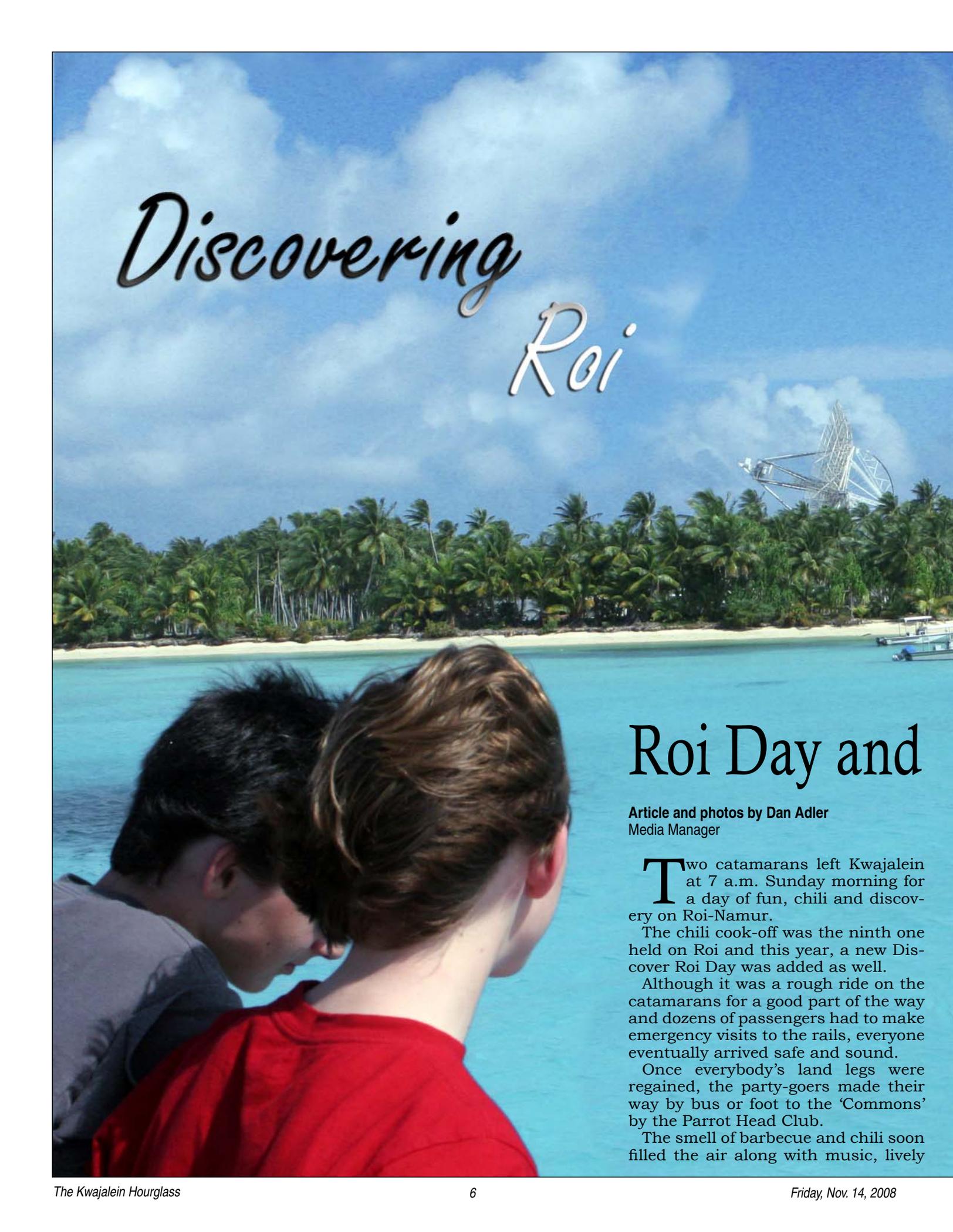
is more against war than a veteran. Yet they volunteer to fight because they know it would be worse than war to allow totalitarianism, fascism, communism and the suffering that comes with such concepts to rule the world. Buhl quoted English philosopher John Stewart Mill who said, "A man who has nothing for which he is willing to fight, nothing he cares more about than his personal safety, is a miserable creature who has no chance of being free, unless made so by the exertions of better men than himself."

A wreath laying was performed by Vietnam veteran Mike Herrington, Brownie Savannah Clarke and Junior Girl Scout Reagan Buhl.

The ceremony included the traditional 21-gun salute by the American Legion Post 44 Rifle Squad. *Taps* was played by Ryan DeCoster.



Kwajalein veterans and Soldiers pose for a group photo at the ceremony. Kneeling (white shirts), left to right, Chuck Schier, Danny Barthle, Elizabeth Garcia, Gus Garcia, Tom Buffington, John O'Brien and Raoul Peeden. Second row kneeling (military), left to right, Sgt. Maj. Patrick Kutac, Maj. Tijuana Collier, Maj. Christopher Mills, CWO Richard Rowell, Master Sgt. Daniel Purdue, Maj. Steve Ansley, CWO Paul Brown, Sgt. 1st Class Calvin Stafford, Lt. Col. Harold Buhl and Mike Patrocky (standing). First row standing, left to right, Vanessa Peeden, Pamela Beavers, Michelle Stafford, Jim Bishop, Katt Bass, Anthony Hoover, Ron Smith, Cheryl Stewart, Tammi Womack, Rick Womack, Corey Wiley, Ross Gilchrist, Cindy Pavia, Art Ottman and Lisa Ansley. Back row standing, left to right, Norm Vance, Doug Hepler, Walt Turner, John Conrad, James Landgraff, Roberta Jones, Carol Roy, Hugh Denny, Alan Metelak, Kevin Osterbauer, Billy Abston, Mike Herrington, David Stewart, Tammie Cotton, Rick Funk, Kathy Ann Funk, Jim Schilling, Chris Angle, CWO Steve Bass and Sgt. Jesus Rodriguez-Pacheco, Jim Burke and Darryl Lambert were setting up for a luncheon for veterans at the Vets' Hall.



Discovering Roi

Roi Day and

Article and photos by Dan Adler
Media Manager

Two catamarans left Kwajalein at 7 a.m. Sunday morning for a day of fun, chili and discovery on Roi-Namur.

The chili cook-off was the ninth one held on Roi and this year, a new Discover Roi Day was added as well.

Although it was a rough ride on the catamarans for a good part of the way and dozens of passengers had to make emergency visits to the rails, everyone eventually arrived safe and sound.

Once everybody's land legs were regained, the party-goers made their way by bus or foot to the 'Commons' by the Parrot Head Club.

The smell of barbecue and chili soon filled the air along with music, lively



chili cook-off raises school funds

conversation and children's laughter.

Some of the visitors went on the historical tour given by Leslie Mead while others went on a tour of the many radars on Roi.

Games, a dunk tank, banana rides, eating barbecue, tasting chili or just relaxing on the beach were some of the other activities of the day.

Some 15 chili contestants entered the cook-off competition. There were 40 judges who paid for the honor of judging the chili entries.

The highlight of the day as always was the pie-in-the-face event.

Eight gracious volunteers dared other visitors to hit them with a pie and took whipped cream pies to their mugs for a good cause. John Pennington taunted those who didn't like his IA training. Tammie Cotton teased

others about her golf handicap. Kwajalein high school principal Al Robinson attracted pies to his face from school children and some of his teachers.

Except for a brief shower earlier in the morning, the weather cooperated by being sunny and breezy. All-in-all, it was a good day for a good cause.

The chili cook-off will net approximately, \$7,000. and that money will go to support the Enniburr school with supplies and much needed educational tools. The Enniburr Children's Christmas Fund Committee felt that would be a good way to utilize the funds.

However, a Christmas party for Enniburr children with Santa

and Mrs. Claus and gift bags of small toys and some candy will be held Dec. 8. Approximately 600 people will receive a meal at the party.

The time on Roi went by quickly for everyone and soon it was time for the hundreds of visitors to return to the catamarans for the trip home to Kwajalein.

Although many were tired and feeling some effects from lots of chili tasting and beverage drinking, everyone made it safely home with memories of a mostly pleasant day.

FOR MORE, SEE Page 8

9th Annual Chili Cook-off plus Discover Roi Day

Thanks go to Kwajalein Range Services and U.S. Army Kwajalein Atoll for their support of this event.

An especially big thanks goes to Col. Frederick Clarke, USAKA Commander, for not charging for the catamarans and supporting the event with two versus the one in years past.

Tony Stephens put the Discover Roi day together as a Community Activity event and had activities planned for the day.

Leslie Mead conducted historical tours

of Roi.

Many folks worked behind the scenes to make the day successful. The Roi team included the FOM guys and grounds keepers. Robbie Amador stood in for Floyd Corder as island manager and did an outstanding job in supporting us. There were also some 20 Marshallese volunteers who worked the chili tent and the food tent all day along with 20 volunteers from Roi.

Bridget Rankin was the Master of Ceremonies for the pie toss along with Master Sgt.

Daniel Perdue. Anne Robinson from Kwaj was the dunk tank operator and MC.

Kevin Butler and David Bates from Roi were the grill kings of the day. They cooked all the burgers, hotdogs and chicken. The Café Roi helped with rice and coleslaw. Annemarie Jones supplied the drinks and beer. Of course to conclude, we would like to thank everyone who attended the event and gave donations so graciously for this cause.

— ECCF Committee

Chili Cook-off results

- **First place:** Matthew Winkler of Roi with 'Chimerra Chili'
- **Second place:** Alex Rodriguez of Kwajalein with 'It Is Worthy'
- **Third place:** Robbie Alves of Kwajalein with 'Everything But the Kitchen Sink'

Radar Tour

Keith Peacock
 Jeff Jones
 Jim Stepchew
 Kathy Ann Funk
 Neil Schwanitz
 Kenny Leines
 Jake Olson
 Rene Prenoveau
 Dick Jernigan
 Bill Cantrell
 Ben Bartyzel
 Jim Thomson
 Mark Swain
 Jim Corbett
 Steve Petit
 Gary Warren
 Bob Ferguson
 Tim Lykes
 Herb Schmidt

Dunk Tank volunteers

Kathy Ann Funk
 Master Sgt. Daniel Perdue
 Matt Daggett

Pie-in-the-face volunteers

Keith Peacock
 Reece Fry
 Tammie Cotton
 Lt. Col Harold Buhl
 John Pennington
 Al Robinson
 Jim Stepchew

On behalf of the Ennubirr Children's Christmas Fund Committee, I would like to thank everyone who helped make the 2008 ECCF Chili Cook-Off and Discover Roi Day such a great and successful day of fun for all who participated. It couldn't have been possible without the incredible help of Tony Stevens, Laura Pasquarella-Swain and all of the volunteers and participants of which there are just too many to name.

The ECCF Chili Cook-Off should clear approximately \$7,000.

I'd also like to thank everyone that participated in the ECCF Pie Toss and those who donated their hard earned money that will go towards providing an education to the children of Ennubirr Island thanks to WorldTeach.

Here are the individual amounts raised by those brave individuals who donated their time to sit on the pie toss seat which brought in \$4,770:

Lt. Col. Harold Buhl	\$1,160
Keith Peacock	\$725
Reece Fry	\$483
Hugh Denny	\$386
Matt Daggett	\$351
Al Robinson	\$277
Tammy Cotton	\$149
Jim Stepchew	\$139

Also included in the total money donated for the pie toss:

ALCOR/MMW	\$1,040
Roi-Namur C.C.	\$60

There were two anonymous donations given to the ECCF. One was for \$1,000 and the other one was for \$500. Thank you both for your generous gifts.

Stained glass awards were donated by Jonathan Shedaker.

Finally, thanks to the 15 chili entrants in this year's ECCF Chili Cook-Off. Congratulations to those who won first, second and third place with their chili entries.

— Joe Coleman, ECCF President



Leslie Mead gives the historical tour of Roi.



Visitors arrive on Roi.



The 'Commons' on Roi near the Parrot Head Club is the scene of the day's activities.



Youngsters try to splash dunk tank volunteer Kathy Ann Funk.



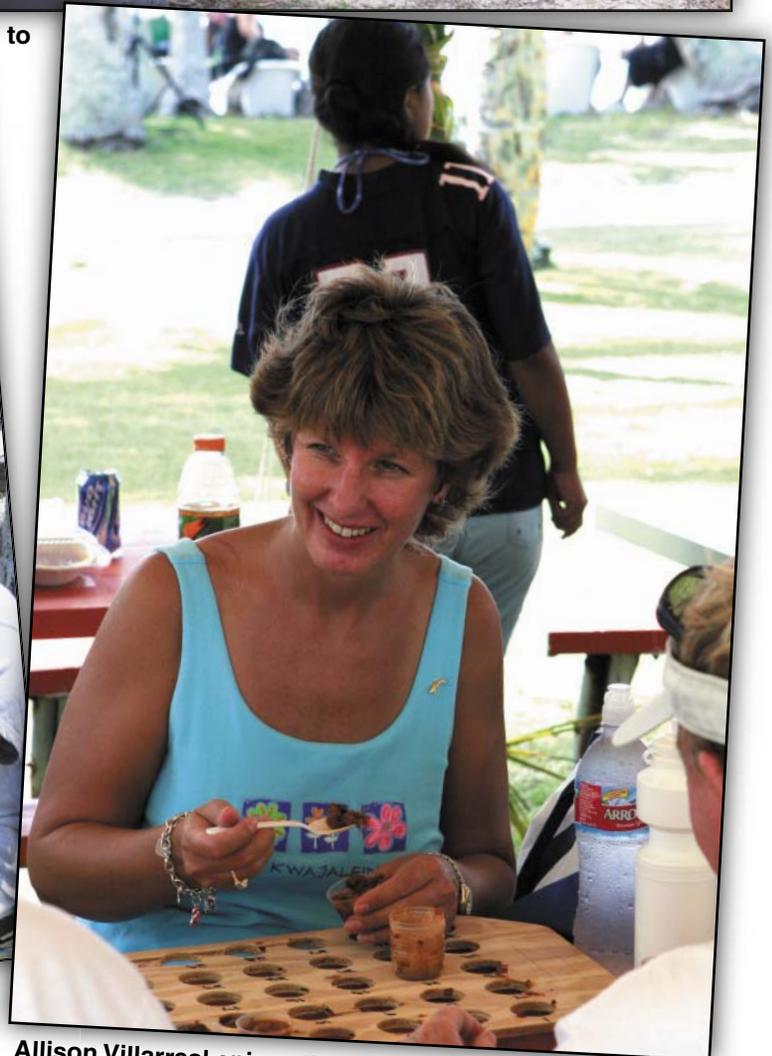
David Bates, above, and Kevin Butler, not pictured, manned the grill.



Taking a nap and hanging out at the beach is a great way to spend the day.



Bridget Rankin entices people to buy a pie to cream John Pennington with.



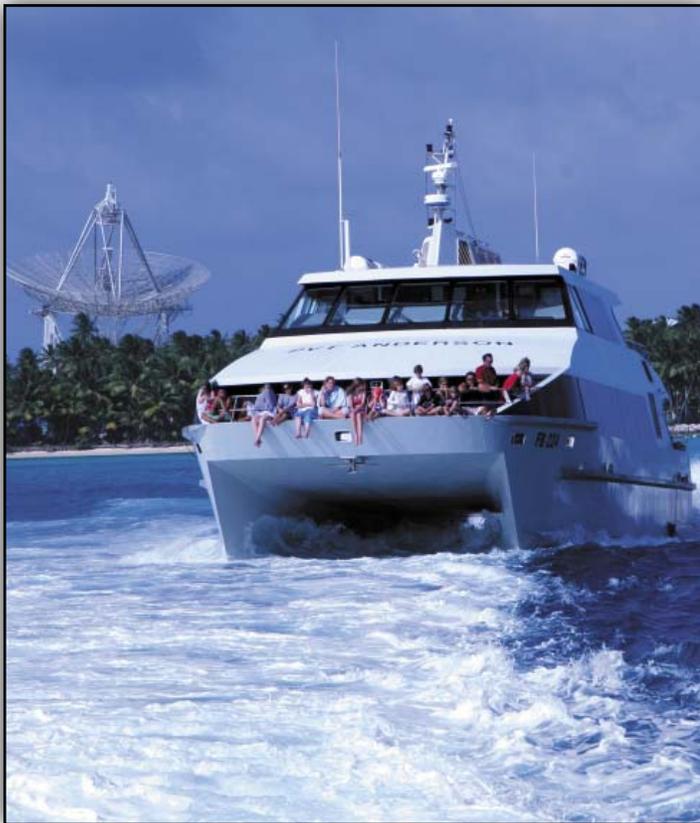
Allison Villarreal enjoys the chili tasting.



Children introduce Tammie Cotton to a whipped cream pie.



Joe Coleman tags John Pennington.



Youngsters crowd the bow of a catamaran for the ride home to Kwajalein.



Doug Hepler sneak attacks Al Robinson.

DEPRESSION from Page 2

family

5. They start to ignore favorite activities

6. They have trouble concentrating or thinking clearly

7. Their sleeping or eating habits change

8. Self-destructive behaviors become part of life (alcohol, drugs, cutting, etc.)

All of these are signs of depression and a pulling away from life. Don't be afraid to ask questions like, "Have you thought about hurting yourself?" or "Do you have a specific plan?" or "Have you decided on a specific day?" Some suicides are "spur-of-the-moment," which is what I believe happened in my husband's situation. Others are "planned," where someone has thought long and hard about their decision without realizing they are heading down the wrong path. Since these are not rational thoughts, direct questions will let the depressed person know you're aware something is wrong and that you want to help. It may be just what they need to get answers and help.

Suicide is a permanent solution to

temporary problems. It's never just "one" problem. Life is not that simple. My husband was dealing with traumatic childhood memories, plus a recent job lay-off and back problems. For the rational thinker this may look like normal life issues, but it was just too much for him that day and sent him "over the edge." Problems compounded over time can keep a depressed person from having a positive life focus. This can lead to things they would never have believed themselves capable of doing.

By the end of the day on December 16, 1987, all my hopes and dreams for the future were shattered. I was suddenly an unwilling member of the suicide survivors group and the single parent group. I know my husband did not want to die. He only wanted to get away from the hurt and pain that was overwhelming his life. He wanted his burden lifted and all his questions answered. But he made a choice that day that sent him down the wrong path permanently.

Where on Kwajalein can you get help if you're feeling depressed or suicidal or know someone who is? You can

contact John Connors, EAP Therapist at 55362 or Rick Funk, Chaplain at 53505. Please seek answers before you or someone you know becomes a statistic!

Over the years I've struggled with depression myself. I've received advice from several counselors and been on and off medication. Nothing has taken the struggle completely away, but I have learned ways to handle the "dark days" when they come. One method I've found to keep myself healthy here on Kwajalein is running.

It is a physical activity I can do day or night requiring only a good pair of running shoes and some cold Gatorade. I've witnessed many beautiful sunrises and enjoyed every moment in the Kwajalein Running Club.

In memory of my husband's life, and a desire to challenge myself in ways I could never imagine, I plan to run the Pauper's Marathon on December 15th. It's been 21 years but not a day goes by that I don't remember Mike and our time together.

Life is not what I'd hoped or planned for, but I am making definite choices to stay headed down the right path.

BIKE PATROL from Page 3

when he leaves to teach courses. He took vacation time to come to Kwajalein.

"It's a neat little island," he said. "It's an adventure, just like going to South America, that I wouldn't have if I didn't do these courses for basic expenses. So to me, it's worth it to give my time to come out here."

The reason for starting a bike patrol on Kwajalein is the same as in the states. Maintenance and fuel costs have made it necessary for many police departments and emergency services to reduce the number of motor vehicles they use.

"What we do is look at the needs of the department," said McLaughlin. "On Kwajalein, it's all flat and more pedestrian-oriented. So we present training for the situations officers may run into. Here, it's all low-speed skills like turning quickly and avoiding collisions with pedestrians or other bikers. It's about an officer being able to get from point A to point B quickly, but also safely."

He added, "The benefit of bike patrol is being able to go between houses or in small areas where vehicles can't go. It gives an officer a chance to better see what's going on in his patrol area. If someone is running away from them, it's easier to pursue on a bike than it would be in a vehicle. It also increases community awareness."

The training McLaughlin gives includes firearms training in conjunction with the bike training.

"We teach them the proper way to dismount from the bike and use firearms if a situation should ever arise. Naturally, they can't be on a moving bike and expect to hit a target. Besides, there may be by-standers. They have to be dismounted, take a firm stance and check out what's in the background before using a firearm," said McLaughlin.

"A lot of officers just like a little recognition. Getting training and certifications helps them do a better job," said McLaughlin. "That's another reason I do this."

ROAD CLOSURE

During school hours 3rd Street will be off-limits to vehicles from 8:15 a.m. to 3:45 p.m. During peak hours (beginning of school, lunch, and end of school) 4th Street will be closed. During non-peak hours 4th will be closed from Taro Street going east to Ocean Road. Drivers for Surfway will use a ground guide to travel from the customer staging area to the intersection of Lagoon Road. Surfway vehicles will not turn left onto 4th and travel east for any reason. Parents will be advised to pick up and drop off children on 3rd Street.



Scouts collecting DVDs, magazines for troops

Hourglass reports

Deputy to the Mission Commander Hugh Denny and wife Kathleen have a son with the Army in Afghanistan.

Kathleen started work on a plan to collect DVDs and magazine to send to her son's unit as well as other units there.

The Kwajalein Boy Scout Troop wanted to do something for the troops this holiday season and when they learned of Denny's project, they teamed up and will work together to

send some holiday cheer to the troops in Afghanistan so they will know they are not forgotten.

The Boy Scouts will be selling Christmas wreaths from 10 a.m. to 2 p.m., on the AAFES porch, Monday.

At that time, they will also take donations for the DVD and magazine drive.

There will also be four bins set up in various locations for donations.

The Scouts will take part in assembling and mailing boxes to the

troops once the items have been collected. It is hoped that the items can be collected and the boxes mailed before Dec. 1.

"We have one generous donation of postage, but will seek community sponsors should the donations of DVDs and magazines exceed the anticipated cost," said Denny.

The library is donating past issues of magazines for the project as well.

The Scouts and elementary school children are also planning a letter writing campaign for the

troops saying thank you for all they do and telling them a little bit about Kwajalein.

"We are hoping that some of the Soldiers will contact the children and perhaps strike up a long-lasting relationship and maybe even some visits to Kwajalein after their deployment," she said.

Denny's son is planning to visit Kwajalein when his deployment is over and will follow up with the Scouts to thank them for their efforts on the troops behalf.

ATSC establishes distributed operations office

RTS Weather Station news release

In 2007 Atmospheric Technology Services Company, LLC (ATSC) contracted with the U.S. Space and Missile Defense Command to provide Meteorological Support Services to the Ronald Reagan Ballistic Missile Defense Test Site (RTS) at the United States Army Kwajalein Atoll (USA-KA). As part of the management planning for the contract, ATSC provided plans to remote selected functions of the RTS Weather Station to a mainland site in support of RTS Transformation. Important goals of the plan included maintaining a high level of meteorological support services to USAKA/RTS while reducing ATSC's Kwajalein based staff by about 40 percent.

Tremendous progress has been made during the past year developing and testing the necessary systems architecture to establish a



Vanessa Richard and Brian Morrison staff the distributed operations office in Oklahoma.

Distributed Operations (DO) forecast office at ATSC headquarters in Norman, Okla. Meteorologists working at the DO office are able to

monitor and control important RTS weather observing systems, such

See WEATHER, Page 16

Three servicemembers die in War on Terror

Spc. Adam M. Wenger, 27, of Waterford, Mich., died Nov. 5 in Tunnis, Iraq, of injuries sustained during a non-combat incident. He was assigned to the 1st Battalion, 76th Field Artillery, 4th Brigade Combat Team, 3rd Infantry Division, Fort Stewart, Ga.

Pfc. Theron V. Hobbs, 22, of Albany, Ga., died Nov. 6 in a motor vehicle accident in Kirkuk, Iraq. He was assigned to the 572nd Engineer Company, 20th En-

gineer Battalion, 36th Engineer Brigade, Fort Hood, Texas.

Staff Sgt. Timothy H. Walker, 38, of Franklin, Tenn., died Nov. 8 in Baghdad when an improvised explosive device detonated near his vehicle. He was assigned to the 64th Brigade Support Battalion, 3rd Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo.

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.

U.S. Army Kwajalein Atoll

OFFICE AUTOMATION ASSISTANTS, GS-0326-6. Temporary position not to exceed two years. The employee provides clerical support to ensure efficient office operations. The employee accomplishes various duties to provide essential office automation support and production. The employee performs a variety of assignments using the advanced functions of various database software packages. The employee prepares varied documents with complex formats using the advanced functions of word processing, desktop publishing, and other software types. The employee performs systems maintenance functions for electronic mail systems. The employee performs a variety of assignments using the advanced functions of one or more spreadsheet software packages. The employee performs a variety of secretarial and other clerical and administrative functions, using judgment to answer recurring questions and resolve problems. Apply at <https://cpolwapp.belvoir.army.mil>.

COMMUNITY BANK

TELLER, part-time, 20 hours and CUSTOMER SERVICE REPRESENTATIVE, part-time, 25 hours. Submit resumé to <http://careers.dodcommunitybank.com> <<http://careers.dodcommunitybank.com>.

RTS WEATHER STATION

ELECTRONICS TECHNICIAN. Our technicians install, maintain and repair a variety of scientific instrumentation and communications systems and operate upper-air meteorological equipment for daily profiles of the atmosphere. Background in telemetry and analog/digital circuitry desired. Unaccompanied position. Competitive salary and benefits offered. Call 51508.

WANTED

HOUSE-SITTING for December, all of the month or part

of it. Call Ona, 52276.

SOMEONE WITH appropriate tools and knowledge to remove links from a watchband for a reasonable fee. Call Sam, 52785 or 52789.

ARE YOU TAKING down your fence? We want to buy it. Call 52319.

OUTDOOR AWNING and plastic patio table and chairs to buy. Call 53370.

HOUSE-SITTING for visting parents Dec. 2-19. Call Ona, 52276.

VOLUNTEERS ARE NEEDED to assist in preparing and processing of the archive of old *Hourglass* newspapers. These papers are from 1961 to 2000. The job entails removing staples, unfolding papers and putting them in special folders in chronological order. Interested persons should e-mail Leslie Mead at leslie.mead@smdck.smdc.army.mil. or call 58867. Volunteers will work at Building 905 from 7 a.m.-3 p.m., or by arranged time.

LOST

BLACK IPOD in black clip carrying case. Call 51192.

LAND'S END red raincoat with gray lining, youth size medium. Call 52398.

FOUND

WOMEN'S READING glasses on path near Richardson Theater. Call 52169.

DARK GREEN Stearn's raincoat, adult size large, on Redstone Road near SR1. Call 52398.

PATIO SALES

SATURDAY, 9 a.m.-?, Quarters 495-B (in back and inside). PCS sale. Everything must go. Lots of stuff.

SUNDAY, 9 a.m.-noon, Quarters 134-F. Women's clothes, shoes, scuba gear, bike, decorative items and kitchen items.

FOR SALE

X-BOX UNIT: Includes two wireless remotes, three wired remotes, and nine games- *Crimson Skies*, *Shark Tales*, *Outrun 2006/Coast to Coast*, *High Roller & Casino*, *Rainbow Six 3*, *Brute Force*, *Ghost Recon-Island Thunder*, *Crime Scene Investigation*, *Tetris Worlds/Star Wars Clone Wars*. \$150. Call 58751.

X-BOX UNIT, includes two controllers (one still new in box), DVD remote, all manuals, high definition AV pack, 45 OXM demo disks, and nine games including *Halo 2*, *Ninja Gaiden*, *SSX*, *Splinter Cell*, *Guilty Gear 2X*, *Prince of Persia 2*. \$150. Call 52305.

KING-SIZE Tempurpedic bed, \$2,000; wood dresser with mirrored hutch, \$60; 12-foot by 9-foot carpet, \$70; 6-foot by 9-foot carpet, \$30; big man recliner chair, \$50; regular recliner chairs, two, \$75 each; over-toilet cabinet,

Religious Services

Catholic

Saturday Mass, 5:30 p.m., in the small chapel.
Sunday Mass, 9:15 a.m., in the main chapel.
Mass on Roi is only on the first Sunday of the month at 12:15 p.m., in Roi 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.

\$25; gas barbecue with two bottles and three extra burner units, \$150. Call 52208, home, or 53757, work.

SCUBA REGULATORS, three, \$125 each; BC hangers, three, \$10 each; fins, \$15; weights/weight belt, \$5 and o-ring kit, \$3. Call 52576.

TURTLE SAND BOX, \$15; slide, \$20; easel, \$10; child's desk and chair, \$15; EZ swimsuit, ages 1½-6, new, \$15; infant boating vest, new, \$15 and children's beach chairs, \$5 each. Call 52692.

LARGE CROCK POT with removal insert, \$50; wicker magazine rack, \$15; set of four shelves with brackets, \$50; three-panel photo screen, \$75; five-pound box of screws, \$25; five-pound box of nails, \$25; bike trailer bed; antique looking picture frame, 8 x 10, gold and black, \$15 and leather jewelry box, great for travel, \$50. Call 3627.

VACUUM CLEANER with attachments, available after Nov. 17, \$40 and graphite golf clubs, irons only, with bag, \$60. Call 53921, home, or 51460, work.

FENDER CUSTOM SHOP Stratocaster guitar, in nearly mint condition, \$1,650. Call 53925.

GIRL'S TAP SHOES, size 2½, excellent condition, \$10. Call 52124.

BIKE REPAIR STAND, original price before shipping \$300, will sell for \$200, holds any style bike (race bike to Kwaj bike) to perform repair or maintenance on bike, high quality (brand name - Park Tool) and brand new

Café Pacific

Lunch

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Nov. 21
Broiled porkchops	Virginia ham	Roast pork loin	Barbecued brisket	Lemon chicken	Beef steak	Chicken cacciatore
Pepperoni pizza	Teriyaki chicken	Turkey tetrazzini	Herb baked wings	Beef stew	Bratwurst/sauerkraut	Italian mix grill
Veggie pizza	Seafood Newburg	Seafood quiche	Veggie/rice casserole	Garbanzo beans	Turkey cordon bleu	Breaded catfish
Grill: Swiss burger	Grill: Brunch station open	Grill: Brunch station open	Grill: Chuckwagon	Grill: Buffalo burger	Grill: N/A	Grill: Swiss burger

Dinner

Tonight	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Pancake supper	Minute steak	Italian meatloaf	Thai chicken	Pork cultet	Flank steak	Chinese 5-spice chicken
Cod casino	Buffalo wings	Chicken peapod stir-fry	Lamb couscous	Herb roast chicken	Chef's choice	Pork adobo
Szechuan pork	Mac and cheese	Fried eggplant	Indonesian pasta	Cottage pie	Chicken Monterey	Spicy tofu/veggies

Due to mission requirements, the recompression chamber will not be until Nov. 29. During this period recreational diving is limited to 50 feet.

condition. Call to take a look 53008.

BRAND NEW BURLEY jogging stroller, used twice, \$60; Little Tikes children's desk, with red Chair, \$45 and two doll houses, no furniture or figures, \$5 each. Call 52211, 9 a.m.-8 p.m.

GRADY-WHITE 240 off shore boat with Yamaha 150-horsepower outboard motors, 150-gallon fuel tank, stereo, VHF, and dual-axle trailer, cabin with lots of storage space, lots of spare parts including two Yamaha engines, located on Boat Lot 4, \$30,000 Call 59335 or 59081.

32-INCH SONY TRINITRON TV, \$400; BC with regulator, octopus and computer console, \$900; Four-station Weider exercise equipment, \$150 or best offer and glass for stained glass projects. Call Jesse, 59786.

1250W STAINLESS PANASONIC Microwave, available Nov. 18, \$50; two home dehumidifiers, \$50 each; large outdoor storage shed, \$75; 19-inch TV, \$25; small refrigerator, \$75; electric baby swing, \$75; DVD player, \$25; Medela dual breast pump (like new), \$125. Call Rick or Kendra 51132..

COMMUNITY NOTICES

ALL MERCHANDISE at the 816 Store is 95 percent off on Saturday. C-Badge workers will be allowed to shop. Hours are 1-6 p.m.

A VARIETY DANCE will be held 7-11 p.m., Sunday, at the Ocean View Club.

THE SMALL ARMS RANGE will be in operation 7:30 a.m.-5:30 p.m., daily Monday thru Nov. 29. Observe the red flag hazard area during operations. Questions? Call 54448.

816 MINI STORE will be open thru Saturday. All Merchandise is 50 percent off. Look for additional discounts thru the week. The Mini Store Hours of operation will be 1-6 p.m., Monday thru Saturday.

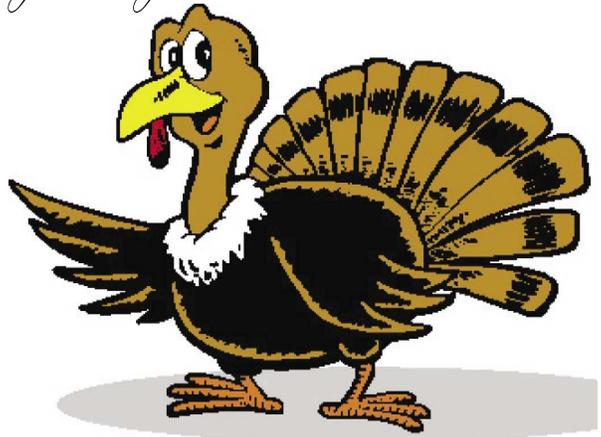
MOBILE KITCHEN EVENT IS NOV. 22. Thanksgiving on the Beach. Menu to include cheese, cracker appetizer, garden salad, dinner rolls, turkey, dressing, mashed potato and gravy, corn on the cob, cranberries,

FINAL CHRISTMAS WREATH SALE

10 a.m.-2 p.m., Monday, on the AAFES porch. This is your last chance to get a beautiful Christmas wreath for the Holidays. Come support the Cub Scouts and make your home smell beautiful.

Thanksgiving Dinner

JOIN CAFÉ PACIFIC for a Thanksgiving Buffet on Nov. 28. The menu will include prime rib of beef, Virginia maple smoked ham, steamed crab legs, roast turkey with all the trimmings, cashew-encrusted mahi mahi, tortellini with garlic cream sauce and a chilled seafood bar which features jumbo



peel-and-eat shrimp, mussels on the half shell, smoked salmon and cajun crawfish. Also being served will be an international cheese bar, assorted salads, fresh fruits and a variety of delicious desserts including assorted cheesecake, pumpkin and pecan pie. Bring the whole family. 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 twelve \$12.95. 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. Menu subject to change due to availability

holiday pie, beer and wine. Cost is \$25 for meal card holders and \$30 for non-meal card holder. For payment, see Marie Pimenta at the Retail Service Office building 805 next to the Bowling Center, or call 53933.

IS YOUR CHILD ready to baby-sit? CYS will hold baby-sitting training Nov. 24 and Nov. 29. Attendees must be 13 by June 1 to attend. Basic first aid and child development information will be given. Space is limited. To register, call Amy Daniels, 53610.

KWAJALEIN ATOLL Sport Fishing Club will meet at 7 p.m., Nov. 26, at the Pacific Club. Food and beverages will be served at 6:30 p.m.

DON'T EAT ALONE ON THANKSGIVING! Christian Women's Fellowship is hosting a lunch at 1 p.m., Nov. 27, in the Religious Education Building. Turkeys, Dressing and Drinks are provided. If you can, bring a side dish to share. All are welcome — families, singles and visitors. Call Amy, 52681, with questions and to sign up so we have an idea of how many turkeys to cook. Hope to see you there.

FLU SHOTS are now available and are free of charge. Stop by the hospital, 1:30-4 p.m., Tuesday, Wednesday, Thursday and Saturday. The hospital is closed Friday afternoons.

DURING PEAK hours (beginning of school, lunch and end of school), 4th Street will be closed. During non-peak hours, 4th Street will be closed from Taro St. going east to Ocean Road. Parents are advised to pick up and drop off children on 3rd Street.

DO YOU HAVE A NEW GAZEBO? If so here's something that you should know: IAW with SPI 2600 R2 section 3.0 paragraph "H" "The addition of new exterior appurtenances, to include but not limited to porches, fencing canopies and storage sheds requires building permit approval". If you have erected a free standing gazebo recently please submit a building permit application to the housing office in building 908.

The building permit can be found in KARDS or contact billy.abston@smdck.smdc.army.mil or melba.abston@smdck.smdc.army.mil or 53288.

ATTENTION TDY SPONSORS. A limited number of bicycles are available for use during TDY tours. A reservation is required with a minimum of 24 hours notice. Contact the Kwaj Lodge front desk, 53201, with the sponsor's name, the company's name, the quantity of bikes needed and the duration.

YARD CARE REMINDER. SPI 2601 sec 2.4 Residential Yard Care and Landscaping states: Residents shall make arrangements for care and maintenance of yards prior to extended absences of more than 14 days. Your attention to this matter is appreciated. Questions? Call 53288.

KRS/Chugach/AirScan Pacific Inc. HEALTH BENEFITS OPEN ENROLLMENT Nov 4 – 21

The open enrollment deadline is Nov. 21. If you did not receive a packet, please stop by Human Resources, Bldg. 700 or call Health Benefits at 50939 or 51888. This information is also available on the USAKA Intranet (HR webpage). This is your chance to:

- Review your benefits information
- Select the benefits that is right for you and/or family
- Change/update your life insurance beneficiary(s)
- Add or remove dependents from your health insurance policy
- Purchase additional life insurance.

Expanded 'Online Mall' helps shoppers

AAFES news release

The addition of several new suppliers to the Exchange Service's Online Mall is adding up to greater selection and savings for military shoppers.

"By partnering with select suppliers willing to offer special incentives to exchange shoppers, AAFES is able to strengthen the exchange benefit with additional value and selection," said Chief Marketing Office Mat Dromey. "Finding the

right product, at the right price and at the right time continues to get easier as the Exchange Online Mall expands."

The Exchange Mall is a concession mall offering online service and merchandise to military members around the world. Today, more than 85 third party sites strengthen the exchange benefit through their active support of the exchangeonlinemall.com <<http://www.exchangeonlinemall.com/>>.

Authorized customers can log onto to their Exchange Online Store at [aafes.com](http://www.aafes.com) <<http://www.aafes.com/>>, [usmc-mccs.org](http://www.usmc-mccs.org), <<http://www.usmc-mccs.org/>> [navy-nex.com](http://www.navy-nex.com) <<http://www.navy-nex.com/>> or [cg-exchange.com](http://www.cg-exchange.com) <<http://www.cg-exchange.com/>> and click the Exchange Mall logo or access the site directly by logging onto www.exchangeonlinemall.com <<http://www.exchangeonlinemall.com/>>.

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as the KPOL weather radar, which provide information necessary to issue weather warnings and forecasts. They also have remote access to meteorological satellite data, surface observations, weather forecast model output, and tropical cyclone and tsunami bulletins for our region. In essence, it is as if the DO meteorologist is here at Kwajalein, with the exception that their feet are on the red dirt of Oklahoma.

The Oklahoma DO office is staffed by veteran RTS meteorologists Vanessa Richard, who PCS'd from Kwajalein last June, and Brian Morrison. Between the two of them, they have over 14 years of on-site Kwajalein forecasting experience. With Vanessa Richard's arrival, the DO office began operational testing to validate and improve the systems architecture, develop procedures, and to identify and resolve any problems. Over the past few months the final phase of testing involved conducting parallel forecasting operations. For this the DO office produced all warnings and forecasts during the Kwajalein forecaster midnight shift, but with a meteorologist still on site at the Weather Station to verify that all shift requirements were met with the same high standards of excellence.

The success in developing and testing our remote forecast operation has brought us to the next transition step in which our Oklahoma DO forecast office assumes full responsibility for normal weekday midnight shift forecast operations. Five days a week, Tuesday

through Saturday, during the Kwajalein hours of midnight and eight AM, the DO meteorologist will be providing all weather warnings and forecasts for the island. A forecaster will not be on duty at the Kwajalein Weather Station during this time and phone calls to 53347 for forecast information will be directed to the DO office at 405 325 0050. An important aspect of this operation is maintaining communications between the DO and Kwajalein. Should communications fail, procedures are in place to notify an on-call Kwajalein based meteorologists to immediately proceed to the weather station and assume forecast and warning responsibilities. Support for RTS missions and any emergency operations during these overnight hours will continue to be conducted by on-site meteorologists. In conjunction with RTS Transformation plans, ATSC will expand its Distributed Operations capabilities to Huntsville, Alabama in the future. Although there will be other hurdles to overcome, ATSC will apply innovation and cutting-edge technologies to meet these goals, while still maintaining its full level of service and excellence to the USAKA/RTS and the Kwajalein community.

The weather forecasts and warnings produced for Kwajalein by ATSC meteorologists are provided to the public via AFN TV Channel 13. Weather forecasts and other weather information pertinent to Kwajalein may also be viewed on the web at <http://www.rts-wx.com> and are printed in the *Hourglass*.

Weather courtesy of RTS Weather

Saturday: Partly sunny, 30 percent showers. **Winds:** ENE at 11-15 knots.
Sunday: Mostly cloudy, 40 percent showers. **Winds:** NE-E at 12-17 knots.
Monday: Partly cloudy, 30 percent showers. **Winds:** ENE at 11-15 knots.
Tuesday: Partly cloudy, 40 percent showers. **Winds:** ENE at 12-18 knots.
Wednesday: Partly cloudy, 40 percent showers. **Winds:** ENE at 12-18 knots.
Thursday: Partly sunny, 30 percent showers. **Winds:** ENE at 8-12 knots.
Nov. 21: Partly sunny, 30 percent showers. **Winds:** ENE at 8-12 knots.

Annual total: 76.61 inches
 Annual deviation: -9.76 inches

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

Sun • Moon • Tides

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Saturday	6:29a.m./7:03 p.m.	7:15 p.m./7:16 a.m.	5:06 a.m., 3.7' 5:22 p.m., 5.1'	10:57 a.m., 0.6' 11:53 p.m., 0.7'
Sunday	6:29 a.m./7:02 p.m.	8:20 p.m./8:23 a.m.	5:49 a.m., 3.4' 6:05 p.m., 4.8'	11:37 a.m., 0.3'
Monday	6:29 a.m./7:02 p.m.	9:27 p.m./9:29 a.m.	6:35 a.m., 3.1' 6:52 p.m., 4.3'	12:40 a.m., 0.4' 12:19 p.m., 0.0'
Tuesday	6:29 a.m./7:03 p.m.	10:31 p.m./10:31 a.m.	7:29 a.m., 2.7' 7:47 p.m., 3.8'	1:34 a.m., 0.0' 1:09 p.m., 0.5'
Wednesday	6:29 a.m./7:03 p.m.	11:30 p.m./11:28 a.m.	8:40 a.m., 2.4' 8:58 p.m., 3.4'	2:40 a.m., 0.4' 2:14 p.m., 1.0'
Thursday	6:29 a.m./7:03 p.m.	/12:18 p.m.	10:23 a.m., 2.4' 10:31 p.m., 3.1'	4:04 a.m., 0.7' 3:57 p.m., 1.3'
Nov. 21	6:29 a.m./7:03 p.m.	12:25 a.m./1:03 p.m.	12:02 a.m., 2.6'	5:32 a.m., 0.7' 5:52 p.m., 1.2'