

VOLUME 54 NUMBER 50

DECEMBER 14, 2013

THE KWAJALEIN HOURGLASS



Sgt. Maj. David Negron and Monica Sadler help Santa Claus light the downtown Kwajalein Christmas tree during the 46th annual Tree Lighting Ceremony Dec. 7. For more, see page 4.

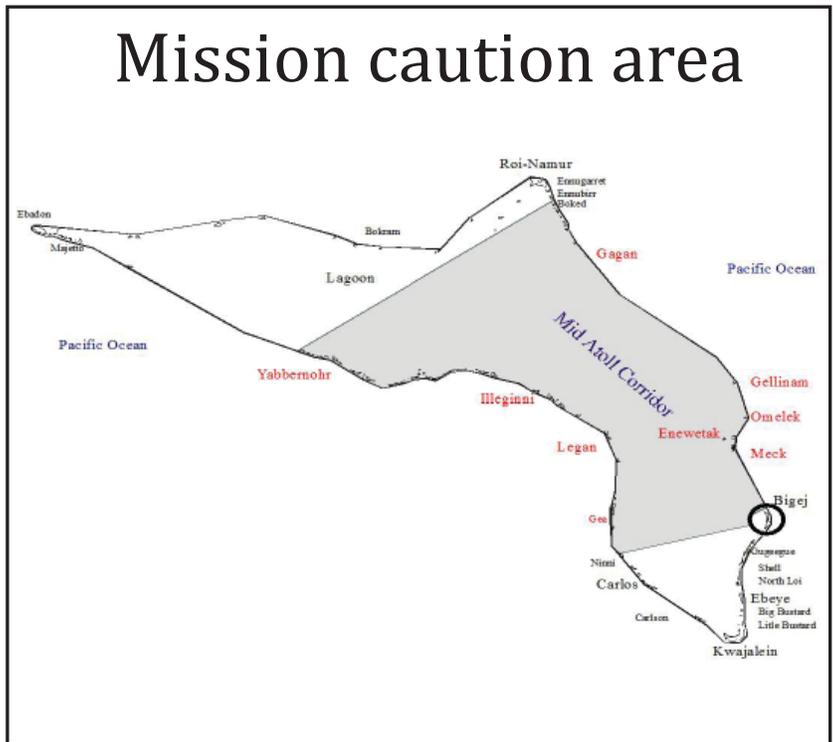
Photo by Jordan Vinson

Mission announcement

A range operation is scheduled for Dec. 17, 2013. Caution times are 9:39 p.m., Dec. 17 through 3:39 a.m., Dec. 18. During this time, a caution area will extend into the open ocean east and west of the mid-atoll corridor. The caution area will extend from the surface of the ocean to an unlimited altitude.

The mid-atoll corridor will be closed and restricted from 4:30 p.m, Dec. 13, 2013 until mission completion.

Questions regarding safety requirements for this mission should be directed to USAG-KA Command safety directorate, Kwajalein range safety at 54121.



Juon ien kokemelmel enaj koman ilo Dec. 17, 2013, awa ko rej kauwotota ej jen 9:39 p.m. nan 3:39 a.m. Ilo ien in ba kake, ijoko rej kilok nan kokemelmel kein ej tu rear im tu rilikin bedbed ko ilo Mid Atoll corridor.

Mid Atoll Corridor enaj kilok jen 4:30 p.m., 13 ran in December 2013 ma ien enaj dedelok jerbai in kokemelmel kein. Ne elon kajitok jouj im kirtok USAG-KA Command safety ilo 54121.

USAG-KA Command: Unauthorized, inappropriate use of government vehicles subject to corrective action

Hourglass reports

The number of cases of inappropriate use of government vehicles has steadily increased throughout the garrison, and USAG-KA wants all personnel to be aware of the proper and legitimate use of government vehicles to prevent waste of resources and abuse of privileges. Pursuant to USAG-KA Regulation 56-4, Army Regulation 58-1 and other federal law and ethics regulations, use of government vehicles is restricted to

official purposes only. Use of government vehicles to travel between your home and place of employment, to run personal errands or to travel to retail establishments, dining facilities, the gym, the bank and the food court is prohibited. Transportation of personnel or dependents to or from the airport is also prohibited, unless the traveler is on official business or is PCS'ing. Personnel who misuse government vehicles may be subject to adverse corrective action by their employer or USAG-KA Command.

Thumbs Up! 

... to Jim Hockenberger, Gary Bohning, Paul Haislip and Tim Roberge for assembling the new bike racks for the Surf and Sands BQs.
 ... to the Quality of Life folks for purchasing the new bike racks.
 ... to the good Samaritan who found and returned Tim Dralle's mask and snorkel and refused to give his name or accept a reward.

(Belated) Thumbs Up!

... to the staff at the Zamperini Dining Facility for a great Thanksgiving feast.
 ... to Jane Morris for sending Christmas decorations for Community Activities to use to make the Kwaj holiday season even more festive than usual.

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 Garrison-Kwajalein Atoll. Contents of the Hourglass are not necessarily official views of, or endorsed by, the

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Col. Nestor Sadler thanks Mike Woundy for work on Vets Day

Hourglass reports

U.S. Army Garrison-Kwajalein Atoll Commander Col. Nestor Sadler presented a Certificate of Appreciation to Mike Woundy for his outstanding contribution as President of the American Legion Post 44. Woundy's efforts on Veterans Day were integral to ensuring that the ceremony honored to the highest extent possible the U.S. and RMI men and women who have served and who continue to serve in the U.S. Armed Forces.



Kwajalein Jr./Sr. High School Band members receive tokens of gratitude from U.S. Ambassador to the RMI



Photo by Jordan Vinson

On behalf of U.S. Ambassador to the Republic of the Marshall Islands Thomas Armbruster, the Directorate of Host Nation Activities presented special U.S. Embassy coins to the Kwajalein Jr./Sr. High School Band Tuesday. They were given to the students, said Maj. John Sova during a short speech in the morning, to express appreciation for their outstanding performance during the 2013 Veterans Day Ceremony last month.

Santa canoes to Kwaj for annual Tree Lighting Ceremony Dec. 4

Article and photos by Jordan Vinson
Associate Editor

Santa Claus was spotted in an outrigger canoe off the west coast of Kwajalein at about 5:45 p.m., Dec. 7. His canoe cut quickly across the lagoon's surface toward Small Boat Marina, the sun at his stern and throngs of people dressed in red at his bow.

Kwaj children and their parents grouped together en masse just off the docks of the marina, eagerly anticipating the old elf's arrival and making sure their cameras were defogged and at the ready. There was talk of candy to be grabbed up and stuffed into sacks. Stragglers came running to the marina from the east, hoping they hadn't missed anything.

The onlookers cheered, whistled and clapped when a couple of minutes later Santa and his outrigger crew arrived at the docks. Crawling out of his canoe, the relief and joy seen in Santa's eyes was obvious. It must have been one heck of a trip from the North Pole on that vessel.

Deputy to Commander Joseph Moscone and Sgt. Maj. David Ne-gron went out to the docks to thank Santa for making the trip out to Micronesia and welcomed him on behalf of the entire U.S. Army-Kwajalein Atoll. They showed the guest of honor to his sleigh—a larger trailer pulled behind a dark green John Deere Tractor—and Santa stumbled only once while climbing aboard.

"It was the 'canoe lag' that got to me," the big man said in a personal interview later in the evening. "Plus, I was already out of cookies by the time we made it to Wake Island."

Once aboard his sleigh, Santa directed the holiday parade toward the Kwajalein downtown area. He and his helpers threw out gobs of candy along the way to more than 100 children and parents who flocked to either side of the cavalcade. 30 minutes later, the parade arrived downtown and kicked off the Tree Lighting Ceremony festivities.

The rev. Kevin Wilson gave the event's opening invocation before



Santa receives a warm welcome from the community on his way to the Kwajalein downtown area Dec. 7.



Mrs. Karen's Dance Troupe perform for the crowd.



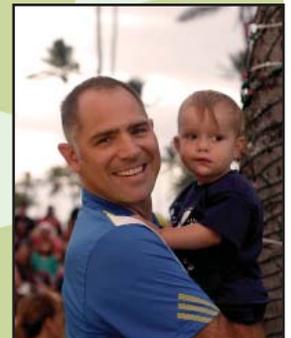
Yomoko Kemen performs a hula dance.



Juliet Delisio prances in front of the stage while bands play.



More than 100 children, including Marina Lojkar, left, Leilani Maika, center, and Tatina Samson, escort Santa along the route of the the holiday parade.



The rev. Kevin Wilson brings his son up to give the invocation.

Mrs. Karen's Dance Troupe performed. Taking to the grass in front of the stage, the young girls twirled together in bright red elf costumes like Whirling Dervishes, twisting small colorful umbrellas in their hands. Yomoko Kemem put on a hula dance while Mandie Morris sang "Christmas Island." Ed and Patrice Kramer also got into the spirit,

performing "Kwaj Christmas" on the event stage for all the residents crowded onto bleachers parked in front of Macy's.

The Ri'katak Dancers took center stage with a special holiday performance on a section of the downtown streets, and the Jr./Sr. High School Band played after. Directed by Kyle Miller, they played "Let It



Roanna Zackhras co-leads the Rikatak Dancers' holiday dance performance downtown Kwajalein Dec. 7.



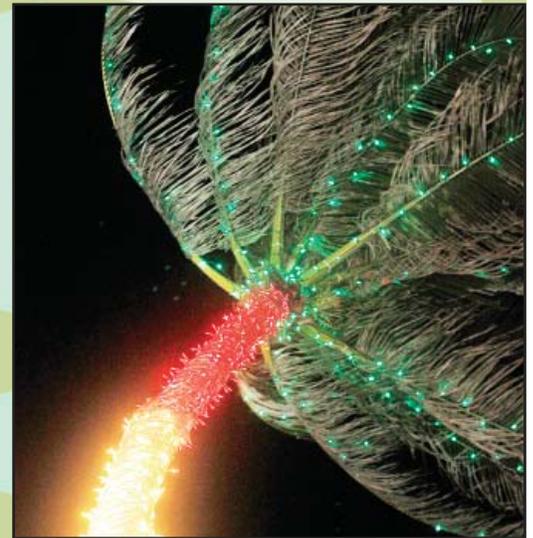
Rodriguez Hazzard, left and Paul Lokboj, middle, coordinate with other Rikatak Dancers during their performance Dec. 7.



Santa sits down to take a break and enjoy the Chapel Worship Band's rendition of "Silent Night."



Dan "Riverdog" Hopkins belts out his cover of "Grandma Got Runover by a Reindeer."



Kwajalein's downtown Christmas tree glows against the dark sky the night of Dec. 7.



Deputy Commander Joseph Moscone gives the holiday greeting before Santa, Sgt. Maj. David Negron and Monica Sadler take to the stage to light the palm tree.



Patti Lelet ricochets off the sides and floor of an inflatable bounce house set up for children after the Tree Lighting Ceremony.

Snow" and "Winter Wonderland." The Elementary School Choir sang everything from "Jingle Bell Rock" to "Rocking Around the Christmas Tree," and the Chapel Worship Band performed hits like "Joy to the World" and "Silent Night." Dan "Riverdog" And Hopkins rounded up the entertainment portion of the ceremony with his special ren-

ditions of "Grandma Got Run Over by a Reindeer" and "Rusty Chevrolette."

Finally, Moscone had the honor of giving the official holiday greeting to those in attendance before Santa, Negron and Monica Sadler came to the podium to perform the tree lighting countdown. On "one," Negron and Sadler pushed in Ru-

dolph's red, glowing nose, completing the electrical circuit and sending all the juice need to switch on the thousand lights stitched along the length of the Christmas tree. Kids screamed and adults clapped and cheered as the 35 feet palm tree glowed in front of them.

The rev. Vic Langhans gave the closing benediction.

Kids, parents flock to library to personally meet Santa Claus

Hourglass reports

Photos by Logan Lelet and Kim Yarnes

Santa Claus stopped by Grace Sherwood Library Sunday to meet one-on-one with the island children. Rested up from his arduous outrigger canoe voyage from the frigid North Pole, the big man invited dozens of kids up onto his lap to to give them an opportunity to tell Santa what they wanted for Christmas this year.

Some brought to the library lengthy lists that included everything from high-tech electronics to sports gear and clothing. Others had complete meltdowns.

“They’re just nervous to be up close and personal with ol’ Claus,” Santa said, laughing. “For a few of them, this is their first time meeting me.”

In addition to meeting Santa, kids got the opportunity to decorate crafts and put on temporary Christmas tattoos.

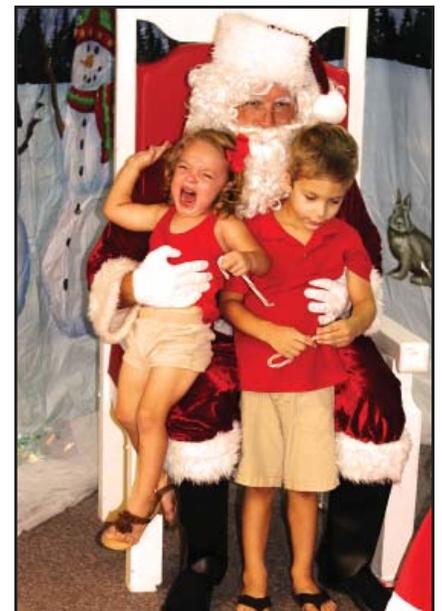
The “photo opp” bars set up in the library by Community Activities staff were major hits with the parents. Many came away from the event with plenty of photos that will likely be used to embarrass their children well into the future.



Mikah and Makoa Busquets are all smiles Sunday after telling Santa what they want for Christmas this year at the Grace Sherwood Library.



Community Activities’ Midori Hobbs applies temporary Christmas tattoos on children in the library.



Some little ones have personal crises while on St. Nick’s lap.



Natalie Ebel looks at her parents while they snap photos of her with Santa. At 6 months of age this was her first visit with St. Nick.



Isaac and Iris Weiland goof around with Ayano Kaneko in the library Sunday.



KWJALEIN ARES ORNER

The personality profile

By Dr. Paulette Galbraith, M.D.
Kwajalein Hospital

Have you ever noticed that there are people out there who are different from you? Perhaps you live with them. Maybe you work with them. But chances are that you have noticed differences and you have wished that you could change those people. You may have even gone so far as to try to “fix” them by suggesting that their way of thinking, attitude and approach to life should be more like your own. But these attempts usually end in futility and frustration. Those people’s differences just seem to be hardwired into their personality.

While each person is wired differently, there are many similarities that allow people to be grouped into general categories. Completing the Personality Profile may seem like taking a test, but actually it’s a tool that will help you find a starting point. Think of it as going to the shopping mall. First, you need to decide to go to the mall (in need of something). You park and walk

in (do the profile). Now, if you don’t know exactly where you are, you might wander around in circles. So a helpful thing to do is to look for the directory board and find the “You Are Here” sticker (add up your totals).

Once you figure out where “You Are Here” is, you can then make a Personality Plan for getting from where you are to where you want to be. You may find you’re on the wrong end of the mall (living in weaknesses), which means it will take a little more time to get where you want to go (living in strengths). The journey may be long or short, but at least you’re not aimlessly walking in circles anymore. What you want to become is a well-balanced individual who is living in his or her strengths, not wallowing in weaknesses.

The Personality Profile will help you to identify your Personality type. While you are wired a certain way, you can overcome natural tendencies that hinder you from making the connections in your wiring that “turn the lights on.”

Because the Personality Profile

is a tool, not a test, the results are never “right” or “wrong”. Like the natural tendency to want to get a high score in an exam, people often ask, “Which is the best personality to be?” The answer: the personality living in its strengths! This profile isn’t designed to pigeonhole or put you in a box, but to help you develop an individual Personality Plan that works for you. In the process of discovering your identity, you can use this tool to overcome your natural weaknesses (or struggles), and find freedom to live in your strengths.

Whether the people with whom you desire to improve your relationships are customers, colleagues, companions or your children, Wired That Way is an easy-to-understand, easy to apply personality system.

Yes, “You Are Here” but “here” may not be where you will want to stay. Stop by the EAP office, Room 236, Hospital and complete the profile. Then apply your personality plan and enjoy living in your strengths.

Information for this article was obtained from writings by Marita Littauer and Florence Littauer



Nelson Mandela July 18, 1918 — Dec. 5, 2013

“It is hard to eulogize any man—to capture in words not just the facts and the dates that make a life, but the essential truth of a person—their private joys and sorrows; the quiet moments and unique qualities that illuminate someone’s soul. How much harder to do so for a giant of history, who moved a nation toward justice, and in the process moved billions around the world.”

—U.S. President Barack Obama, during Mandela’s memorial service in Johannesburg on Dec. 10, 2013

Disinfection byproducts in drinking water on Meck Island

Hourglass reports

The Meck Island water tests performed during fourth quarter FY13 showed Total Trihalomethane (TTHM) levels in the drinking water greater than the maximum contaminant level (MCL). Trihalomethanes represent a group of chemicals generally referred to as “disinfection byproducts”. They are formed when chlorine is used to disinfect water to make it safe for drinking. They result from a reaction between the chlorine and naturally occurring organic compounds in the raw water. Mandatory public notification is required when a contaminant exceeds the MCL. Potential health effects

from long-term consumption of water with elevated levels of TTHM include liver and kidney problems or increased risk of cancer. However, potential short-term exposure by healthy adults has not been shown to lead to adverse health effects. Potential exposures to Meck personnel can be considered short-term due to the limited time the MCL has been exceeded.

Final approval has been granted for a granular activated carbon (GAC) filter system, which is scheduled to be installed on Meck in the late spring or early summer of 2014. This GAC filter system will treat the entire Meck drinking water system to remove those naturally

occurring organic compounds before the water is disinfected with chlorine, effectively reducing the resulting TTHMs to minimal levels.

In the mean time, an activated carbon point-of-use filter will be installed on the tap outside the water treatment plant to filter out TTHMs and provide safe drinking and cooking water for Meck personnel from this tap only. Showering and face-washing at other locations will have no negative effects. These activities may continue at any shower or potable water tap.

If you have any further questions, please contact Leigh Pinney, Kwajalein Range Services ES&H at 55374.

Beat the heat while you work out

By Kaylee West
Recreations Coordinator

While exercising in hot and humid environments like Kwajalein it is important to take steps to counteract dehydration and heat illness. Those who are not acclimatized to Kwajalein’s environment are most at risk for adverse effects.

During exercise the body generates metabolic heat. To combat increasing amounts of metabolic heat, specialized

glands all over the body stimulate the release of sweat and blood flow is diverted to the surface of the skin. When these mechanisms cannot cool the body quickly enough exercise performance may diminish, and hyperthermia, dehydration and/or heat illness could occur.

Before lacing up and heading out for your next outdoor exercise session have a plan to beat the heat and avoid dehydration. Here are some quick tips to consider.



Ensure you are properly rested, nourished and hydrated before your next workout.



Map out locations of water fountains and shady spots along your route.



Give yourself 10-14 days to acclimatize to Kwajalein’s environment before continuing with your mainland exercise routine or beginning a new routine.



Start with only 10-15 minute outdoor sessions and gradually increasing the duration.



Consider exercising in cooler times of the day like early morning or late evening and wearing light weight, moisture-wicking clothing.



Always include a proper warm-up and cool-down in your exercise routine.

USAG-KA Town Hall dates and locations

RMI Work Force

Dec. 19

1 - 3 p.m.

Island Memorial Chapel

Roi Work Force and

Residents

Dec. 20

1 - 3 p.m.

Tradewind Theater

Kwajalein Residents

Dec. 20

6:30 p.m. - 8 p.m.

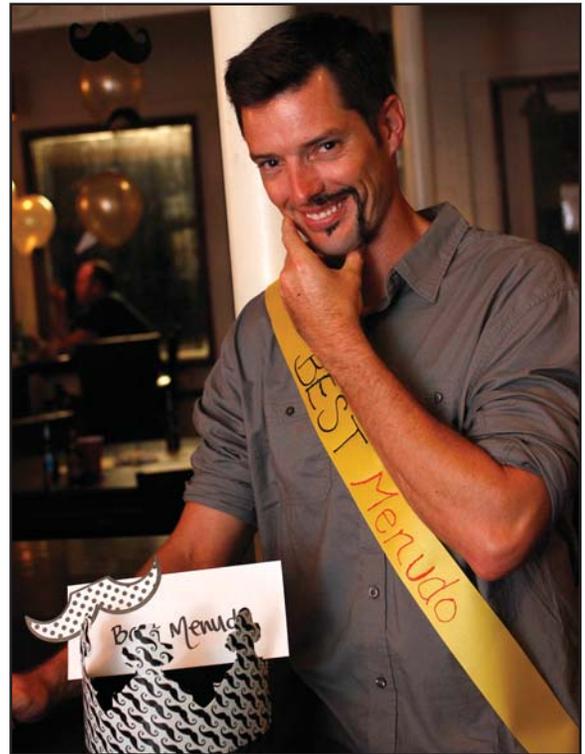
MP Room

View from Kwaj

We need your submissions to keep this page full! Email to: usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil



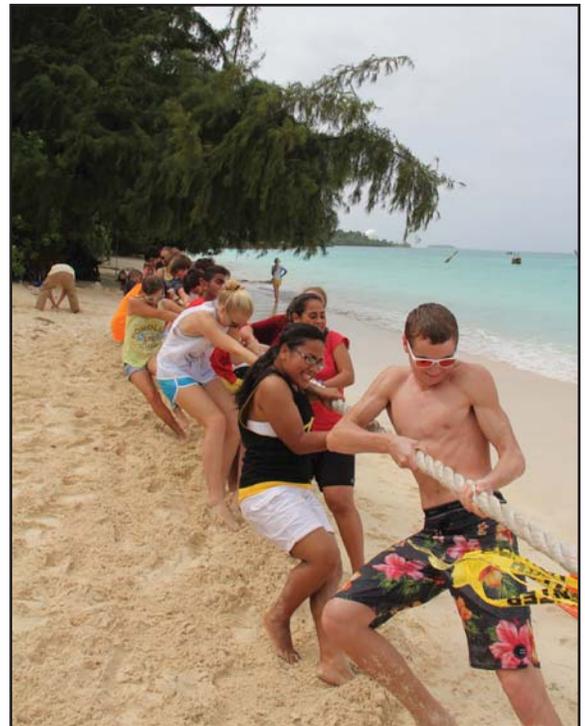
From Molly Premo



From Jordan Vinson



From Jordan Vinson



From Molly Premo



From Shannon Paulsen

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 Terminal/Post Office bulletin board. Full job descriptions and requirements for contract openings are located online at www.krsjv.com.

LOST

BROWN WOMEN'S WALLET, lost afternoon of Dec. 6, contains personal IDs, reward for returning. Call Jane Abston at 51806 or 53341.

RED RAIN JACKET, "Red Ledge" brand, lost at Mustache Bash at Country Club. Call Ross at 52499.

FOUND

DIVE LIGHT. Call 52456.

WANTED

OUTBOARD MOTOR, dinghy size, 2-8 HP, in running condition. Call 51057 or email south.sea.pilot@gmail.com.

CRIB. Call TC or Christi at 54824.

PENN SENATOR 10/0 parts. Call Josh at 52184 or 52222.

Religious Services

Catholic

5:30 p.m., Saturday, Small Chapel
 9:15 a.m., Sunday, Island Memorial Chapel
 Roi-Namur service, 4:45 p.m., Second and Fourth Friday of each month. Appointments with Fr. Vic available after dinner.

Protestant

8 a.m., Sunday, Island Memorial Chapel
 9:15 a.m., Sunday School
 11 a.m., Sunday, Island Memorial Chapel
 6:30 p.m., Friday, Roi Chapel

Latter-day Saints

10 a.m., Sunday, CRC Room 3
 Contact the chaplain's office at 53505 for more information.

PATIO SALE

TODAY, until 6 p.m., quarters 135-C. Indoor, rain or shine, early birds welcome, electronics, books, videos, DVDs, queen-sized bed, full-sized bed, computers, portable TVs. Call John at 53290.

TODAY, until 1 p.m., corner of 6th Street and Lagoon. Multi-family sale, household items, children's clothes, toys, adult clothes and other miscellaneous items. Rain cancels.

TODAY, 2-6 p.m., quarters 415-B. Lots of Christmas gift ideas, ladies watches, designer purses, Waterford crystal, etc.

MONDAY, 8 a.m.-4 p.m., quarters 135-C. Indoor, rain or shine, early birds welcome, everything must go, electronics, books, videos, DVDs, queen-sized bed, full-sized bed, computers, portable TVs. Call John at 53290.

FOR SALE

SCUBAPRO MEN'S WETSUIT, brand new, black, sleek and warm, size XXXL, retails for \$195, asking \$85; women's white Adidas soccer cleats, never worn, size 10, \$30. Call 52485.

USED GAMING LAPTOP, 17-inch, i5 processor, 2.53 GHz, 8 GB DDR3 RAM, 640 GB hard drive, 1 GB dedicated video card, Blu-ray reader, DVD writer with Lightscribe, and Windows 7 Pro, available with fresh install for the holidays, \$500. Call 59253 and leave a message.

SONY XPERIA Z 10.1-inch tablet, 32 GB flash memory, 64 GB Micro SDXC card, 2 GB RAM, full HD display, 5.1 surround sound, 8 MP rear-facing camera, quad-core processor, Jelly Bean OS, MoKo slim cover case, ArmorSuit Military Shield screen protector, \$400. Call 52597.

WOODEN LOFT for twin bed, \$80. Call 56674 or 53008.

TWO NECKY KAYAKS, one gray, one yellow, sit-in single seat touring style, 16-foot polyethylene hull, bow and stern hatches, kick-up rudder with cable operated pedals, \$150 each. Call Mo at 52667.

WHITE BOOKCASE, 76W x 30H x 12D, \$20; new Euro Cuisine yogurt maker, eight extra glass jars, \$20; upright 4-drawer metal filing cabinet with about 50 new hanging file folders, \$20; PUR chrome faucet mount water filter, \$10; blue upholstery loveseat, \$75; bikes, microwave, toaster, queen-sized bed, steam cleaner, etc. available late January. Call 52306.

MEN'S NEOSPORT WETSUIT (XXL) 3/2mm, never worn, \$65; Hoover SteamVac, new in box, \$110; Weber Charcoal One-Touch Gold kettle grill, new condition, \$110; heavy bag, \$40; Dunlop golf clubs, caddy, new glove, \$60. Call Brian at 51081.

YAMAHA ALTO SAX (YAS23), good condition, no dents, some scratches, in hard case, \$300 (originally \$585); Yamaha tenor sax (YAT23), very good condition, no dents, in hard case, \$1200 (originally \$2400). Call Lynx or Glen 54641.

LADIES 3-SPEED ELECTRA CRUISER with high handlebars and large back basket, Kwaj condition, \$100; men's LaJolla single-speed aluminum frame, kwaj condition, \$75. Call Tammy at 51229 or 52501 evenings.

KWAJALEIN COOKBOOKS available for \$5 at the Chapel office. These make a great Christmas gift. Questions? Call Judy at 51157.

COMMUNITY NOTICES

PACKAGE DELIVERY service from Automotive Services will run through Dec. 24. A driver and van will be located between the P-Xtra and Zamperini Dining Facility during normal package pickup hours Monday through Saturday. You must receive the packages at the Post Office pickup window and transfer them to the van. The driver will be available to assist. Be prepared to meet the driver at your quarters.

COME TO THE CHRISTMAS ISLAND Light up the Night event to enjoy an evening of caroling, hot chocolate and snacks 6-9 p.m. Saturday in the MP Room. Vote for your favorite decorated quarter and find out who the winners are.

THE KWAJALEIN ATOLL International Sportfishing Club will be sponsoring the "Wahoo-Mahi" Fishing Derby on Sunday. For more information call Trudy at 55987.

COME MEET THE TWINS! Help us welcome the Cardillo twins to the island. T.C., Christi, Iji, and the newest additions, Alonzo and Berkeley, will be guests of honor at a potluck from 3:30-6 p.m. on Sunday at quarters 208-B. We'll be taking donations to help them purchase a jogging double stroller and cloth diapers.

SAY FAREWELL to the Souther family at 6 p.m., Sunday, at the Emon Beach main pavilion. Hot dogs, water, juice and soda will be provided. Bring along your memories and your favorite dish for a potluck or food to throw on the grill.

HOLIDAY DOUBLE FEATURE. 7:30 p.m., Sunday, at the Rich Theater. Enjoy back-to-back

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Dec. 21
Kwaj Fried Chicken	Garlic Roast Beef	Beef Lasagna	Roast Turkey	Dry Rub Spareribs	Grilled Superbird	Pasta
Crab Benedict	Pasta Alfredo	Vegetarian Lasagna	Sage Stuffing	Coca Cola Chicken	Pot Roast	Italian Sausage
Barbecue Beef Sandwich	Quiche	Chicken Stir-fry	Pork Stir-fry	Baked Beans	Breaded Catfish	Garlic Bread

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Dec. 21
Herb Roast Pork Loin	Beef Curry	Oven Fried Chicken	Grilled Chicken	Teriyaki Beef	Beef Tamales	Salisbury Steak
Chicken Stir-fry	Buffalo Style Chicken	Hawaiian Chopped Steak	Pineapple Salsa	Pork Egg Foo Yung	Picante Chicken	Onion Gravy
Steamed Red Potatoes	Green Beans and Corn	Potatoes O'Brien	Baked Potatoes	Sesame Noodles	Vegetarian Stir-fry	General's Chicken

holiday favorites "Home Alone" and "National Lampoon's Christmas Vacation." Bring your lawn chairs, blankets and the whole family! Questions? Call 53331.

ISLAND MUSICIANS: The YYWC will present Kaleidoscope of Music Jan. 26. This is an island event with proceeds contributed to the YYWC scholarship fund. Here's your chance to perform for an appreciative audience and support a great cause. Contact Jane Premo at jane@premo.org or 52379, or Sarah Stepchew at Stepchew2@hotmail.com or 53500 by Sunday to be included.

HOLIDAY BAND CONCERT. Fifth and sixth grade bands, 5 p.m., Tuesday, in the MP Room.

WATER TREATMENT PLANT personnel will flush the potable water pipes on Roi-Namur on Wednesday and Thursday. This may stir up sediment in the pipes and cause discoloration of the drinking water. Residents should flush faucets for a few minutes until water is clear before resuming normal use. Questions? Call 56282 or 58044.

KWAJALEIN ATOLL International Sportfishing Club meeting will be held Wednesday 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? Call Stan at 58121.

THE PUBLIC is cordially invited to a Boy Scout Eagle Court of Honor. John Sholar will be receiving his Eagle rank at 7 p.m., Wednesday, at the Island Memorial Chapel. Reception following in the REB.

HOLIDAY BINGO is Thursday at the Vet's Hall. Packet price is \$20. Card sales begin at 5:30 p.m.; bingo begins at 6:30 p.m. Blackout completion at 53 numbers with \$1,300 payout; windfall completion at 23 numbers with \$1,300 payout. Shuttle transportation available from the Ocean View and tennis courts. No outside alcoholic beverages permitted. Must be 21 to enter and play, bring your ID.

JOIN US FOR QUIZZO on at 7:30 p.m., Friday, at the Vet's Hall. Neil Dye hosting. Questions? Contact Neil Dye or Mike Woundy.

UGLY CHRISTMAS SWEATER PARTY. 5 p.m., Dec. 21, at the Country Club. Get out your ugliest holiday sweater and join the festivities! Music, drink specials and ugliest sweater contest. Must be 21 years of age or older.

THE KWAJALEIN ANNUAL BOAT Parade of Lights will be held Dec. 22. The parade will depart Kwajalein Harbor at 7 p.m. and make its way through the Ski Boat Area to Emon Beach. It will

then make several loops in front of Emon Beach after Scuba Santa's arrival. The Small Boat Marina has boats available for use in the parade. Monday is a backup day in case of poor weather conditions. Contact Bruce Premo at 52379 for details.

HOLIDAY MASS SCHEDULE for Blessed Sacrament: Christmas Eve Children's Mass, 5:30 p.m., Dec 24; Midnight Mass, midnight; Christmas Day Mass, 9:15 a.m. Questions? Call Fr Vic at 53505.

PROPERTY MANAGEMENT'S Equipment Custodian Training class is from 9-11 a.m., Dec. 28, in the REB. This training is required for all Property Custodians and available for Supervisors/Managers. Other personnel may attend, space permitting. Training covers aspects of Government Property Management, use of forms and responsibilities of Property Custodians. To register, call Deb Crawford at 56212 or La'Mesha at 53412.

NEW YEAR, NEW YOU. Let's turn last year's failed resolution for weight loss into something lasting for the future. First step: find your BMI. Come to the meeting from 4:45-5:30 p.m., Jan. 2, in the hospital conference room. Call the EAP at 55362.

THE BARIATRIC SURGERY Support Group will move to the second Tuesday of each month beginning Jan. 7, 4:45-5:30 p.m., in the Hospital Conference Room. Questions? Call the EAP at 55362.

"PARENTS MAKE A DIFFERENCE" group will begin the second Saturday of every month beginning Jan. 11, from 4:45-5:30 p.m., in the Hospital Conference Room. Teach your kids calmer, more constructive ways to express their anger, disappointment, fear, frustration and much more. For parents of elementary age students. Questions? Call the EAP at 55362.

BLESSED SACRAMENT MASS schedule for New Years Day: 9:15 a.m., Jan. 1. Questions? Call Fr Vic at 53505.

THE UNIVERSITY OF MARYLAND University College announces 2014 Spring 1 Session registration is now open! Register through Jan 8. Session dates: Jan 13-March 9. Schedules can be viewed by visiting the website <http://www.asia.umuc.edu>/Need help? Email the Asia office at de-asia@umuc.edu or call or visit the Kwajalein office at 52800, Coral BQ, Room 1.

CYSS YOUTH SPORTS Tennis League. Register through Jan. 11. Season dates: Fridays, Jan. 24-March 14. Cost is \$30 per individual. All players are required to have an updated sports physical on file. Late registration fee is \$5. Open to all

CYSS registered youth ages 7 through Grade 6. Space is limited. Questions? Call Michelle Huwe at 53796.

CYSS YOUTH SPORTS Baseball, Softball, T-ball League. Register through Jan 11. Season dates: Jan. 23-March 13. Cost is \$40.00 per individual. All players are required to have an updated sports physical on file. Late registration fee is \$5. Open to all CYSS registered youth Kindergarten-Grade 6. Questions? Call Michelle Huwe at 53796.

START SMART T-BALL. The Start Smart program teaches children ages 3-5 the basic motor skills to play T-ball, working one-on-one with their parents. Registration: Dec. 3-Jan. 11. Cost is \$20 per individual. All players are required to have an updated sports physical on file. Late registration fee of \$5 per child. Program dates: Jan. 22-Feb. 26 Questions? Call Michelle Huwe at 53796.

THROWING A PARTY? Looking for something to do on the weekends? The Kwajalein Sports Association has a Banana Boat and Laser Tag available for rent. If interested, call Tarah Yurovchak at 52280.

AFN-KWAJALEIN will soon make the transition from analog to digital broadcast for all 10 TV channels. The transition will likely be finalized on or before 31 January 2014. Residents with digital TV sets will only need to reprogram their current TV set to receive all the digital channels. Residents with analog TV sets will need to obtain a DTV converter box to receive the digital TV Channels. These converter boxes are available for purchase online. For more information, see the PBS webpage explaining the process: http://www.pbs.org/digitaltv/converter_boxes.php.

WWII VETERANS to visit Kwajalein and Roi. Two veterans who fought in Operation Flintlock, the battle for Kwajalein Atoll in January and February 1944, will be returning to Kwajalein in January for the 70th anniversary of the battle. Several events are being planned for their visit, which is being sponsored by American Legion Post #44, the Kwajalein Scuba Club and the Quality of Life committee. Questions? Contact Dan Farnham.

THERE IS AN EMBARGO until Jan. 15 on perishable items for standby passengers and United Pass riders.

RULES FOR ELECTRIC SAFETY: Don't overload outlets or extension cords; it could damage the electrical system in your house or even cause a fire. Make sure all electrical cords are tucked away, neat & tidy. Pets might chew on electrical cords and people might trip and fall. Never yank an electrical cord from the wall. Pulling on a cord can damage the appliance, the plug or the outlet.

<i>Café Roi</i>						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Dec. 21
Peking Pork Rib	Pepper Steak	Ham and Cheese Sandwich	Grilled Cheese	Stir-fry Beef	Beef Tacos	Cajun Chicken Wrap
Coconut Basil Chicken	Glazed Pork Loin	Baked Penne	Hamburger Steak	Chicken and Broccoli	Chicken Enchilada	Grilled Bratwurst
Veggie Fried Rice	Garlic Mashed Potatoes	Stir-fry Vegetables	Macaroni and Cheese	Ginger Rice Pilaf	Pinto Beans	Mashed Potatoes
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Dec. 21
Shoyu Chicken	Chicken and Dumplings	Barbecue Pork Ribs	Roast Steamship	Roi Fried Chicken	Greek Herb Chicken	Pot Roast
Hawaiian Chopped Steak	French Braised Beef	Baked Beans	Mustard Chicken	Parker Ranch Stew	Grilled Pork Souvlaki	Herb Baked Fish
Spicy Asian Noodles	Au Gratin Potatoes	Potato Salad	Baked Potatoes	Parsley Noodles	Falafel	Vegetable Medley



VOLLEYBALL RESULTS

A LEAGUE

WEDNESDAY, DEC. 4

We Can Dig It def. Some Spike It Hot: 24-26, 25-17, 15-9
Older Than School def. Spartans 1: 25-19, 25-14

FRIDAY, DEC. 6

Older Than School def. We Can Dig It: 22-25, 25-17, 15-12
Some Spike It Hot def. Spartans 1: 25-21, 25-22

B LEAGUE

THURSDAY, DEC. 5

Outsiders def. Sets on the Beach: 25-18, 25-21
Island Warriors def. Jokers: 25-19, 15-25, 15-10

TUESDAY, DEC. 10

Sets on the Beach def. Island Warriors: 25-23, 16-25, 15-6
Outsiders def. Jokers: 25-20, 25-18

SCHOOL LEAGUE

WEDNESDAY, DEC. 4

Grade 12 def. Jr. High 3: 25-17, 25-10
Grade 10 def. Grade 11: 25-17, 20-25, 15-12

THURSDAY, DEC. 5

Jr. High 1 def. Jr. High 2: 25-13, 12-25, 15-7

FRIDAY, DEC. 6

Grade 10 def. Jr. High 1: 17-25, 25-17, 15-7
Grade 11 def. Jr. High 2: 25-14, 25-10

TUESDAY, DEC. 10

Grade 9 def. Jr. High 3: 25-19, 25-16
Grade 12 def. Grade 10: 25-22, 25-6

TEAM STANDINGS (WIN-LOSS)

A LEAGUE

Older Than School	6-1
We Can Dig It	5-2
Spartans 1	2-5
Some Spike It Hot	1-6

B LEAGUE

The Outsiders	6-2
Sets On The Beach	4-4
Island Warriors	3-5
Jokers	3-5

SCHOOL LEAGUE

Grade 12	7-0	Jr High 1	1-4
Grade 9	5-2	Jr High 2	1-4
Grade 11	4-2	Jr High 3	0-7
Grade 10	4-3		

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Sunny	10%	ENE at 13-18 knots
Monday	Mostly Sunny	10%	ENE at 13-18 knots
Tuesday	Partly Sunny	10%	ENE at 13-18 knots
Wednesday	Partly Sunny	20%	ENE-E at 8-13 knots
Thursday	Partly Sunny	10%	ENE-E at 8-13 knots
Friday	Mostly Sunny	10%	NE-ENE at 13-18 knots

Yearly total: 61.86 inches
Yearly deviation: -25.61 inches

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

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:55 a.m. 6:33 p.m.	4:51 p.m. 4:49 a.m.	2:57 a.m. 3.1' 3:14 p.m. 4.2'	8:49 a.m. 0.1' 9:40 p.m. -0.1'
Monday	6:56 a.m. 6:33 p.m.	5:39 p.m. 5:39 a.m.	3:33 a.m. 3.2' 3:46 p.m. 4.4'	9:24 a.m. -0.1' 10:12 p.m. -0.3'
Tuesday	6:56 a.m. 6:34 p.m.	6:28 p.m. 6:28 a.m.	4:06 a.m. 3.3' 4:17 p.m. 4.5'	9:56 a.m. -0.2' 10:42 p.m. -0.4
Wednesday	6:57 a.m. 6:34 p.m.	7:16 p.m. 7:17 a.m.	4:38 a.m. 3.4' 4:48 p.m. 4.5'	10:28 a.m. -0.3' 11:12 p.m. -0.5'
Thursday	6:57 a.m. 6:35 p.m.	8:05 p.m. 8:04 a.m.	5:08 p.m. 3.5' 5:18 p.m. 4.5'	10:58 a.m. -0.3' 11:42 p.m. -0.4'
Friday	6:58 a.m. 6:35 p.m.	8:52 p.m. 8:49 a.m.	5:38 a.m. 3.4' 5:47 p.m. 4.4'	11:29 a.m. -0.2' -----'
Dec. 21	6:58 a.m. 6:36 p.m.	9:39 p.m. 9:32 a.m.	6:09 a.m. 3.4' 6:17 p.m. 4.2'	12:11 a.m. -0.3' 11:59 p.m. 0.0'