

VOLUME 55 NUMBER 45

NOVEMBER 8, 2014

THE KWAJALEIN HOURGLASS



Carmel Shearer, who finished second in the women's flight, prepares to chip onto the green of hole 10 during the first weekend of the Kwaj Open Golf Tournament. For more, see page 4.

Photo by Jordan Vinson



11th Annual Marshallese Trade Fair

9 a.m. to 2 p.m.

Monday

Corlett Recreation Center Gym



- Marshallese Handicrafts
- Fish & Lobsters
- Fresh Fruits & Vegetables
- Jewelry & T-shirts
- Lots More...

Vendors accept cash or checks only



11 A.M.
TUESDAY
FLAG POLES

Veteran's Day Holiday Weekend Schedule of Events

- 7:30 p.m., tonight, Yuk Theater: Special movie viewing of "Jilel" followed by Q&A with director
- 8 p.m., tonight, Vet's Hall: "Poke Chops and the Other White Meat" live music entertainment
- 7 p.m., Sunday, MP Room: YYWC Silent Basket Auction with live music from "Poke Chops and the Other White Meat" at 9 p.m. Want to just come and watch the band? No ticket needed.
- 9 a.m.-2 p.m., Monday, CRC Gym: Marshallese Trade Fair
- 7 p.m., Monday, Roi Outrigger: Roi Rib Fest with live music from "Poke Chops and the Other White Meat"
- 11 a.m., Tuesday, Flag Poles: Veterans Day Ceremony
- 7 p.m., Tuesday, Vet's Hall: Comedy Show "Joey Medina and Friends"

THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944.

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Crafters old and new offer holiday shopping therapy to community

Article and photos by Sheila Gideon
Managing Editor

The annual Holiday Art and Craft Fair is an opportunity for Kwaj creatives to exhibit their crafty wares to the community. It also provides some much-needed shopping therapy for residents near the holiday season. The event was sponsored by the Kwajalein Art Guild. Instead of charging vendors for a table at the fair, they asked each seller to donate an item to be raffled off to patrons. All raffle proceeds will go towards the KAG scholarship given to Kwajalein Jr./Sr. High School graduating seniors each year.

If you've been to a craft fair or two on island, you know to expect the usual suspects: photography from John Breen, Melissa Dethlefsen and Brandi Mueller; lots of jewelry from various vendors; eccentric items from Bali and the Philippines; clubs parapher-

nal like T-shirts, coozies, hats and towels; and holiday ornaments.

This year there were some new faces and with them, some new, unique items to purchase.

Clara Winkler is just 10 years old. But, her photo cards would have you guess otherwise. Winkler, like many Kwaj kids, learned how to scuba dive in May this year. She combined her scuba adventures with low tide snorkeling sessions with her mom and the results are some fascinating underwater photos, several of which made an appearance in the 2015 Kwaj Calendar. Winkler turned her photos into cards and had her own table at the craft fair this year.

Jeri Jones was another newcomer to the holiday craft fair. Her table of exotic Indonesian-inspired wares often had a crowd gathered around it. Jones has lived all over in the States, Europe and even Indonesia, where she worked with local villagers to develop her crafting skills. At the fair, she sold embellished stockings, wooden fish, holiday boxes, frames and ornaments.

You often see photographers selling photos, Hobby Shop patrons selling pottery, so it was no surprise to see KHS Woodshop instructor Doug Hepler selling wooden rubber band guns and fisherman's bats—also known as “Fish Bonkers.”

While some vendors use their sales at the craft fair to supplement their income, one vendor truly got into the holiday spirit



Anne Dowell sells her embroidered blankets, towels, bibs and more at the annual Holiday Art and Craft Fair at the CRC Gym Monday.

by donating all of her proceeds to charity. Rose Wrobel's table was filled with handmade children's dresses, embroidered blankets and aprons, jewelry, hair clips and fingernail art. As she does every year, Wrobel advertised that all her craft fair proceeds would be donated to “A Hope for Children Orphanage” in Ethiopia.

Whether buying or selling, the craft fair was a festive way to get the community into the holiday spirit.



Lizzie Doerries dons a festive outfit to advertise Christmas tree sales.



Clara Winkler shows off her photography skills by selling photo cards at the annual Holiday Art and Craft Fair Monday.

Kwaj Open Golf Tournament

Annual competition from the viewpoint of a novice golfer

By Sheila Gideon
Managing Editor

New, amateur, beginner, novice: these are all terms that describe the type of golfer I am. I've only been golfing for about a year, but I decided I would try my hand at a major Kwajalein Golf Association tournament. I chose the biggest one of the year: the Kwaj Open which was held Oct. 26 and Sunday at Holmberg Fairways. The tournament consisted of two weekends of 18 holes with some fun golf challenges throughout the week between tournament days. I learned a lot about the game of golf and about my fellow Kwaj golf enthusiasts. I also learned that most of the time, being a good golfer has almost nothing to do with golf at all.

After completing my first tournament, I would have to say the two most important things about golf are food and drinks.

Food: make sure you eat a good breakfast and snack throughout the day. Looking at my scorecard, I could tell when I played hungry. My game improved significantly after passing through the Target Golf tent set up at hole 6. Volunteer Henry McElreath and crew had breakfast burritos, pulled pork sandwiches and the most incredible breakfast food I've ever eaten: Scotch eggs (hard-boiled egg covered in ground sausage and breadcrumbs which were fried and then served with mustard). Yum!

Drinks: this included making sure you stayed hydrated, but also abstained from drinking too many recreational beverages the night before the tournament. A trend that became very apparent was that most players showed up for play the first weekend with their game faces on. They didn't go overboard at the social the night before and came rested and ready to play. The second weekend however, there were quite a few more tired eyes at the Country Club that morning.

Tee time is also important. The first weekend we were blessed with beautiful weather. It was clear with just a slight breeze. Early morning tee times benefitted from finishing



Photo by Vernon Adcock

Golfers warm up on the practice putting green before the Match Play Putting special game Nov. 1, as part of the Kwaj Open Golf Tournament this year.

before it got too blazing hot around noon. The second weekend, the later tee times scored a reprieve. Not from heat, but from torrential rain. We all saw the dark, gray clouds rolling in toward Holmberg Fairways. We put our umbrellas up and some donned rain jackets. Neither kept us dry. My group was just finishing hole 5 when the sky opened up. We attempted to finish the hole, but gave up right before the green, running for the protection of the tent just ahead. We had to wait a good 45 minutes before the rain let up enough that we could attempt to continue. Luckily, our group and the group ahead of us got stuck at the tent, where we ate breakfast while we waited. Other groups huddled under a pavilion at the Weather Station, or the small shelter at hole 9. Groups who hadn't teed off yet stayed nice and dry at the Country Club. Regardless of whether you were able to stay dry, all teams were forced to play in less than ideal conditions the rest of the day. Puddles, some of which seemed more like lakes, dotted the fairways, engulfing first your ball and then your club when you tried to hit it out. Sometimes I hit mud farther than my ball. If you were unlucky enough to hit into a sand trap, you quickly found out that the rain had turned it into concrete. Good luck hitting it out without breaking a finger.

Other things I learned: "Swing for the fences" is normally considered a baseball term. However, if someone yells it at you right before you tee off

on hole 6, it will cause you to swing and hit the fence—just like I did two weekends in a row. There is a lot more pressure to do well if you're a good golfer. Mess up and you'll be sure to hear the word "choke" in some fashion the rest of the week. However, if you're a high handicap golfer and you do well, instead of accolades for a job well done, you're more likely to be accused of being a sandbagger (someone who purposefully plays poorly before a tournament to receive a high handicap and then miraculously shoots well during a tournament). It is worth it to participate in the golf challenges during the week. They are not only fun, but are designed to allow new or not-so-good golfers a chance at winning a prize. Games included Men's and Mixed Horse Races (high handicap players paired with low handicap—they play elimination-type golf for five holes), longest drive, putting contests and chipping contest. I also learned that playing 18 holes is hard. The first weekend of the tournament was the first time I'd ever golfed 18 holes. It had me wondering how professional golfers do it without ending up looking like sweaty pigs at the end. It was exhausting! While golf is physically demanding, it's really more of a mental game. Whether you hit out of bounds, had a bad case of the shanks, or were thinking about your sick kid at home, you really need to have your head in the game to do well.

I wasn't prepared. After the torrential rain, terrible course conditions and a sick baby at home the second weekend, I called it quits after only 9 holes. The only regret I have about quitting is that I didn't do it sooner—like after hole 1 when I shot a 14 on a par 4. As frustrating as golf can get, it's equally as addicting. No matter how terribly I played on a hole, I'd follow it with a killer drive or sink a long putt and hope would bubble up that I could turn my game around. In golf, that's what you play for: that one perfect shot that you'll go back to the Country Club and talk about.

And this year's golfers had plenty to brag about. In the A Flight, top golfer John Brown managed to score five birdies in 36 holes. Kenny Leines marked down four birdies of his own. Roi golfers showed up in force, claimed many of the winning spots and earned prizes. Hesbon Jokas came in fourth in the A Flight and scored his first-ever Kwaj

Open golf bag. That's not surprising since he had three birdies during tournament play. The ladies had their own flight and while about half were newer golfers, there were still some impressive scores. Low gross winner Rita Dominguez had her group shouting when she chipped in for birdie on hole 13 from about 20 yards out. Second-place winner Carmel Shearer also got a birdie on hole 2 the first weekend. This was the first year the name "Kaneko" wasn't preceded by Mark, whose name usually peppers the winner's board. Instead, this year his wife Akiyo represented the family, finishing first in the women's flight and taking home several special games prizes.

KGA hosts two major tournaments a year. The Coral Open is next spring. In between, there will be a few fun tournaments that are just nine holes, much less pressure and a lot more fun. Check the *Hourglass* and *Roller* for advertisements.



Photo by Jordan Vinson

Roi golfer Dino Lakjohn tees off while Hesbon Jokas waits for his turn.

2014 Kwaj Open Golf Tournament Results

Special Games Winners					
Flight A	1st place: Pat Dowell (137) 2nd place: Kenny Leines (137) 3rd place: Geary Shotts (138) 4th: Hesbon Jokas (138)	Mixed Horse Race	1st place: Selentina Beniamina, Malcolm Gowans 2nd place: Sheila Gideon, John Brown 3rd place: Akiyo Kaneko, John Hutchins		
Flight B	1st place: Ralph Gary (133) 2nd place: Jeremy Gideon (141) 3rd place: Glenn Hibberts (143) 4th: Jim Stepchew (146)	Men's Horse Race	1st place: Brian Brady, Jeff Wase 2nd place: Jeremy Gideon, Glenn Hibberts 3rd place: Malcolm Gowans, Dino Lakjohn		
Flight C	1st place: Johnny Jennop (139) 2nd place: John Hutchins (145) 3rd place: Malcolm Gowans (146) 4th: Doug Peters (146)	Longest Drive	Men: Kenny Leines		
			Women: Akiyo Kaneko		
Women	1st place: Akiyo Kaneko (145) 2nd place: Carmel Shearer (145)	Straight Drive	Men: Ray Drefus Women: Peggy Bassett	Chipping	Mark Kaneko
			Closest to the Pin	Weekend #1: Paul Sadowski Weekend #2: None	
Low Gross Women	Rita Dominguez (144)	Jim Oakley	1st: Pat Dowell, Glenn Hibberts 2nd: Glenn Hibberts, Kenny Leines 3rd: Pat Dowell, Geary Shotts 4th: Flynn Gideon, Jeremy Gideon		
Low Gross Men	John Brown (136)	Match Play Putting	1st: Tracy Hampson 2nd: Virgilio Cruz 3rd: Fred Cunningham	Putt Putt	Glenn Hibberts

Take control of your health

Wellness Fair educates community about health programs available

Article and photos by Sheila Gideon
Managing Editor

If you braved the rain and headed down to the CRC Gym Tuesday for the Health and Wellness Fair, you not only left with a bag full of freebies, but also increased knowledge on how you can participate in health and wellness programs offered here at U.S. Army Garrison-Kwajalein Atoll. The event, sponsored by Community Activities and hosted by Amanda Morris, recreation and programs manager, was developed as an annual reminder of the range of healthy activities residents can participate in year-round. There was also an eclectic mix of medical information available courtesy of Kwajalein Hospital staff. If you were unable to attend, here's what you missed:

Kwajalein Range Services "little steps...BIG Difference" Wellness Program:

Morris handed out free helmets and organized fitness demonstrations.

- Important takeaway: Quarterly Fitness Programs include "Wellness Wednesdays" January-March; "Walk the Rock" April-May; "SOS Triathlon Challenge" June-July; and "Around the Atoll in 80 Days" September-November. Participation accumulates points that can be redeemed for prizes that include beach chairs, umbrellas, double-wall glasses, coozies and keychain sunscreen.

Aetna and FCE Benefits:

Aetna International representative Shelly Sheperson and FCE Benefits representative Louise Naholowaa were present to answer any questions about the ongoing Open Enrollment for KRS/CMSI/BAI employees.

- Important takeaway: This is your once-a-year opportunity to make changes to your benefits. Even if you have no changes to your plan, you must log on and go through the Open Enrollment steps. Deadline is Nov. 17.

Kwajalein Running Club:

Club Vice President Bob Sholar shared a video presentation from RustMan 25. KRC hosts a monthly Fun Run with distance options of 1/2, 2 or 5 miles. Special events such as the upcoming Turkey Trot Prediction Run in November and the Pauper's Marathon in December are open to all community members.

- Important takeaway: KRC is for all levels of runners, and depending on the event, they welcome walkers, too. Look for event advertisements in the *Hourglass* and AFN Roller.

Kwajalein Sports Association:

Club member Danielle Rivera and KSA officers Miguel Busquets and Kenny Leines were present to recruit club members and promote upcoming events. The Zombie Apocalypse Run was the most recent KSA community event.

- Important takeaway: The next planned KSA event is a dodgeball tournament. KSA members pay a lower participation fee than non-members.

Marshall Islands Swim Federation:

Newly appointed President Nikki Delisio and other



Kwajalein residents receive information from Aetna representatives during the Health and Wellness Fair Tuesday.

club officers showed a slideshow presentation of past swim meets. The Fall season's last meet is scheduled for 4 p.m., Nov. 16. Spring season begins in January and runs through April.

- Important takeaway: Swim Team is open to any kids able to swim one length of the Family Pool.

Kwajalein Fire Department:

Firefighter/EMT Carmel Shearer offered infant and adult CPR, and Heimlich maneuver demonstrations.

- Important takeaway: When performing CPR, compressions tempo is the same as the tune, "Staying Alive."

Fire Systems Technician Tim Roberge stressed the importance of testing your smoke alarm.

- Important takeaway: You can contact Roberge and have the fire inspection team come to your quarters to test your smoke alarms.

Environmental, Safety and Health:

ES&H Manager Terri Hibberts handed out informational pamphlets regarding mold, Ciguatera, water quality report, newcomer safety guide, marine observer guide and vegetation of Kwajalein.

- Important takeaway: You can call ES&H to come inspect your quarters for potential mold or lead issues.

Outrigger Canoe Club

Gus Aljure was present to answer any questions regarding club activities and requirements. The club regularly meets at 9 a.m. on Mondays and 5:30 p.m. on Thursdays at Camp Hamilton.

- Important takeaway: You must be 12 years old, able to pass a swim test and lift 50 pounds to participate in club activities.

Open Yoga Association

Ben Allgood is a certified instructor of hot and vinyasa yoga. He regularly offers classes to the community for all levels of yoga enthusiasts.

- Important takeaway: Look for Allgood's yoga schedule in the *Hourglass* or AFN Roller.

Kwajalein Hospital:

Staff offered various services including blood sugar screenings, blood pressure readings and flu shots. Information was available regarding cancer screenings, breast cancer self exams and Do Not Resuscitate forms.

- Important takeaway: Dr. Ralph Jones urges patients to know what cancer screenings you should get done and at which age. The American Cancer Society website has helpful information.

Employee Assistance Program:

Marion Ruffing offers several programs including smoking cessation, Alcoholics Anonymous, bariatric surgery support, weight management support, ADHD support and more.

- Important takeaway: Smoking cessation assistance includes free quit smoking aids and a free physical before signing up. Look for class schedules advertised in the *Hourglass* and AFN Roller.

Dental Clinic:

General dental hygiene information was available for fair participants. Staff handed out free toothbrushes to kids and adults.

- Important takeaway: A temporary duty dental hygienist will arrive on island this month. In the meantime, you can schedule an appointment with Dr. Jon Sok if you are having dental issues.

Pharmacy:

Pharmacist Wagma Komak urged residents to turn in unused or expired medications.

- Important takeaway: You can turn in unused or expired medication at the pharmacy during regular business hours.



Volunteers from Ben Allgood's yoga class give a yoga fitness demonstration at the Health and Wellness Fair at the CRC Gym Tuesday.



Photo by Michael Sakaio

Staff Sergeant earns service award

Staff Sgt. Geraldine T. Tinner, the Post Office Non-Commissioned Officer in Charge, was awarded the Army's Commendation Medal for her meritorious service to the U.S. Army and to the USAG-KA command from May 15, 2013 to Nov. 7, 2014. Her oversight of the installation post office was especially noteworthy as recognized during recent postal inspections. Her dedication and professionalism contributed immeasurably to the command's successful mission accomplishment. Tinner is pictured left with USAG-KA Commander Col. Nestor Sadler. Tinner recently departed USAG-KA for her new assignment at Ft. Benning, Ga.



KWJALEIN ARES ORNER

Why wait for the New Year?

Combatting weight gain associated with smoking cessation

By **Marion Ruffing**
Employee Assistance Program

Food can be your friend or foe on the path towards staying tobacco-free. The fear of weight gain is one of the most common barricades to quitting, and you might worry that since you're not smoking or chewing anymore you're going to gain weight. But you don't have to pack on the pounds just because you put down those cowboy killers. Studies show that three out of four people do not gain weight after they stop smoking.

Those who do gain weight only add five pounds on average. And some people actually lose weight after quitting. Many people who stop smoking have more energy and exercise more—a great way to keep extra weigh at bay.

What's the link between quitting smoking or chewing and gaining weight? Since you've given up nicotine, you might find yourself drawn to grabbing a snack instead of going outside for a smoke break. For example:

- You may have an increased desire for sweets
- You may feel like you are slowing down during withdrawal from nicotine
- You may snack more between meals
- You may feel like you need to do things with your hands and mouth
- You may feel bored

Food for thought: Being a non-smoker is not easy, and it involves practicing coping skills and making lifestyle changes. Set yourself up for success by being prepared and having your own plan in place:

- Cravings for a cigarette can often be mistaken for a hunger pang. Take a moment to readjust and find an alternative to lighting up, dipping or grabbing a handful of empty calories.
- Move more. Even if you do eat a few more calories while quitting tobacco, you can burn them off by being more



active. Take the stairs, go for a long walk, or walk around your work building.

• Drink water. Water is so good for you at this time—not only does it flush gross stuff out of your body, but it will help you feel full.

• Try to avoid foods that you associate with tobacco, especially heavy, fried foods.

• Eat three solid and well balanced meals a day to prevent an energy lag and increased hunger, which may result in overeating. Eating breakfast is especially important.

• Plan ahead. Have healthy foods

on hand for meals and snacks, and pick foods that require a lot of chewing. Fruits, veggies and popcorn are great ideas.

• Limit sweets. Chew sugar-free gum or eat hard, sugarless candy and popsicles.

When you know what's lurking around the corner, you're better prepared to hold your own. So keep these thoughts in mind when you make your battle plans:

• Gaining a few pounds is much better for you than continuing to smoke. Remember, being overweight is nowhere near as dangerous as using tobacco. In fact, smoking puts you at as much higher risk for health problems as someone who is 100 pounds overweight.

• Exercising or just increasing your daily activity will help you diminish withdrawal symptoms, prevent weight gain and improve your chances of successfully living a smoke free life.

• Start changing your exercise and eating habits before you quit. You'll be changing enough when you do quit, and this is an easy way to get a head start.

• Exercise and healthy eating will help lower bad cholesterol too!

If you are interested in quitting tobacco, see the Employee Assistance Program representative or call 55362. Free quit smoking aids are provided, and a group is available for support. Individual sessions can take the place of group support. In addition, a free physical prior to entering the program is offered. Call today—your life may depend on it.

Information from this article can be found at: www.ucanquit2.org and www.stayquit.org.

DISPATCH FROM ROI



Photos by JoDanna Kalinowski



ROI RIB FEST TUESDAY, AT THE OUTRIGGER

Schedule of Events:

- 1-4:30 p.m.: Tie Dye (bring your own items)
- 1- 4:30 p.m.: Vendors
- 1-4:30 p.m.: Baggo
- 3-4:30 p.m.: Judging
- 7-9 p.m.: "Poke Chops and Other White Meat" live music entertainment

HELP WANTED

KRS and Chugach listings for on-island jobs are posted at: Kwajalein, Roi-Namur and Ebeye Dock Security Checkpoint locations; outside the United Travel Office; in the Roi Terminal/Post Office; at Human Resources in Building 700 and on the USAG-KA webpage under Contractor Information>KRS>Human Resources>Job Opportunities. Job listings for off-island contract positions are available at www.krsjv.com.

WANTED

FREE POTS/PLANTS. Call Seremay at 53550.

LOST

IPOD TOUCH, black and silver. Call Eric at 52815 if found.

GOLD SATIN CROSS charm, very sentimental. Reward offered. Call 54122 if found.

FOUND

BIFOCAL GLASS IN BLACK case underneath table between Reef and Palm BQs. Call Dan at 53412 during the day or 54609 evenings.

PATIO SALE

SATURDAY, Nov. 15, 9-11 a.m., quarters 209-A. No early birds.

FOR SALE

BOSE ACOUSTIMASS 6 surround sound system with two stands, \$450; Sony STR-DN840 receiver, \$300; La-Z-Boy dual recliner sofa, wine color, like

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.

- 9 a.m., Nov. 28, Thanksgiving Mass

Protestant

- 8 a.m., Sunday, Island Memorial Chapel
- 9:15-10:15 a.m., REB, Sunday School
- 11 a.m., Sunday, Island Memorial Chapel
- 6:30-7:30 p.m., Thursday, Christianity Explored, quarters 203-A (Robinson's).

- 6:30 p.m., Thursday, Roi Chapel

Latter-day Saints

10 a.m., Sunday, CRC Room 3

Contact the chaplain's office at 53505 for more information.

new, paid \$1,000, asking \$600. Call 51229 for info.

COMMUNITY NOTICES

TURKEY BOWL at Kwaj Lanes Bowling Center is 6-10 p.m., tonight. Get a "Turkey" (3 strikes in a row) for a chance to win a prize! \$2 for shoes, \$2 for games. Adults only. Questions, call 51275.

YOKWE YUK WOMEN'S CLUB Basket Auction will be at 7 p.m., Sunday, in the MP Room. This festive event will feature wine, hors d'oeuvres, silent auction, live auction and raffles. Tickets are \$20 and include two complimentary beverages. Get your last minute tickets from Angela Ryon at 53438 or Sarah Dahl at 51376. A limited number of tickets will be available at the door.

"POKE CHOPS AND THE Other White Meat" live performances: 8 p.m., tonight, at the Vet's Hall; 9 p.m., Sunday, at the YYWC Silent Basket Auction in the MP Room (no ticket required to come watch the band); 7 p.m., Monday, at the Roi Rib Fest. Sponsored by the Quality of Life Committee. Questions? Call 53331.

SMALL BOAT MARINA holiday hours: 1-6 p.m., today; 7:30 a.m.-6 p.m., Sunday-Tuesday.

BOY SCOUT SHOOTING PRACTICE. Dr. Ralph Jones, NRA instructor, will be working with the boys to significantly improve their sharpshooting skills. Scouts will stay at the flags following the Veteran's Day Ceremony Tuesday and bike to the Small Arms Range as a group. Lunch will be provided. Questions, call Glen at 54641.

APE COMEDY TOUR presents comedian Joey Medina & Friends for an all-out Veteran's Day comedy show at 7 p.m., Tuesday, at the Vet's Hall. Adults only. This is free, live entertainment provided by Armed Forces Entertainment. Questions? Call 53331.

BOY SCOUT LASER TAG AND PIZZA will be at 6:30 p.m., Thursday, in the MP Room, immediately following the volleyball game. NOTE: this is an hour earlier than normal meeting time. Questions, call Jane at 51815.

EAP CLASSES IN NOVEMBER: ADHD group meets Thursday; Bariatric Surgery group meets Nov. 15 (changed due to holiday). All classes meet 4:45-5:30 p.m. in the hospital conference room unless otherwise noted. Questions? Call EAP at 55362.

KWAJALEIN RUNNING CLUB'S two-mile "Turkey Trot Prediction Run" will be at 5:30 p.m., Nov. 17. Just show up near Emon Main Pavilion at 5:15 p.m. to sign in and complete a 'predicted time' form. Leave your watches and electronics at home. The three best predictors of their actual time for the two miles get to take home frozen imported turkeys! There are also several other prizes. Questions? Call Bob and Jane at 51815.

Veterans Day Hours of Operation

Kwajalein	Tuesday, Nov. 11
Emon Beach Lifeguard Hours	12:30-6 p.m.
All other beaches	Buddy system
CRC	Closed
Bowling Center	Closed
Golf Course	Sunrise to sunset
Country Club	Closed
Hobby Shop	Closed
Grace Sherwood Library	Closed
Family Pool	12:30-6 p.m.
Small Boat Marina	7:30 a.m.-6 p.m.
Surfway	1-7 p.m. (Closed Sunday)
Laundry	Closed
Surfside Salon	Closed
Sunrise Bakery	Closed
Ocean View Club	4:30-11 p.m.
Post Office	Regular Hours (Closed Monday)
Zamperini Dining Facility	7-10 a.m. 11 a.m.-1 p.m. 4:30-7 p.m.
AAFES Express	10 a.m.-4 p.m.
AAFES Pxtra	Closed
Food Court	10 a.m.-4 p.m.
American Eatery	Closed
Community Bank	Closed
Roi-Namur	
AAFES Express	11 a.m.-4 p.m.
Small Boat Marina	8 a.m.-6 p.m.
Third Island Store	Closed (Open Wednesday)
Outrigger Snack Bar	Noon-2 p.m.; 5:30-9 p.m.
Outrigger Bar	5:30-10 p.m.

THIS IS THE LAST WEEK to enroll in your 2015 health and welfare benefits for KRS/CMSI/BAI employees. Deadline is Nov. 17. Enroll online at www.fcebenefits.com. Instructions are available on the KRS HR Benefits SharePoint Intranet or by contacting the FCE Benefits office. Employees for which a completed enrollment is not received via the website will be defaulted to the HRA Plan for Employee Only coverage. No changes will be accepted after the deadline unless you have a qualifying event. Contact the FCE Benefits office at 50939 with questions.

BEGINNING NOV. 19 THROUGH Dec. 24, the Post Office will extend business hours on Wednes-

Captain Louis S. Zamperini Dining Facility**Lunch****Sunday**

Beef Tips in Burgundy
Herb Roast Chicken
Salmon Croquettes

Monday

Basil/Lime Chicken
Bacon/Cheese Quiche
Beef/Cheese Turnovers

Tuesday

Breaded Pork Chops
Quiche Lorraine
Local Boy Chicken Stew

Wednesday

Teriyaki Beef Steak
Grilled Chicken Breast
Vegetarian Stir-fry

Thursday

Meatloaf
Kalua Pork/Cabbage
Mashed Potatoes

Friday

Coconut Chicken
Fish Du Jour
Rice Pilaf

Nov. 15

Spaghetti
Chicken Picatta
Tomato Parmesan

Dinner**Sunday**

Maple Glazed Pork
Szechuan Chicken
Rice Pilaf

Monday

Kwaj Fried Chicken
Oriental Beef Stir-fry
Macaroni and Cheese

Tuesday

Swedish Meatballs
Thai Shrimp Stir-fry
Peas/Carrots

Wednesday

Sirloin Steak
Chicken Tortellini
Baked Potatoes

Thursday

Grilled Minute Steak
Wing Dings
Vegetarian Pasta

Friday

Pancake Supper
Sweet/Sour Pork
Chinese Spice Chicken

Nov. 15

Chicken Fajita Wraps
Beef Stew
Breaded Cauliflower

Ready and Resilient Wellness Calendar

Events are sponsored by the Community Health Promotional Council and are free of charge to the community.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Spiritual Resilience, see page 10. All welcome. 2. Smoking Cessation Classes, open enrollment, call 55362. 3. Flu shots available 1-4 p.m., Tuesday, Wednesday, Thursday, Saturday at hospital.	1. Pick-up Soccer, 6 p.m., Brandon Field.	1. Cross Fit, 5:15 a.m., Adult Pool. 2. Veteran's Day Ceremony, 11 a.m., Flag Poles. 3. Pick-up Tennis, 5:30 p.m., Tennis Courts.	1. Zumba, 5:30 p.m., CRC Room 1.	1. Cross Fit, 5:15 a.m., Ivey Gym. 2. ADHD Class, 4:45 p.m., Hospital Conference Room. 3. Pick-up Tennis, 5:30 p.m., Tennis Courts. 4. AA Program, 7 p.m., REB Library.		1. Cross Fit, 5:15 a.m., Ivey Gym. 2. Bariatric Support Class, 4:45 p.m., Hospital Conference Room. 3. Pick-up Tennis, 5:30 p.m., Tennis Courts.

days and Fridays. Hours of operation will be 11:30 a.m.-3:30 p.m. Start mailing packages now to ensure they reach their destination in time for the holidays.

KWAJALEIN ATOLL INTERNATIONAL Sportfishing Club meeting will be held Nov. 19, at the Pacific Club. Food and beverages will be served at 6:30 p.m., meeting will start at 7 p.m. All anglers welcome to attend! Questions? Contact Stan at 58121.

OPEN RECREATION EVENTS: Girls Night Out is 5:30-7 p.m., Nov. 15, in the SAC Room, register by Friday; Boys Night Out is 5:30-7 p.m., Nov. 22, in the SAC room, register by Nov. 21. Register at the CYSS Central Registration Office by calling 552158. Questions? Contact Katrina Ellison at Katrina.m.ellison.ctr@us.army.mil.

CHRISTMAS IS COMING and so are the trees! Live Christmas trees are being pre-sold at the high school office. The shipment is very limited so the trees will be sold on a first-come basis until sold out. The trees are high-quality and long lasting. Delivery by the high school students will be free to your home around the second week of December. If you have friends who are off-island and think they want a tree, help them out by purchasing one for them too! Please call the high school office at 52011 with questions.

THERE WILL BE NO November meeting for Kwajalein Amateur Radio Club. The next meeting will be Dec. 4. Call Dennie at 53290 with questions.

UNIVERSITY OF MARYLAND University College is waiving the application fee for the month of November! Save \$50 signing up. Check us out at <https://www.asia.umuc.edu>. You can email Kwajalein-asia@umuc.edu for more information or an appointment.

ISLAND MEMORIAL CHAPEL'S "Bible Study Digital Library" is a media service with over 8,000 videos for kids, youth and adults to watch on any device. If you'd like an invitation to our "RightNow Media" membership (at no charge) email Pastor Kevin at: kevin.m.wilson7@gmail.com or kevin.m.wilson145.ctr@mail.mil.

ISLAND MEMORIAL CHAPEL is an inter-denominational and diverse community of "non-know-it-alls" who are all in-process when it comes to faith. Come check it out. Call Pastor Kevin at 53505 with questions.

E-TALK: Hazardous Materials, Wastes and Petroleum Products Storage Areas (HMWPP) require annually-trained primary and secondary custodians to ensure proper management of HMWPP.

SAFELY SPEAKING: Follow the Lockout/Tagout procedures: 1) Isolate Equipment 2) Use Lock/Tag to prevent energization 3) Control Stored Energy 4) Verify Lockout/Tagout is effective 5) Inspect equipment before restarting after repairs.

A global warming fairy tale

7:30 p.m.
Tonight
Yuk Theater

The Calling of the Shell

A JIMA JACK FILM

Tolfina Fakatou
Juko Niedenthal
Niten Anni
Netha Gideon
Naiko Jashua
Miriam Domnick
Lulani Ritok
Monique Levy-Strauss

IN MARSHALLESE WITH
ENGLISH SUBTITLES

www.microwavefilms.org

CO-STARRING: RANDON JACK, NICKY DEBRUM, SILAS KATANG, MAUREEN JOEL, TOMMY TAMASHIRO, NICKO MELSON, KATHY STRATTE, JIM PLASHNIK, KATHY ARMBRUSTER, VIKO PEDRO, BARRACK H. OBAHA, STEVEN WAKERFIELD, SOUVENIR NED, JENNIFER ANDRIKE, RYLL LOMAE, JOHN ALEFANO, TAHARA GREENSTONE ALEFANO, JOELMA TIMOTHY DALYNE MAMBOGO, ISABEL SAMUEL, LABAO FERNANDO, JAMES MATTHEW, VIVIAN NIEDENTHAL, YU SIENAGA CLARE MULHOLLAND, SEDINA CHUTARO, ERIKA CAPELLE, JACKSON JOEL, SUZANNE CHUTARO, RISEN JACOB, SHINTON ANNA PAULIS, ANGIO DONN GELSTINE, NIK ROBERTO, FERVIL HANAY, JACK NIEDENTHAL, COREEN ANDRIKE, ANNA TAHARE, LUCAS NIEDENTHAL, CARY EARTS, KAREN EARTHAN, JOHANN MOVE, AND MAX NIEDENTHAL, ROBINWOOD BARETT, MARSHALL MOVE, MORMINA NIEDENTHAL, JACQUILYN NIEDENTHAL

FEATURING MUSIC BY LES ANJOLOK & STEVE LATIN-KASPER & THE POETRY OF KATHY JETNIL-KIJINER

ORIGINAL SCREENPLAY BY JACK NIEDENTHAL

DIRECTED & PRODUCED BY JACK NIEDENTHAL & SUZANNE CHUTARO

Café Roi						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 15
Apple Glazed Chicken	Pepper Steak	Ham/Cheese Sandwich	Beef Tacos	Beef Stir-fry	Bacon/Cheese Sandwich	Hot Meatball Sub
Pork Chops	Pork Loin	Meatloaf/Gravy	Chicken Enchiladas	Chicken/Broccoli	Hamburger Steak	Grilled Bratwurst
Eggs Benedict	Cheese Quiche	Stir-fry Vegetables	Beans/Rice	Ginger Rice Pilaf	Macaroni and Cheese	Mashed Potatoes
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 15
Shoyu Chicken	Chicken/Dumplings	Thai Beef/Vegetables	Roast Beef	Roi Fried Chicken	BBQ Pork Ribs	Chicken Fried Steak
Hawaiian Chop Steak	French Braised Beef	Chicken/Peanut Sauce	Chicken/Mustard Sauce	Jamaican Meat Pie	BBQ Chicken	Herb Baked Fish
Spicy Asian Noodles	Au Gratin Potatoes	Pad Thai	Baked Potatoes	Mashed Potatoes	Baked Beans	Pasta Florentine

Guest sponsorship programs at USAG-KA

There are three main guest sponsorship programs detailed in USAG-KA Regulation 190-10. Specific questions or exceptions to policy go through the Provost Marshal Office and must be submitted formally and in advanced notice. The Sponsor may not leave Kwajalein Atoll while sponsoring a visitor and must remain on the same island as the visitors. Guests under 18 will be accompanied by a parent or legal guardian, or the Sponsor will have written permission from the minor Guests' parents. Guests under 21 may not enter BQs.

A Guest Sponsor is defined as a person who is authorized to sponsor guests because they are an off-island contract employee, U.S. military, or Department of the Army civilian, who are permanently assigned to USAG-KA.

480 Guests

A Sponsor is allowed to host guests for a maximum total of 90 days per calendar year. Every day any person is

sponsored under this program counts towards the 90 days (i.e. 1 guest for 90 days or 2 guests for 45 days each). At no time can a Sponsor have more than five guests at a time. Any individual guest may not be sponsored more than 90 days total per calendar year. All requests will be submitted to Entry/Exit 14 days prior to arrival date.

Unofficial Day (not overnight) Guests

Allows Sponsors to sponsor Kwajalein Atoll residents for the day (not overnight). A maximum of 50 total guests per island per day is authorized. Sponsors are allowed up to two guests over 21 and one minor guest at one time. Guest sponsorship is permitted Tuesday through Saturday, from 4 p.m. until 30 minutes prior to the last ferry, and one weekend day (Sunday, Monday and holidays), from 9 a.m. until 30 minutes prior to the last ferry. Guests must remain in the presence of their sponsor. Sponsors cannot sponsor a guest during their work hours.

Requests must be submitted to DSC Supervisor during business hours no later than noon prior to requested date.

Community Exchange Program

Sponsors and organizations may sponsor guests, groups or organizations on weekends, legal holidays and Command Sponsored events. Sponsorship requires one sponsor per 10 guests. Events under this program include but are not limited to Tree Lighting Ceremony, Mani Day, Halloween or Graduation. This program is authorized 4:30-9:30 p.m., Saturdays; 9:30 a.m.-9:30 p.m., Sundays, Mondays and holidays; or based on the timeline during command sponsored events, for a maximum of 6 hours. The maximum total number of guests under this program per day is 100. Guest must remain in the presence of their sponsor. Requests must be submitted to the Provost Marshal Office during business hours two days in advance. It is encouraged to submit the requests sooner for major events.

Disinfection by-products in drinking water on Meck

The Meck Island water tests performed during second quarter FY14 showed Total Trihalomethane levels in the drinking water above the maximum contaminant level. Trihalomethanes represent a group of chemicals generally referred to as "disinfection by-products." 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.

Installation of a granular activated carbon filter system has begun on Meck and is scheduled to be completed in the fall 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 is 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, KRS ES&H, at 50506.

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Sunny	10%	ENE-ESE at 11-16 knots
Monday	Mostly Sunny	10%	NE-E at 5-10 knots
Tuesday	Mostly Sunny	10%	NNE-ESE at 3-8 knots
Wednesday	Mostly Sunny	10%	E-SE at 5-10 knots
Thursday	Mostly Sunny	10%	ENE-ESE at 3-8 knots
Friday	Mostly Sunny	10%	NNE-ESE at 4-9 knots

Yearly total: 107.85 inches

Yearly deviation: +31.48 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:40 a.m. 6:26 p.m.	8:30 p.m. 8:26 a.m.	11:08 a.m. 0.5' 11:50 p.m. 0.5'	5:13 a.m. 3.8' 5:37 p.m. 4.7'
Monday	6:40 a.m. 6:27 p.m.	9:22 p.m. 9:19 a.m.	11:38 a.m. 0.3' -----	5:46 a.m. 3.5' 5:59 p.m. 4.4'
Tuesday	6:40 a.m. 6:26 p.m.	10:13 p.m. 10:10 a.m.	12:24 a.m. 0.2' 12:09 p.m. 0.1'	6:19 a.m. 3.2' 6:31 p.m. 4.0'
Wednesday	6:41 a.m. 6:26 p.m.	11:02 p.m. 10:58 a.m.	1 a.m. 0.1' 12:41 p.m. 0.5'	6:54 a.m. 2.9' 7:06 p.m. 3.6'
Thursday	6:41 a.m. 6:25 p.m.	11:50 p.m. 11:44 a.m.	1:41 a.m. 0.5' 1:18 p.m. 0.8'	7:36 a.m. 2.5' 7:47 p.m. 3.2'
Friday	6:41 a.m. 6:25 p.m.	----- 12:28 p.m.	2:34 a.m. 0.8' 2:12 p.m. 1.2'	8:37 a.m. 2.3' 8:50 p.m. 2.8'
Nov. 15	6:42 a.m. 6:25 p.m.	12:36 a.m. 1:09 p.m.	3:56 a.m. 1.0' 4:01 p.m. 1.5'	10:25 a.m. 2.2' 10:32 p.m. 2.6'