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THE KWAJALEIN HOURGLASS



A rifle squad, consisting of members of the U.S. Navy Seabees from Naval Mobile Construction Battalion 133, participates in the USAG-KA Veterans Day Ceremony Tuesday at the flag poles. For more, see page 4.

Photo by Sheila Gideon

AA meetings available to support community

By Ray Drefus

USAG-KA Master Resilience Trainer

Alcoholics Anonymous is a worldwide fellowship of men and women who help each other stop drinking and maintain sobriety. AA started in 1935 and is successful in part because of the anonymity of the membership along with the general approach of recovering alcoholics helping other problem drinkers to stop drinking by sharing drinking and recovery experiences and hope for continued sobriety with each other. You do not have to stop drinking in order to participate in AA meetings—just have a desire to stop drinking. AA also has many publications to help achieve sobriety, including “Alcoholics Anonymous,” also known as the “Big Book.”

Alcoholism is a serious and progressive disease impacting individuals, families, the workforce and whole communities. If you are wondering if you are an alco-

holic, there is a pamphlet with twelve questions only you can answer that may help in diagnosis; it is available by calling 51157. Alcoholism cannot be cured, but can be arrested. With continued support and work on the “Twelve Steps” of AA, an alcoholic can refrain from drinking.

AA is resuming meetings on Kwajalein. If you were a member of AA in the past, or think you have a problem with alcohol, we welcome your participation in our weekly meetings at 7 p.m., every Thursday, at the Religious Education Building library on the second floor.

Remember, your participation in these meetings is totally confidential and your attendance will not affect your employment. People who think they have a drinking problem are welcome to attend any AA meeting. They become members simply by deciding they are members. AA is autonomous and is not sponsored by any organization. For more information, call 51157 after 5 p.m.

Ask & Answer



Feedback from the ongoing KRS survey regarding service experiences

THUMBS UP!



... to Tina and John Legere, Tennille DeMello, Stan Edwards and Paulette Cappellini, Elaine Hahn and helpers for putting on the awesome Haunted House on Halloween. It was so much fun!

... to the visiting U.S. Navy Seabees for participating in this year's Veterans Day ceremony. It was a wonderful treat to see the addition of your dress whites at this year's ceremony.

... to Angela Ryon for all her hard work on the Basket Auction. What a great event!

... to everyone who supported this year's Marshallese Trade Fair, making it a great event!

Music at this year's Shaving Cream Social seemed inappropriate to me.

The music played at this year's Shaving Cream Social was the exact same playlist that has been used for over four years. It included songs such as “Monster Mash,” “Thriller,” “Munsters Theme,” “I Put A Spell On You” and “Bad Moon Rising.” There was no inappropriate language used in any of the songs—they are from a radio edit Halloween CD. No patrons complained about the volume or the music at the event. In the future, Community Activities can look at either turning the music down or eliminating it completely.

I strongly object to Community Activities holding a Day of the Dead celebration at the bar. This is a day that some Mexicans use to honor and remember their deceased loved ones. It is not a celebration.

We modeled much of what we did off of the festivals and parades that they do in Spain before going to the cemetery. Just like with Cinco de Mayo, Christmas, Mardi Gras or any of the other holidays we plan events for, we try to balance the traditions into the celebration. A solution for the future would be to hold the event at a different location, with input from those who have celebrated in the past.

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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Marshallese movie entertains and delivers powerful message about global warming

By Sheila Gideon
Managing Editor

Kwajalein residents were treated to a showing of a Microwave Films of the Marshall Islands movie last weekend. Film director Jack Niedenthal arranged to have his Marshallese film shown on Kwajalein Nov. 8 and on Ebeye Sunday through Tuesday in the evenings. This was the first time any of Niedenthal's films were shown on either island. The film was entertaining, but also had a powerful underlying message regarding climate change and its effect on the Marshall Islands.

"Jilel: The Calling of the Shell" was filmed in Marshallese with English subtitles. The story is about a young girl, Molina, who inherits a Jilel, or shell heirloom, from her bubu (grandmother). Her bubu warns her that the shell has great powers. The shell is stolen by the girl's brother, Ketowate, and his friend, Samson. They sell the shell for a few cigarettes. That is when the great power of the shell is exposed. As the shell gets passed along from person to person, each experiences bad luck that runs from broken down cars, electricity issues to dead cell phone batteries. When Molina discovers what her brother has done, she demands he find it. Ketowate quickly realizes the mistake he made and goes on a mission to find the shell. He hits a dead end and the shell is lost. But, because it is a magical shell, it finds its way back to Molina. In a dream, her bubu tells her what to do with it—she sends it to the President of the United States with a note about how her islands are being washed away by king tides due to climate change and asks for help. When the shell arrives in the U.S., its curse continues, wiping out all the power in the country.

While "Jilel" is just a fairy tale, Niedenthal combined traditional Marshallese customs with fiction in order to deliver his message about climate change and what it is doing to the Marshall Islands. "Jilel" not only means "shell;" it can also be interpreted as a calling or warning. He combined these two ideas to create the fairy tale of the shell with powers. In the film, waves are shown crashing into graveyards and washing away headstones. This was not part of the fairy tale—this is really happening in the Marshall Islands.

"Jilel" ends with an emotionally powerful poetry reading by Kathy Jetnil-Kijiner entitled "Tell Them." Jetnil-Kijiner recently made headlines when she read her poem "Dear Matefele Peinem" at the United Nations Climate Summit in September. The poem was to her newborn daughter with the message that something drastic needs to be done to stop global warming and save the Marshall Islands—the islands that her daughter deserves to know and grow up on. Her message tied in to the same one Niedenthal portrays



Photo courtesy of Jack Niedenthal

Jack Niedenthal, director of the film "Jilel: The Calling of the Shell," meets with Ebeye residents before a showing of the film on Ebeye last weekend.

in "Jilel."

One of the main reasons Niedenthal wanted to make this film, he said, was to change the idea of combating climate change from discussion to action.

This is Microwave Films' fifth feature film. "Jilel" took two years to make, with work done mostly on the weekends. It was filmed entirely on Majuro, with just a short scene filmed in Hawaii. They do not get grants or financial aid to make these films. They recoup the cost and pay the actors with DVD sales; however, films are not put on DVD until they have made their rounds at film festivals. All the money made from the first three films was donated to Majuro Cooperative School. Niedenthal said the films are not about making money; it is a community endeavor and the messages in the films are what are important.

And while "Jilel" certainly sends out a powerful message, Niedenthal also spent some time developing a short film just for fun.

As a bonus, a second film, "Zori," was shared at each showing. The film, only nine minutes long, featured only three actors—one was Niedenthal's niece, and another his nephew. In fact, all of Niedenthal's family, including his five children, act or sing in his films. The film was a delightful story about a boy who would do anything for some ice cream. His bubu orders him to go out and pick up trash to earn his treat. He was also told not to come back without his other zori, or flip flop, which had been carried away by a dog overnight. The boy trudges along, picking up trash and during his effort, finds a zori that was thrown away. Upon returning with bags full of trash and flip flops on both feet, the boy earns his ice cream treat. "Zori" was shown at both the Guam and Hawaii International Film Festivals.



USAG-KA Soldiers pause for a group photo following the 2014 Veterans Day Ceremony Tuesday at the flag poles.

Veterans are honored, remembered for their sacrifices and dedication to U.S.

Article and photos by Sheila Gideon
Managing Editor

On the 11th day of the 11th month of each year, the U.S. Army Garrison-Kwajalein Atoll community and distinguished guests gather at the flag poles to pay respects for our country's brave servicemembers, past and present.

Chief Warrant Officer 4 William Kilgore acted as the master of ceremonies. He welcomed Kwajalein's veterans and distinguished guests. Kilgore briefly explained the history of how Veterans Day originated. "On the 11th hour of the 11th day of the 11th month, silence fell over the battlefields of Europe. After four years of carnage and devastation, all fighting stopped; World War II, 'the war to end all wars,' was over. One year later, President Woodrow

Wilson proclaimed Nov. 11 Armistice Day; a day to celebrate the end of the war and honor those who fought. In 1954, Armistice Day was re-designated Veterans Day to honor all veterans living and dead, whether they served during war or peace."

Hands over hearts, or standing at salute, the audience listened to the national anthems of the Republic of the Marshall Islands and the United States played by the Kwajalein Jr./Sr. High School band, under the direction of Kyle Miller.

The Invocation was read aloud by Fr. Victor Langhans. "We are ever mindful of the costs paid for the liberties that we possess," he said. "We ask that you be with us as we honor the members of the Armed Forces who have served in the past and who continue to serve us in our pursuit of liberty, freedom and

peace."

Kilgore introduced the guest speaker for the ceremony and read aloud part of his biography. Thomas Armbruster was sworn in as U.S. Ambassador to the Republic of the Marshall Islands on Aug. 16, 2012. He has spent a large part of his career working as a diplomat overseas. Armbruster has a bachelor's degree from McDaniel College in Westminster, Maryland, a master's degree in conflict resolution from St. Mary's University in San Antonio, and a master's degree from the Naval War College in Newport, Rhode Island. He is married to Katherine Chandler Armbruster, and they have two children, Bryan and Kalia, who grew up in the Foreign Service.

Armbruster thanked the band and U.S. Navy Seabees for their participation in the ceremony that



Master Sgt. Marcus Weiland lays a wreath at the base of the 2nd Raider Battalion Memorial to honor all active duty servicemembers.

morning. He thanked USAG-KA Garrison Commander Col. Nestor Sadler and USAG-KA Deputy Commander Jenifer Peterson for inviting him back for the ceremony this year. He took a moment to recognize the small Japanese delegation visiting to recover remains of their compatriots on Enniburr on behalf of their loved ones and country. "I wish them well and success on their mission," he said.

"As on all Veterans Days, we can really only appreciate, thank and tip our hats to the veterans. We can never repay the debt in full and we can never understand the measure of sacrifice in full." Armbruster asked all veterans and their families to rise for recognition.

Armbruster reminded the audience of the brave men and women who sacrificed their lives right here on Kwajalein Atoll. "We salute the Marshallese scouts, and the many, many Marshallese serving in uniform today all over the world. We remember Solomon Sam who died in Iraq. We thank all the Marshallese for their service."

"Today is Veterans Day—plural," Armbruster continued. "Inclusive of all eras and conflicts. Inclusive of each and every service and each and every vet. ... Honoring vets is not just remembering them, but remembering why they signed up. They say every Soldier fights for the Soldier to their left and right of them. But, every Soldier signs up alone. They sign up for freedom, democracy, the rights of individuals and all the liberties that we share. So, it is up to us to vote, exercise our free speech, contribute to our com-



U.S. Ambassador to the Republic of the Marshall Islands Thomas Armbruster speaks during the USAG-KA Veterans Day Ceremony Tuesday.



The Kwajalein Jr./Sr. High School band performs under the direction of Kyle Miller, right, during the USAG-KA Veterans Day Ceremony Tuesday.

munities and to make our union strong. ... To honor the service and sacrifice of veterans, we can find our own small ways to serve."

Ian Galbraith, Humberto A. Jones and Michael McClellan, members of Kwajalein Boy Scout Troop 314, came forward to hand off the wreaths for the traditional laying of the wreaths ceremony. The ceremony honors fallen comrades—those who answered their nation's call and literally gave all. Armbruster was joined by Peterson, U.S. Veteran Ray Drefus and Reagan Test

Site NCOIC Master Sgt. Marcus Weiland. Wreaths were placed at the base of the Operation Flintlock memorial, in front of the U.S. and RMI national colors and in front of the 2nd Raider Battalion memorial, while the KHS band played "Amazing Grace."

The ceremony ended with a three-volley salute by the rifle squad consisting of members of the U.S. Navy Seabees from Naval Mobile Construction Battalion 133, and the playing of "Taps" by KHS junior Wyatt Jones.

\$16,000 raised at YYWC auction for Micronesia, RMI education assistance

Article and photo by Sheila Gideon
Managing Editor

Going once, going twice, sold! A Silent Basket Auction was hosted by the Yokwe Yuk Women's Club in the Davye Davis Multi-Purpose Room Sunday evening. Kwajalein residents dressed to impress—dusting off their suits, fancy dresses and heels—on the rare occasion to dress up and open their wallets for the annual charity event. Forty-five baskets, along with three live auction items and several raffle prizes were donated by Kwajalein residents, all in the hopes to fundraise money for education in Micronesia and the Marshall Islands. At the end of the evening, winning bids were totaled and a whopping \$16,000 was raised. The money will be passed along to the YYWC's Education Assistance Committee, who will distribute the funds to various schools in need in Micronesia and the Marshall Islands at the end of the school year.

With recent turnover on the island, the YYWC board is pretty empty; there is only a treasurer assigned. While this makes planning a massive event like the Bas-



Christine Dejongh marks down a bid during the Silent Auction hosted by the Yokwe Yuk Women's Club in the Davye Davis Multi-Purpose Room Sunday. All proceeds from the auction will go towards education assistance in Micronesia and the Marshall Islands.

ket Auction challenging, it sure didn't slow down Angela Ryon—the chair for this year's event. This was Ryon's first year organizing the event and she began the work last year, beginning with locking in donations.

"You start by getting people excited about donating," Ryon said.

She hit up people who donated from previous years, like John Breen, but also drummed up some new donations like Heather Miller's Bread of the Month basket. Ryon's work didn't stop there. Once she had baskets committed, they were dropped off at her home. At that point, she worked on writing up descriptions for all the baskets—45 in total this year. Coordinating tables, decorations, food and beverages for the event was time consuming and club volunteers were valuable during that time. All the hard work paid off, and for a good cause.

"All proceeds from tonight's event will be put towards educational grants for children in Micronesia and the Marshall Islands," Ryon explained. That money will help purchase books, school desks, computers or even help build new classrooms. And while this event is really about education assistance, it is also an opportunity for Kwajalein residents to score some off-island swag.

The Silent Auction began at 7 p.m. and ended promptly at 9 p.m. Last minute bids, and some strong defensive strategies, locked in impressive numbers this year. Every year there are a few baskets that



Raffle prizes include a three-panel sunset photo, homebrews, two framed photographs and a large "I Eat Cake in Bed" wooden sign.



Kathy Skinner's bicycle quilt brought in a \$335 bid that will go towards education assistance in Micronesia and the Marshall Islands.



Kwaj newcomer Sarah Schultz eyes the Trader Joe's basket.

stand out and cause a bidding war throughout the evening. The highest bid this year was \$835 for a steak dinner for eight cooked by Song Banducci. Other popular baskets included photo packages by Sarah Dahl and Julie Savage, a sailing cruise aboard the Cherokee by Paul McGrew, a 32-inch TV with movies from the Robinsons, goodies from Trader Joe's from DeDe Hall, a bicycle quilt made by Kathy Skinner and the Bread of the Month Basket by Miller. Each went for around \$300.

The Silent Auction was just the beginning of the night's events. The live auction is usually a fast-paced, rival-inducing show. This year, auctioneer Al Robinson wasn't messing around. Knowing what these items usually go for each year, he started the bids out high, and while only a few bidders jumped at the chance to score the prize, their contributions were gen-



Marion Ruffing leads a long line of bidders, all checking out this year's baskets filled with goodies, at the Yokwe Yuk Women's Club Silent Basket Auction at the MP Room Sunday. All proceeds will benefit education in Micronesia and the Marshall Islands.

erous. Since Miller's bread basket was so popular during the Silent Auction, she decided to auction off a sample basket of breads during the live auction, scoring \$210 from the hard-working Ryon. Banducci offered up another dinner—this one the signature Thai meal she donates each year. The Legeres and six of their friends will be enjoying that dining experience for the price of \$1,050. A steak dinner for eight prepared by Deb Douthat brought in \$1,250 from the Delisios and friends. And Robinson must have known that his wife wanted the custom-stitched Kwajalein Running Club T-shirt quilt donated by Cindy Westhoff. Bidding started at \$700 and Sonya won it for \$800.

The raffle was equally as exciting. Tickets were entered for the chance to win up to seven items including two "Kwaj Rocks" given by an anonymous donor, a three-panel sunset photo donated by Mac McGuire, an

underwater anemone print donated by Brandi Mueller, a framed photo by Breen, homebrew by the Lakes and a wooden "I Eat Cake in Bed" sign donated by Skinner. Ray Drefus was a lucky guy, winning two of the prizes. A second-chance raffle was announced and one ticket was pulled from each basket, winning T-shirts and mystery prizes from Bill's Dive and Bike Shop.

As a special treat this year, the auction offered live music from "Poke Chops and the Other White Meat." They are a blues and jazz band that was flown to Kwajalein for entertainment by the Quality of Life Fund. Their fun, upbeat music brought numerous swing dancing couples onto the dance floor.

The next YYWC event will be the Kaleidoscope of Music in January. This is another opportunity to support the YYWC's mission to provide educational assistance in the RMI and Micronesia.



Residents stand in line waiting for fish and jerky sales to open at the 11th annual Marshallese Trade Fair Monday.



A long line forms for fruit sales at the 11th annual Marshallese Trade Fair Monday.

Fruit, fish, handicrafts offered at annual Ma

Article and photos by Sheila Gideon
Managing Editor

The line for the highly anticipated frozen fish and seafood offered for sale at the 11th annual Marshallese Trade Fair began as early as 7:30 a.m. Monday at the Corlett Recreation Center Gym. U.S. Army Garrison-Kwajalein Atoll hosted the annual event, which offers Republic of the Marshall Islands vendors an opportunity to sell their handicrafts, fish, fruit, seafood and more to eager USAG-KA shoppers. The event is mutually beneficial, offering Marshallese vendors a venue to promote their products, and giving USAG-KA residents an opportunity to experience Marshallese culture.

USAG-KA Director of Host Nation Activities, Maj. Matt Sova, welcomed everyone to the trade fair that morning. "I appreciate all the support and effort from everyone that helped to put this together," Sova said. He introduced the Protestant Chaplain, Pastor Kevin Wilson, who blessed the trade fair with a prayer.

Next, USAG-KA Deputy Commander, Jenifer Peterson, thanked everyone who helped orchestrate the trade fair, whether it was delivering fruit, fish and handicrafts or helping to coordinate vendors from the outer islands to Kwajalein.

Lastly, Laban Konelios, an official with the Marshall Islands Ministry of Resources and Development, thanked USAG-KA command. "It gives me



USAG-KA resident Christina Sylvester purchases fruit at the Marshallese Trade Fair Monday.



Monday at the Corlett Recreation Center Gym.

and glimpse at culture Marshallese Trade Fair

great pleasure today to be standing here on behalf of the Ministry of Resources and Development and all the vendors of the 11th Marshallese Trade Fair,” Konelios said. “I wish to convey our sincere gratitude to Host Nations for all the cooperation and assistance in ensuring that this trade fair takes place. I’d also wish to recognize the unwavering assistance of Col. Nestor Sadler and our counterparts here on Kwajalein—namely Mr. Michael Sakaio and Mr. Lanny Kabua—for the excellent work witnessed since the moment we arrived here. Without your cooperation it would be virtually impossible to succeed at these trade fairs. Kommol tata.”

Konelios continued, declaring that over the next year, the Ministry of Resources and Development will be working to formulate the RMI’s first-ever national export strategy policy which aims to promote Marshallese products domestically as well as internationally and will further assist the RMI in strengthening its export capacity.

“I wish to everyone a successful trade fair,” Konelios said, “and encourage all to enjoy the unique crafts of our islands, delicious fruits and fresh fish brought across the sea.”

With that, the doors to the CRC Gym were opened and shoppers swarmed the 50 or so tables inside. They were greeted with arrangements of intricately woven baskets, wall hangings, purses, hats, mats and ornaments. There was jewelry galore and colorful, woven flowers. Wood carvings of seahorses, dolphins, coconut crabs, sharks and fish filled a table



An assortment of Marshallese handicrafts are available to shoppers at the Marshallese Trade Fair in the CRC Gym Monday.

as you walked inside. Japanese glass fishing balls, T-shirts and Marshallese books were also for sale.

While the handicrafts were impressive and abundant, the tables covered in fruit were the popular sale that morning. Bags of Kosraean tangerines were snatched up along with bananas, bread fruit, plantains, papayas and gourds.

Outside, shoppers waited patiently in the hot sun for the opportunity to purchase yellowfin tuna, octopus, marlin, wahoo and an assortment of fish jerky. The wait was worth it—not just for the sake of your taste buds, but because each sale contributed toward another successful Marshallese Trade Fair.



Laban Konelios, an official with the Marshall Islands Ministry of Resources and Development, speaks at the opening of the Marshallese Trade Fair.

Kwajalein Garden getting facelift, volunteers needed

Article and photos by Sheila Gideon
Managing Editor

The Kwajalein Public Garden began as a hydroponic garden in the mid-1960s. Since that time, various groups and individuals have stepped up to maintain the area. Because people often come and go on Kwajalein, the number of volunteers fluctuates. A recent surge of interest to improve the garden led to a community-wide cleanup effort Nov. 7. The effort was led by the new U.S. Army Garrison-Kwajalein Atoll Aviation Officer, Chief Warrant Officer 4 William Kilgore, and longtime Kwajalein residents Jim and Eleanor Talich.

When Kilgore arrived on island four months ago, he was given a tour of the island. When he passed the garden, he saw the sign set back, covered in brush. He wondered why such a beautiful area of the island was being overlooked. After digging up some information, he found out there were only a few people dedicating their time to keeping the garden cleaned up. With so much potential, Kilgore began formulating a plan to increase volunteers and make the garden a usable part of the island for the community. His first instinct was



Spencer Anderson and son, John, help mow the Kwajalein Garden during a cleanup day Nov. 7.

to involve USAG-KA command. USAG-KA Commander Col. Nestor Sadler was supportive and Kilgore put plans in place for a cleanup day and rededication of the garden.

"When I found out I wasn't alone in having a desire to improve the [garden], I found out a lot of information from Jim [Talich]. He and his wife Eleanor have been back here off and on for the past 20 years dedicating a lot of their free time to improving the garden. But, it's an inundating task for one person," Kilgore said. The garden is more than three acres. "It has a lot of history and a lot of beauty. But, that beauty can't be preserved by just a couple people. It takes a community effort to keep it up."

"My vision for today [cleanup day] was to create a more aesthetically pleasing look as you drive by on the road, so people can see that there are improvements going on, and maybe pique their interest to come in here and walk around, and maybe put in a little work themselves," Kilgore said.

His vision for the future is to spread out the responsibility of keeping the garden clean by incorporating an Adopt-an-Area program. People or groups could adopt sections of the garden—keeping the cleanup of the garden manageable by spreading out the workload. Kilgore already has interest from a group at the airfield to revive the herb and vegetable area of the garden. There are a lot of groups required to give back to their community, like the Boy Scouts or service hours at Kwajalein Schools; the garden is just one more place where they can do that with tangi-

ble results. "Once you get people to adopt an area, when they come out here to do their project, they'll end up having a nice place to sit and rest, or even hit Coral Sands and go for a swim afterward."

Talich has lived on Kwajalein off and on for 20 years, beginning with his first tour in 1968. He is familiar with Kwajalein history and knows that Coral Sands beach was an important battle site during Operation Flintlock in 1944 during World War II. The intent is to not only clean up the garden, but to connect it somehow to the Coral Sands beach area. "I think it's appropriate that we have a place set aside that is something special for veterans," Talich said.

Talich is optimistic about the project. After an initial surge of effort to get the grounds cleaned up, maintenance should be rather easy, he said. And the benefits to the community are a long list. It can be a learning experience for the schools. It can be a place to grow plants and possibly donate some to Ebeye. It can also be a venue for community events. In 2008, a Valentine's Day dinner was held at the garden. "Just the satisfaction of having something out here that's peaceful and beautiful is beneficial," Talich said.

There will be a rededication of the garden sometime this month, once the new sign is finished. In the meantime, volunteers for cleanup are needed and encouraged. All levels of knowledge of gardening are welcome. The Talichs are available to give tours and educate volunteers. Now that Kilgore is up to speed, he is also available as a resource.



Jenn Anderson, right, and Rachelle Kilgore pick up trash during a cleanup day at the garden.



K WAJALEIN
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Learning to cope when quitting tobacco

By **Marion Ruffing**
Employee Assistance Program

The best way to stay quit is to not use tobacco. Thinking you can steal a drag once in a while and still be tobacco-free doesn't work. Giving into nicotine cravings puts you at risk for starting tobacco use regularly again. But, if you fall off the wagon once or twice, or a half dozen times, don't give up. One slip-up is not a failure. In fact, setbacks are a normal part of the quitting process. The more you try, the greater your chances of quitting for good.

Make a "quit plan." What inspired you to quit in the first place? Write down the reasons you want to remain tobacco free. You may discover even more reasons after you've quit for a few weeks, such as:

- You can now take a deep breath without hacking and coughing.
- You can do your physical exercise without losing your breath.
- Your hands and feet aren't freezing cold anymore.
- You can smell and taste your food better.
- You may feel proud for bettering yourself, for your own sake and for your loved ones.

How do you cope if you slip up? Most people like to do something physical when a nicotine craving hits—take a walk, do some exercises, breathe deeply. Other ideas to fight cravings include:

- Drink water. This not only gives you something to do, it changes the taste in your mouth. Water is best because it likely will not make you think of smoking the way coffee, beer or a soda might. If plain water is too boring for you, add a twist of lemon or a flavor.
- Brush your teeth. This also changes the taste in your mouth. If you can't brush right away, pop a breath mint or use a breath freshener. Have your teeth cleaned once you put the nicotine down.
- Eat a healthy snack. Got the munchies? Don't let your sweet tooth go wild. Stock up on some healthy snacks like nuts, whole wheat crackers, raisins, baby carrots or celery, and light buttered popcorn to nibble on. You also can carry gum, cinnamon sticks, mints, lollipops or hard candy for when you're on the go and a nicotine craving hits.
- Chew on a straw or toothpick.
- Keep your hands busy. If you miss the feeling of having a cigarette in your hand, play with a pen, straw, rubber band, small ball or paper clip.
- Take a smoke-free break. If you can get away, take

Join the Crowd, Commit to Quit!

The Great American Smoke-Out 3:30-7 p.m., Thursday

A tent will be set up at the corner of 4th Street and Lagoon Road. Come and get information about quitting tobacco and a survival bracelet.

An event for anyone who commits to quit smoking.

Questions? Call the Kwajalein Hospital at 52223.

a short break and walk around the building, take some deep breaths (clean, smoke-free air!) or review your quit plan.

If nicotine cravings become frequent, review the triggers part of your quit plan. Stay away from as many of these triggers as possible. Whenever you resist the urge to smoke or chew, pat yourself on the back. Just saying to yourself, "Yes, I did it!" can give you a boost.

Imagine this scene: You just quit tobacco and you're meeting your buddies at the Ocean View Club. As a joke, one of your buddies lights up and blows smoke right in your face. Now you're annoyed with your friend, but also craving a cigarette like crazy!

Dealing with social situations without smoking or chewing is going to test your willpower. But, you can handle it. Here are some tips:

- Find a way to say, "No!" In your quit plan, you should write down how to decline the offer to smoke or chew. Use those lines now. Try not to sound like you're dying for a cigarette or dip, or people may keep pushing them on you.
- Have an escape plan if a situation becomes too hard.
- Avoid alcohol. Most tobacco users strongly link alcohol with smoking or chewing. Alcohol also lowers your willpower. Instead, have some juice, water or a soft drink.
- At work, quit going to the smoke pit when you're taking a break.

November is the month of the Great American Smoke-Out. It's your time. Visit the Employee Assistance Program office or call 55362 for your free assessment.

Information from <http://www.ucanquit2.org>.

Important information about your drinking water

Meck drinking water Total Trihalomethanes (TTHM) MCL violation

The Meck water system recently violated a drinking water standard. Although this incident was not an emergency, you have a right to know what happened and what we are doing and have done to correct this situation.

Environmental, Safety and Health routinely monitors for the presence of drinking water contaminants. Testing results from the fourth quarter of fiscal year 2014 show that our system exceeds the standard, or maximum contaminant level (MCL), for the TTHM locational running annual average (LRAA). The standard, or MCL, for the TTHM LRAA is 0.080 mg/L. It is determined by averaging the results of samples collected at each sampling location for the past 12 months. The level of TTHM averaged at one of our system's locations for fiscal year 2014 was 0.083 mg/L.

What should I do?

- There is nothing you need to do. You do not need to boil your water or take other corrective actions. If a situation arises where the water is no longer safe to drink, you will be notified within 24 hours.

- If you have a severely compromised immune system, are pregnant, or are elderly, you may be at increased risk and should seek advice from your health care providers about drinking this water.

What does this mean?

This is not an emergency. If it had been an emergency, you would have been notified within 24 hours.

TTHM are four volatile organic chemicals which form when disinfectants, such as chlorine, react with natural organic matter in the water. Potential health effects from long term (that is, many years) 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.

What is being done?

A Granular Activated Carbon filter system was installed and became operational on Meck in September 2014. The GAC filter system treats the entire Meck drinking water supply to remove those naturally occurring organic compounds before the water is disinfected with chlorine, effectively reducing the resulting TTHMs to minimal levels. We, therefore, anticipate resolving the problem during the first quarter of fiscal year 2015. Recent test results have verified the effectiveness of the GAC system.

If you have any questions, please contact Rachael Harris, KRS ES&H, at 50506.

Melele ko raurok kin dren in idraak eo ilo meik

Jonan Total Trihalomethanes (TTHM) ilo dren in idraak eo ilo Meik ekar le jen jonak eo emoj an kien karoke (MCL)

Emoj an rub juon ian kakien ko an dren in idraak eo ilo Meik. Mene ejjab menin idin, elon am maron non jela ta ko jej komani bwe en ejelok jorren im ta ko emoj amim komani non kajimwe.

Jerbal in teej e dren in idraak eo ilo Meik ej koman aolep kuwata nan kabok kij im etoon ie. Result in teej ko ilo Meik im ekar koman ilo Kuwata emen ilo FY 14(4QFY14) ekwalok ke ewalonlak level in TTHM jen jonak eo emoj an kien karoke (MCL). Jonan TTHM eo im ej bed ilo kakien bwe jenjab le jen e ej 0.080 mg/L. Jonak in ej average in aolepen sample ko rekar collect i iloan 12 allon ilo location ko kwoj. Average eo an TTHM ilo juon ian location ko nan 4QFY14 ekar 0.083 mg/L.

Ta eo ij aikuj komane?

- Ejelok men kwoj aikuj komane. Kwojjab aikuj boil i dren eo ak komane jabdrewot. Ne elon enaan bwe ejjab safe nan am maron idraak e dren eo, enaaj lon kojella non eok iloan 24 awa.

- Ne kwojjab ejmour, ak elon nejim ninnin, ko boro/kwoj naninmej, ak ko rutto(lillap im lollap), emaron bidodo am bok naninimej im kwoj aikuj kebaak takto eo am im bok melele ko rellap lak ne e safe non am maron draak e dren in.

Ta melele in?

Ejjab emergency ak menin idin. Ne enkar menin idin, ren kar kojellaik eok iloan 24 awa.

TTHM rej emen volatile organic chemicals ko im rej walok ne jej kojerbal jerajko non karreo dren in idraak, Reaction eo kotan jerajko im organic matter eo ilo dren eo im rejanin treat i ekoman TTHM. Jorren ko im remaron walok ne aitok kitien am idraak dren eo im elap level in TTHM ej jorren non aj im kidney ak naninmej in cancer. Ejanin wor jorren enanin walok im ejelot rutto ro im rejmour im rekar idraak i dren ko im elon TTHM ilo juon ien eo ekadu kitien. Jemaron ba ke jokjok in im ej walok non rijebral in Meik ej short-term ak ekadu kitien kinke e limited ien an MCL eo kar walonlak jen jonak eo emoj karoke.

Te eo rej komane?

Emoj kalaak e juon Granular Activated Carbon (GAC) filter system ilo Jeptemba 2014 im ej jermal kio. GAC filter system eo ej jermal non aolep dren in idraak ko ilo Meik im ej jolok aolep organic compounds ko mokta jen an dren eo jerajko bwe en drik lak level in TTHM. Jej kotemene bwe jenaj kajimwe problem ilo 1QFY15. Result in teej ko rekar koman kio rekwalok ke eman an jermal GAC filter system eo.

Ne elon am kajitok, jouj im kebaak lak Rachael Harris, KRS ES&H, ilo 50506.

DISPATCH FROM ROI



Photos by Laura Pasquarella-Swain



DID YOU ATTEND THE ROI RIB FEST ON MONDAY?

Send in your photos to be featured in the Nov. 22 issue of the Hourglass.

Email to:

usarmy.bucholz.311-sig-cmd.mbx.
hourglass@mail.mil.

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.

LOST

OLYMPUS CAMERA, small, red, in underwater housing near Small Boat Marina on Monday around 5 p.m. Call 51157.

PATIO SALE

TODAY, 8 a.m.-2 p.m., quarters 139-D. No early birds.

MONDAY, 7:30 a.m.-12:30 p.m., quarters 415-B in back.

MONDAY, 7:30 a.m.-noon, quarters 134-B. Household items, women's clothing, plants, etc.

GIVEAWAY

FREE HP INK CARTRIDGES, two HP 74 black, one HP 75 color and one combo

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 p.m., Thursday, Christianity Explored, quarters 203-A (Robinson's).
- 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.

pack, all expire December 2015. Call Joanie at 52504.

FOR SALE

1987 BENETEAU 432 "Kailuana," length 43 Beam 14 Draft 5'10, new 2010 Yanmar 4JH5E, 53hp diesel, three bedroom, two heads, full galley with 4-burner stove and large fridge, major refit Nov. 2009-April 2011, new electrical, three solar panels and wind generator, autopilot, new cabinetry, flooring, plumbing, upholstery and much more, \$60,000 or best offer. Email mnast@hotmail.com or call 54203.

BOSE ACOUSTIMASS 6 surround sound system with two stands, \$450; Sony STR-DN840 receiver, \$300; La-Z-Boy dual recliner sofa, wine color, like new, paid \$1,000, asking \$600. Call 51229 for info.

COMMUNITY NOTICES

EAP CLASSES IN NOVEMBER: Bariatric Surgery group meets 4:45-5:30 p.m., today, in the hospital conference room. Questions? Call EAP at 55362.

ENJOY SOME TOGETHER TIME this Sunday as Keystone Club presents Family Day. Family Dodgeball is 2-4 p.m., in the Elementary School Gym. Family Movie Special Feature is at 6:30 p.m., in the MP Room. Both events are free, open to the public and designed for elementary age families.

KWAJALEIN RUNNING CLUB'S two-mile "Turkey Trot Prediction Run" will be at 5:30 p.m., Monday. 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.

THIS IS THE LAST WEEK to enroll in your 2015 health and welfare benefits for KRS/CMSI/BAI employees. Deadline is Monday at midnight. 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 cov-

erage. No changes will be accepted after the deadline unless you have a qualifying event. Contact the FCE Benefits office at 50939 with questions.

BEGINNING THIS WEEK through Dec. 24, the Post Office will extend business hours on Wednesdays 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 Sport-fishing 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? Contact Stan at 58121.

OPEN RECREATION EVENTS: Girls Night Out is 5:30-7 p.m., tonight, in the SAC Room; Boys Night Out is 5:30-7 p.m., Nov. 22, in the SAC room, register by Friday. Register at the CYSS Central Registration Office by calling 52158. Questions? Contact Katrina Ellison at Katrina.m.ellison.ctr@us.army.mil.

SCHOOL CALENDAR CHANGE! Due to some off-island staff development happening this month, the following changes will be made to the school calendar: Thursday will be a full day of school; Friday and Nov. 22 will be an early release day for students.

THANKSGIVING BUFFET at the Zamperini Dining Facility will be Nov. 28. Chefs will be preparing an array of delicious items including a carving station with slow roasted prime ribs of beef and Virginia hickory smoked ham. Also being offered will be Scallops Alfredo served over linguini, succulent roast turkey accompanied by sage stuffing, fluffy whipped potatoes, baked yams, home style gravy, holiday green bean casserole and fresh vegetable potpourri. Chilled seafood bar which features succulent shrimp, mussels on the half shell and smoked salmon will also be offered. In addition, we will be serving a specialty cheese bar, assorted salads, fresh fruits and a variety of delicious desserts including pumpkin and pecan pie. Why cook when you can come and enjoy without the cleanup! Bring the whole family. The hours of operation are as follows: 11 a.m.-3 p.m. for meal card holders; and 12:30-3 p.m. for all other residents. Adults pay \$24.95; children under 12 pay \$11.95.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 22
Oven Fried Chicken	Herb Roasted Beef	Beef Stroganoff	Sloppy Joes	BBQ Short Ribs	Turkey Swiss Stackers	Spaghetti
Beef Enchiladas	Tuna Casserole	Chicken Sandwich	Maple Glazed Pork	Grilled Chicken Breast	Pot Roast	Cheese Manicotti
Eggs Benedict	Quiche	Vegetarian Stir-fry	Mashed Potatoes	Baked Beans	Fish Du Jour	Italian Sausage

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 22
Rosemary Pork Loin	Vegetarian Quesadillas	Kwaj Fried Chicken	Carved London Broil	Grilled Pork Cutlets	Hamburger Bonanza	Chicken Fried Steak
Chicken Stir-fry	Beef Curry	Hawaiian Chop Steak	Chicken Cordon Bleu	Pepperoni Pizza	Sauteed Chicken Breast	General Tso's Chicken
Mixed Veggies	Buffalo Chicken	Potatoes O'Brien	Baked Potatoes	Vegetarian Pizza	Beans in Broth	Oven Roasted Potatoes

Ready and Resilient Wellness Calendar

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

Sunday 1. Spiritual Resilience, see page 14. All welcome. 2. Smoking Cessation Classes, open enrollment, call 55362. 3. Flu shots available 1-4 p.m., Tuesday, Wednesday, Thursday, Saturday at hospital.	Monday 1. KRC Two-Mile Turkey Trot, 5:30 p.m., Emon Main Pavilion. 2. Pick-up Soccer, 6 p.m., Brandon Field. 3. Yoga, 6:30 p.m., Adult Pool.	Tuesday 1. Cross Fit, 5:15 a.m., Adult Pool. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts.	Wednesday 1. Zumba, 5:30 p.m., CRC Room 1.	Thursday 1. Cross Fit, 5:15 a.m., Ivey Gym. 2. Interval Training, 5:15 p.m., Emon Beach. 3. Pick-up Tennis, 5:30 p.m., Tennis Courts. 4. AA Program, 7 p.m., REB Library.	Friday 1. Yoga, 6:30 p.m., Adult Pool.	Saturday 1. Cross Fit, 5:15 a.m., Ivey Gym. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts.
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Menu subject to change due to availability.

KWAJALEIN OPEN YOGA Association November class schedule: Monday, Friday, Nov. 24 and a special pre-turkey session at 8:30 a.m., Nov. 28. All classes are at 6:30 p.m. at the Adult Pool unless otherwise noted.

KWAJALEIN HOSPITAL Diabetic Clinic will be at 12:30 p.m., Dec. 3, in the Hospital Lobby. Participants must come to the clinic for blood work between 6-11 a.m., Tuesday, Wednesday, Thursday or Nov. 22.

BOATER'S ORIENTATION CLASS is from 6-7:30 p.m., Dec. 9-11, in CRC Room 1. Cost is \$40. Pay in advance when you register at the Small Boat Marina during hours of operation.

BALLROOM DANCE practices will be held from 6-7 p.m., Saturdays in November and December, in CRC Room 1. For information, email kwajdance@gmail.com.

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.

OPERATION FLINTLOCK 71st Anniversary: Three WWII veterans from the battle

at Kwajalein Atoll in early 1944 will be coming back to Kwajalein in January for the 71st anniversary of the battle. Part of the celebrations will be a 1940s-themed dance party, so get your 1940s attire now! Questions? Contact Dan Farnham.

THE ARCHAEOLOGY WEBPAGE has been updated for GIS Day. Find out about GIS by going to the USAG-KA Sharepoint site. Navigate to USAG-KA>Environmental, Safety, and Health>Archaeology. Contact Shana at 59502 for more information.

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.

COMMUNITY ACTIVITIES is doing an inventory of all CA tablecloths. If you have unreturned tablecloths, please return as soon as possible to the CA office. Any questions, please call 53331

PLANNING A BIG EVENT at Emon, Camp Hamilton or Coral Sands? Notify pest control a few days prior and we will provide extra fly traps, large plastic bags for trash and a roll of tape to secure the tops. Call or email Billy Abston, 54738.

E-TALK: Things are happening all around us if you know how to read the signs. What do the birds tell us?

SAFELY SPEAKING: Read and understand the chemical label and SDS (MSDS) before using a chemical to know the hazards and, precautions and PPE selection.



Holiday Wreath & Tree Sales!

Wreaths are \$35 and will support Cub Scout Pack 135. They will be delivered to your door on Dec. 13. Contact Angela Mitchell at 52084 or angelamitchells1p@att.net.

Live Christmas trees are available on a limited basis. Free delivery by high school students the second week of December. Call the High School Office at 52011 to place your order.

Order before they're sold out!



Café Roi						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 22
Roasted Pork Loin	London Broil	Hot Dog/Sauerkraut	Italian Burger	Cuban Sandwich	Pizza	Philly Cheesesteak Sand.
Chicken Piccata	Fried Fish	Chili	Bombay Chicken	Chicken Fricassee	Baked Ziti	Breaded Pork Chops
Frittata	Egg Burrito	Meatloaf	Vegetable Quiche	Onion Rings	Cheesy Garlic Bread	Macaroni and Cheese
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 22
Chicken Parmesan	Roasted Chicken	Thai Beef/Vegetables	Top Sirloin Steak	Roi Fried Chicken	Greek Night	Sausage and Peppers
Beef Ragu	Short Ribs	Chicken/Peanut Sauce	Chicken Fajitas	Swedish Meatballs	Greek Herb Chicken	Chicken Alfredo
Pasta	Stuffing/Mashed Pot.	Tofu Stir-fry	Baked Potatoes	Mashed Potatoes	Pastitsio	Cheese Tortellini



VOLLEYBALL RESULTS

A LEAGUE

WEDNESDAY, NOV. 5

School 'Em def. Spartans: 25-12, 26-24
Mixed Plate def. Old School: 25-15, 25-22

FRIDAY, NOV. 7

Mixed Plate def. School 'Em: 25-19, 15-25, 15-13

B LEAGUE

THURSDAY, NOV. 6

Fifth String def. I'd Spike That: 26-24, 25-9
Sets on the Beach def. NANSense 2.0: 25-14, 25-7

SCHOOL LEAGUE

WEDNESDAY, NOV. 5

Seniors def. Juniors: 25-14, 25-20
Sophomores def. Freshmen: 25-18, 25-19

THURSDAY, NOV. 6

Black Attack def. White Lightning: 25-10, 25-17
Freshmen def. Seniors: 15-25, 26-24, 15-11

TEAM STANDINGS (WIN-LOSS)

A LEAGUE

Mixed Plate	2-0
School 'Em	1-1
Old School	0-1
Spartans	0-1

B LEAGUE

Fifth String	1-0
Sets on the Beach	1-0
I'd Spike That	0-1
NANSense 2.0	0-1
The Wiggles	0-0

SCHOOL LEAGUE

Seniors	1-1	Black Attack	1-0
Freshmen	1-1	Juniors	0-1
Sophomores	1-0	White Lightning	0-1

NEXT WEEK'S SCHEDULE: COME CHEER ON YOUR TEAM!

Tuesday

4:30 p.m.: Seniors vs. Sophomores
5:30 p.m.: Juniors vs. Black Attack
6:30 p.m.: Sets on the Beach vs. The Wiggles
7:30 p.m.: NANSense 2.0 vs. Fifth String

Wednesday

4:30 p.m.: Freshmen vs. White Lightning
5:30 p.m.: Sophomores vs. Black Attack
6:30 p.m.: School 'Em vs. Mixed Plate
7:30 p.m.: Spartans vs. Old School

Thursday

4:30 p.m.: Freshmen vs. Sophomores
5:30 p.m.: Black Attack vs. White Lightning
6:30 p.m.: I'd Spike That vs. Sets on the Beach
7:30 p.m.: NANSense 2.0 vs. The Wiggles

Friday

6:30 p.m.: School 'Em vs. Old School

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	20%	E-SE at 7-12 knots
Monday	Partly Sunny	15%	ENE-ESE at 4-9 knots
Tuesday	Partly Sunny	20%	ENE-ESE at 7-12 knots
Wednesday	Mostly Cloudy	25%	ENE-ESE at 10-15 knots
Thursday	Partly Sunny	20%	ENE-ESE at 9-14 knots
Friday	Partly Sunny	20%	NE-E at 11-16 knots

Yearly total: 109.22 inches
Yearly deviation: +30.27 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:42 a.m. 6:25 p.m.	1:22 a.m. 1:50 p.m.	5:37 a.m. 1.0' 6:08 p.m. 1.4'	----- 12:15 p.m. 2.4'
Monday	6:42 a.m. 6:25 p.m.	2:07 a.m. 2:30 p.m.	6:45 a.m. 0.8' 7:18 p.m. 1.0'	12:12 a.m. 2.7' 1:14 p.m. 2.9'
Tuesday	6:43 a.m. 6:26 p.m.	2:52 a.m. 3:11 p.m.	7:31 a.m. 0.5' 8:03 p.m. 0.6'	1:15 a.m. 2.9' 1:53 p.m. 3.3'
Wednesday	6:43 a.m. 6:26 p.m.	3:38 a.m. 3:53 p.m.	8:07 a.m. 0.2' 8:41 p.m. 0.2'	2 a.m. 3.2' 2:27 p.m. 3.8'
Thursday	6:43 a.m. 6:26 p.m.	4:26 a.m. 4:37 p.m.	8:41 a.m. 0.1' 9:16 p.m. 0.2'	2:38 a.m. 3.4' 2:59 p.m. 4.2'
Friday	6:44 a.m. 6:26 p.m.	5:17 a.m. 5:24 p.m.	9:13 a.m. 0.4' 9:50 p.m. 0.5'	3:14 a.m. 3.7' 3:32 p.m. 4.5'
Nov. 22	6:44 a.m. 6:26 p.m.	6:09 a.m. 6:14 p.m.	9:46 a.m. 0.6' 10:25 p.m. 0.7'	3:48 a.m. 3.8' 4:04 p.m. 4.8'