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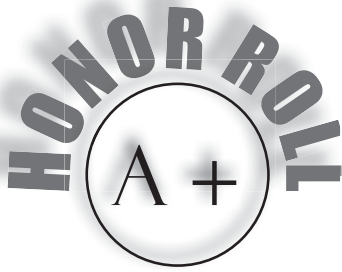
NOVEMBER 22, 2014

THE KAWALEIN HOURGLASS

Jon Mitchell judges rib entries at the 2nd annual Roi Rib Fest Nov. 10. For more, see page 6.

Photo by Don Schmehl





KHS Honor Roll Recipients - First Quarter

*= 4.0 GPA

GRADE 12

High Honor Roll (3.6667+)

Mereille Bishop, Molly Premo,
Trey Tomas

Honor Roll (3.5–3.6)

Daisy Wiltrout

Merit Roll (3.0–3.49)

Mamolyn Anni, Dori deBrum,
Angelo Lelet, Roanna Zackhras

GRADE 11

High Honor Roll

Addison Cossey, Elizabeth Doerries,
Allison Hibberts, Danielle Rivera,
David Sholar

Honor Roll

Wyatt Jones

Merit Roll

Marlena Alfred, Dayna Hepler,

Wayland Sanborn, Peyton Smith,
Allison Tomas, Jared Wase

GRADE 10

High Honor Roll

Christine Abragan, Diamond Calep,
Chelsea Engelhard, DeVante Floor*,
Thomas Greene, Leah Lokeijak,
Matthew Nash, Clifford Richey,
Claire Stepchew, Caleigh Yurovchak

Merit Roll

Colleen Furgeson, Manini Kabua

GRADE 9

High Honor Roll

Aidan Alejandro, Abigail Bishop,
Jensyn Cole, Ian Galbraith*,
Allison Homuth, Cameron Jones,
Auguston Lelet, Megan Sok

Honor Roll

Michael McClellan

Merit Roll

Ramel Dash Alfred, Janalynn Reimers

GRADE 8

High Honor Roll

Graeson Cossey, Andrew Elkin,
Christian Kirk, Audrey Whatcott

Honor Roll

Mackenzie Cooperrider,
Humberto Jones

Merit Roll

Pania Alfred, Christina Jones,
Angeline Kelley, Nathaniel Sakaio,
Kaya Sylvester, Carlon Zackhras

GRADE 7

High Honor Roll

William Beguhn*, Ethan Dean*,
Mackenzie Gowans, Aiden Mitchell,
Amber Tippetts

Merit Roll

Kayla Hepler, Marina Lojkar,
Makena Moseley, Jacilynn Nam

MANIT MINUTE

Weapons and Warfare: In warfare, Marshalese weapons consist of spears, throwing sticks, slings, and stones. Spears are used for throwing or stabbing, either smooth or pointed at tip and fitted on both sides with shark

teeth or sting ray spines. Throwing sticks are pointed at both ends and is hurled. Slings consist of a pad of pandanus leaf plating, to which two chords are fastened, with a stone or coral being hurled.

THE KWAJALEIN HOURGLASS

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

The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Garrison-Kwajalein Atoll. Contents of the Hourglass are not necessarily official views of, or endorsed by, the

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Photo by Stephanie Finley

More than 80 participants line up for the start of the annual Turkey Trot 2-mile prediction run at Emon Beach Monday.

Runners predict finish times, win fun Thanksgiving dinner themed prizes

Kwajalein Running Club Reports

Year after year we at the Kwajalein Running Club are amazed at how accurately a few people can predict in advance their actual time to run a 2-mile course around the Kwajalein Island residential area. Kwajalein Running Club has conducted the “Turkey Trot” prediction run for over 30 years now, and rarely do the top finishers’ predicted times substantially differ from their actual finish times.

This year was no exception. The top prizes—imported Butterball turkeys weighing in over 20 pounds—went to residents Nikki Delisio, Pamela DeVille and Chester and Lili Snoddy. While the Snoddy team finished eight seconds off their target, both Delisio and DeVille were nearly spot on, missing their mark by only one second.

81 runners and walkers of all ages participated this year, and while the top finishers won the top prizes, eight additional prizes of lesser value were awarded for those who met, or barely missed, other targets. Hot dogs, for instance, went to the fastest overall finisher, Jay Lord, and the last finishers, Audrey Wyatt and her two young daughters, won a helping of delicious anchovies—a true Thanksgiving treat!

To make things fair everyone was barred from wearing timepieces that might give them a competitive edge. Due to the increasing availability of wearable tech, though, an event like this might not be possible too far into the future when Google Glass and bio-tech implants are common. So, please come next year—before it is too late!

2014 Turkey Trot 2-Mile Prediction Run Winners

Prize	Distinction	Winner	Time Difference
1st place Turkey	Best Prediction	Nikki Delisio	-00:01
2nd place Turkey	2nd Best Prediction	Pamela DeVille	+00:01
3rd place Turkey	3rd Best Prediction	Chester & Lili Snoddy	+00:08
Hot Dogs	1st Physical Finisher	Jay Lord	14:18 finish time
Bologna	Highest “Slower Than” Prediction	Audrey Wyatt	+07:50
Stuffing	Highest “Faster Than” Prediction	Luke Sadowski & Max Winkler	-09:07
Anchovies	Last Physical Finisher	Audrey Wyatt (escorting two daughters)	42:20 finish time
Spam	Largest Family	Tim and Sara Merryman Family	N/A
Cornish Hen	Youngest Finisher	Ellie Miller, age 5	N/A
Chicken	Just Missed a Turkey-Too Fast	Ben Lowe	-00:09
Cranberry Sauce	Just Missed a Turkey-Too Slow	Jason Merryman	+00:11



KWJALEIN ARES ORNER

Dealing with stress when quitting tobacco

By Marion Ruffing
Employee Assistance Program

Everyone feels stress sometimes. It's a natural physical or emotional response to challenging situations. And when you're a tobacco user, your first reaction to pressure, anxiety, anger or hassle may be to reach for a cigarette or a tin of chew. Sure, a bad day or argument can cause stress, but even good things like being promoted or getting married can be causes of stress. Learning to identify your sources of stress and then using stress reduction techniques will help you make changes from the inside out to reduce your stress levels and help you focus on successfully quitting tobacco.

Here are some easy and effective techniques to get you started on your way to reducing and better managing your stress levels. Each technique is not right for everyone, so it is important to think about what will work for you based on your unique stressors, the time available to you and your personality. Don't be afraid to try new techniques, though, as you might be surprised by what works for you. And remember: You don't have to wait until you are quitting tobacco to try the following:

- Start by planning ahead. As you get ready to quit tobacco, begin by identifying the sources of stress in your life. If you can, start by keeping a log or writing down the situations when you feel stressed, anxious or nervous. Be sure to look hard at yourself and think about sources of stress



that aren't always obvious.

- Next, take a look at each situation on your list and apply the 4 A's of stress management:

Avoid the stressor. While not every stressful situation can be avoided, and some shouldn't be, there are always stressors that you can eliminate or avoid while quitting. This also can mean avoiding people who cause you stress, focusing on important tasks while eliminating others and just plain saying "no" when you are feeling overloaded.

Alter the situation. For unavoidable stressors, try altering the situation. This might involve behavior changes like expressing your thoughts, communicating more effectively, using your time more wisely, compromising and being more assertive.

Adapt to the situation. Changing yourself is just as important as changing the situation. Knowing that you can only do your best and focusing your time and energy on the positive will help reduce efforts wasted on negative thoughts. Practice mak-

ing the best of the situations that might stress you out, and try to keep things in perspective.

Accept what you can't change. From the actions of others to today's weather, there are some things you just can't control. Keep a balance between doing all you can and accepting some things in life. Focus on the things you can control, and look at the positive whenever you can.

- Taking care of yourself and making healthy lifestyle changes can be the cornerstone of your plan to fight back against stress, and to stop tobacco.

(1) Get regular exercise. Taking up activities that involve both the mind and body, such as yoga, are especially effective. When stress hits, even just taking a walk can help get your blood flowing and your mind off tobacco.

(2) Eat a healthy diet. Try beginning your day right and taking the time to eat breakfast, then follow it with balanced, nutritious meals throughout the day to keep your energy up and your mind clear.

(3) Cut back on caffeine and sugar. Caffeine and sugar provide quick "highs" that most often result in a crash, the same kind of crash you might feel when you need a cigarette or dip and don't have one. If you cut back and stabilize the coffee, sodas and sugar you take in, you will feel more relaxed and, as a bonus, be able to sleep better.

(4) Don't forget about sleep. Getting a good night's sleep helps you recharge your mind and body. Feeling tired can lead to irritability and increase stress and tobacco use.

—From www.ucanquit2.org.

US Army celebrates Native American Heritage Month

Army declaration: "Native pride and spirit: Yesterday, today and forever."

National American Indian Heritage Month is a time of reflection as members of our community honor the immeasurable contributions of American Indians for building our Nation and supporting the Military Services. However, it is also important that we sincerely acknowledge the great legacy of resilience taught to us by the American Indians' painful history. Despite facing adversity repeatedly, their vision and determination have helped transform our National character and have enriched our understanding of their distinct culture. They serve as an example to all.

More than 20 American Indians are Medal of Honor recipients. Their distinguished acts signify the deep and abiding patriotism and heroism found among multiple generations who have served in our ranks. From the Revolutionary War to the brave Soldiers fighting in today's conflicts, American Indians have served with honor and distinction. This is yet another reminder of how our Army is much stronger today because we value the strength of a diverse workforce.

This month, join us in giving special recognition for the past and present contributions American Indian Soldiers, Civilians and Families have made to make our Army what it is today—a place where people from all walks of life stand proudly together in service to our Nation. Army Strong!

—Raymond Chandler III, Sergeant Major of the Army

—Raymond Odierno, General, U.S. Army Chief of Staff

—John McHugh, Secretary of the Army

November 2014

Background, context behind Native American Heritage Month

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

One of the very first proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the "First Americans" and for three years they adopted such a day. In 1915, the annual Congress of the American Indian Association meeting in Lawrence, Kansas, formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments at the White House. There is no record, however, of such a national day being proclaimed.

The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month."

—Information courtesy of the Bureau of Indian Affairs, U.S. Department of the Interior



Blanket design of the Alaskan Haida Indians, courtesy of the Library of Congress.



Above: Statue of Sequoyah, leader of the Cherokee Nation during the early 19th century. Photo by Carol Highsmith, courtesy of the Library of Congress.

DISPATCH FROM ROI

Grilling for a good cause: Rib Fest earns money for veterans charities

By Laura Pasquarella-Swain
Roi Community Services Manager

Another beautiful day in paradise set the scene on Roi-Namur for Community Services' second annual Roi Rib Fest. Kwajalein and Roi residents participated, volunteered and mingled together for this wonderful afternoon on Roi.

The main event of the day, the Rib Contest, inspired seven contestants to show off their cooking skills. The contest welcomed donations from each judge to benefit the Wounded Warriors Fund and the Paralyzed Veterans Fund. Many people gladly donated to become a judge, and a total of \$1,090.25 was collected.

Winners of the Rib Contest were announced later in the evening. Wes Kirk took first place, Henry McElreath earned second, and Roi contestant Monica Villella took third.

A separate competition helped earn money that contributed to the donation total, and winners were Geoff and Melina Lake.



Photo by Don Schmehl

Members of the Roi Scuba Club sell T-shirts and other items at the Roi Rib Fest Nov. 10.

When participants weren't eating, shopping opportunities were available. The Roi Scuba Club had their wares for sale, and Neil and Ging Schwanitz sold their glass jewelry.

Music played in the background all day long while folks were tie dying, competing in a Baggo game or

hanging out at the tables under the trees.

At the end of the evening, visiting Quality of Life band "Poke Chops and the Other White Meat" performed at the Outrigger. The band donated their CD sales, bringing the charity donation total to \$1,200.25.



Judges for the Rib Contest enjoy sampling each contestant's entry.

Photo by Don Schmehl



Photo by Don Schmehl

Evan Mitchell tie-dyes a T-shirt at the Roi Rib Fest Nov. 10.



Photo by Jane Erekson

Henry McElreath shows off his second-place ribs at the Roi Rib Fest.



Photo by Don Schmehl

Rachael Harris walks away with a plate full of ribs to judge at the Roi Rib Fest Nov. 10.



Photo by Don Schmehl

Roi residents shop at one of the vendor tables open to visitors.



Photo by Jane Erekson

Jane Erekson displays a delicious sample of food up for judging at the annual Rib Fest.



Photo by Don Schmehl

Jim Friedenstab digs in to his judging plate for the Rib Contest.



Photo by Jane Erekson

From left, Melina Lake, Bridget Rankin and Henry McElreath take a break from the heat under a tent during the Rib Fest.

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 naninmej 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 ejelok 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.

View from Kwaij

Email photo submissions to:
usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil



From Don Engen



From Judy McGuire



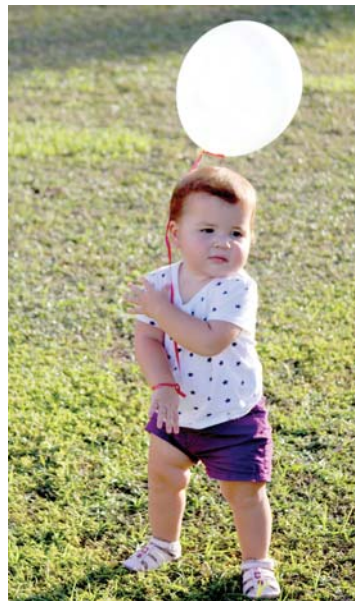
From Jordan Vinson



From Julie Savage



From Stephanie Finley



From Sheila Gideon



From Julie Savage

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.

OPEN POSITION FOR Office Automation Assistant for the Department of the Army, U.S. Army Space and Missile Defense Command/U.S. Army Forces Strategic Command. Job Announcement Number: SCBK143733171260105. Open period: now through Dec. 1, 2014.

LOST

OLYMPUS CAMERA, small, red, in underwater housing near Small Boat Marina Nov. 10 around 5 p.m. Call 51157.

FOUND

PAIR OF WHITE Foster Grant sunglasses at Turkey Trot. Call Jane or Bob Sholar at 51815.

GIVEAWAY

FREE HP INK CARTRIDGES, two HP 74 black, one HP 75 color and one combo pack, all expire December 2015. Call Joanie at

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.

52504.

PATIO SALE

SATURDAY, NOV. 29, 8 a.m.-3 p.m., quarters 472-B. Kid's clothes, toys, children's books, DVDs, household items, knick-knacks, electric smoker and more.

FOR SALE

ISAGENIX CLEANSE for Life powder, one unopened container and one opened container, one unopened 60-day supply container of vanilla snack wafers, one informational DVD, \$100. Call 51597.

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.

COMMUNITY NOTICES

KWAJALEIN SCUBA CLUB Underwater Turkey Hunt is at 3 p.m., Sunday, at Emon Beach Dive Shack. This is a family event geared for snorkelers and divers alike. Prizes are two turkeys and two hams, plus other assorted prizes. No pre-registration required, just come ready to have fun! Questions? Contact Dan Farnham.

WREATHS ARE SOLD OUT! Deadline for \$35 payment is Tuesday. Any wreaths not paid for will be up for grabs to the community after Tuesday. Call Angela at 52084 for payment arrangements.

SURFWAY WILL BE open from 11 a.m.-6:30 p.m. on Thursday, but closed Friday for the holiday.

THANKSGIVING BUFFET at the Zamperini Dining Facility will be Friday. 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 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. Menu subject to change due to availability.

KWAJALEIN OPEN YOGA Association November class schedule: 6:30 p.m., Monday, and a special pre-turkey session at 8:30 a.m., Friday, both at the Adult Pool.

KWAJALEIN YACHT CLUB will hold it's monthly meeting on Nov. 29 at the Yacht Club. Happy Hour is at 5:30 p.m., meeting is at 6:30 p.m., dinner at 7 p.m. Entree will be provided, so bring a side dish to share. Questions? Contact Tim Cullen at yeoman@kwajyachtclub.com.

BEGINNING DEC. 1, register private vessels and personal watercraft for 2015. Cost is \$25. Submit registration and payment at the Small Boat Marina during hours of operation. As a reminder, all boats occupying a boat lot must be registered.

EOD WILL CONDUCT disposal operations from 9:30-11 a.m., Dec. 4, at the south end of the runway. Glass Beach is off-limits during that time and the road will be blocked through completion. Questions? Call 51433.

KWAJALEIN AMATEUR Radio Club meeting is at 7 p.m., Dec. 4, at the Ham Shack just north of the Adult Pool. We will be discussing future work parties and plan activities for 2015. Come and learn about the fun of ham radio. Questions? Call Dennie at 53290.

AAFES STORES will have special hours for holiday shopping Dec. 6, the day of the Tree Lighting. The Express Store will be open 7 a.m.-midnight. The Pextra Store will be open 10 a.m.-2 p.m. and again 8 p.m.-midnight.

ISLAND MEMORIAL CHAPEL'S "Children's Christmas Pageant" will be performed during the 11 a.m. worship service on Dec. 7. All are invited to come celebrate our children, experience the Christmas story and to sing Christmas songs together! Contact Princess Gooden at 59154 to participate.

BOATER'S ORIENTATION CLASS is from

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 29
Korean Roast Beef	BBQ Spare Ribs	Vegetarian Quesadillas	Baked Meatloaf	Chicken/Salsa	Thanksgiving Brunch	Pork Chops
Soyu Chicken	Chicken Cordon Bleu	Country Fried Chicken	Chicken/Dumplings	Jalapeno Beef Stew		Pepperoni Pizza
Crab Benedict	Vegetarian Quiche	Hawaiian Chop Steak	Vegetarian Pasta	Nacho Chips/Cheese		Vegetarian Pizza

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 29
BBQ Chicken	Fish Sandwich	Spaghetti/Meatballs	Carved Pork Loin	Salisbury Steak	Limited Menu	Beef Tips in Burgundy
Macaroni and Cheese	Roast Beef	Mostaccioli	Garlic Roast Chicken	Chicken Stir-fry	4:30-6:30 p.m.	Breaded Chicken Strips
Beef Stew	Taco Pizza	Vegetarian Stir-fry	Beef/Broccoli Stir-fry	Steamed Potatoes		Vegetarian Beans

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 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.	Monday 1. Pick-up Soccer, 6 p.m., Brandon Field. 2. 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, 8:30 a.m., Adult Pool. 2. Blessed Sacrament Thanksgiving Mass, 9 a.m., Island Memorial Chapel.	Saturday 1. Cross Fit, 5:15 a.m., Ivey Gym. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts.
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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.

OPEN RECREATION events open to all kindergarten through sixth grade students: Ice Cream Social is from 5:30-7 p.m., Dec. 5, in the SAC classroom. Enjoy games and ice cream with friends. Elf Movie Night is from 5:30-7 p.m., Dec. 13, in SAC classroom. Come with pillows and blankets. Sign up at the Central Registration Office. Questions, contact Katrina Ellison at Katrina.M.Ellison.ctr@usarmy.mil.

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.

ISLAND MUSICIANS: The YYWC will present a Kaleidoscope of Music on Jan. 25. This is an island event where the proceeds are dedicated to the YYWC Scholarship Fund. Here's your chance to perform for an appreciative audience and support a great cause. Contact Jane Premo or Sarah Stepchew by Dec. 13 to be included in this wonderful night. jane@premo.org or call 52379; stepchew2@hotmail.com or call 53500.

RENEWAL NOTICES for Vendor Licensing have been sent out. If you do not receive one please call or stop by Community Activities Office in Building 805 (Library). If you are new to the island and would like to sell your hand-crafted items you can come to the Community Activities Office and start the process. Any questions, call Denice Phillips at 53331.

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.

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: All tenant organizations including clubs, contractors and sub-contractors conducting activities at USAG-KA must comply with the requirements of the 13th edition of the USAG-KA Environmental Standards. Know which section applies to you. Contact USAG-KA Environmental or KRS Environmental at 51134 for more information.

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

Thanksgiving Hours of Operation

Kwajalein	Friday, Nov. 28
Emon Beach	Buddy System
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	Closed
Small Boat Marina	Closed
Surfway	Closed (Open Thursday)
Laundry	Closed
Surfside Salon	Closed
Sunrise Bakery	Closed
Ocean View Club	4:30-11 p.m.
Post Office	Closed
Zamperini Dining Facility Thanksgiving Brunch	Meal Card Holders 11 a.m.-3 p.m. All other residents 12:30-3 p.m.
AAFES Express	Closed
AAFES Pxtra	Closed
Food Court	Closed
American Eatery	Closed
Community Bank	Closed
Roi-Namur	
AAFES Express	Closed
Small Boat Marina	Closed
Third Island Store	Closed
Outrigger Snack Bar	Closed
Outrigger Bar	Closed

Café Roi						
Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 29
Sunday Korean Beef Steak Roast Cornish Hen Veggie Frittata	Beef Fajitas Chicken/Orange Sauce Breakfast Burrito	Roast Beef Sandwich Grilled Chicken Breast Wild Rice Pilaf	Beef Stew Chicken Strips Hot Spiced Apples	Char Siu Pork Sand. Beef Stir-fry Veggie Fried Rice	Baked Ham Seafood Paella Prime Rib	Meat Lasagna Spaghetti Cheesy Garlic Bread
Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 29
Sunday Jambalaya Roast Beef Mashed Potatoes	BBQ Pork Ribs Smoked Sausage Baked Beans	Chicken Fried Steak Chicken Curry Mashed Potatoes	Grilled Pork Chop Herb Chicken Baked Potatoes	Roi Fried Chicken Chili Mac Mashed Potatoes	Limited Menu	Cuban Sandwich Chicken Wings Potato Wedges



VOLLEYBALL RESULTS

A LEAGUE

WEDNESDAY, NOV. 12

Mixed Plate def. Spartans: 25-22, 19-25, 15-11
School 'Em def. Old School: 25-18, 25-18

FRIDAY, NOV. 14

Spartans def. School 'Em: 25-23, 14-25, 15-12
Mixed Plate def. Old School: 25-16, 25-17

B LEAGUE

THURSDAY, NOV. 13

The Wiggles def. Fifth String: 25-21, 25-22
I'd Spike That def. NANSense 2.0: 25-9, 25-27, 15-6

SCHOOL LEAGUE

WEDNESDAY, NOV. 12

Seniors def. Black Attack: 25-23, 25-17
Sophomores def. White Lightning: 25-20, 25-11

THURSDAY, NOV. 13

Juniors def. Freshmen: 25-14, 20-25, 15-6
Seniors def. White Lightning: 25-9, 25-9

FRIDAY, NOV. 14

Sophomores def. Juniors: 17-25, 25-7, 17-16
Black Attack def. Freshmen: 23-25, 26-24, 15-7

TEAM STANDINGS (WIN-LOSS)

A LEAGUE

Mixed Plate	4-0
School 'Em	2-2
Spartans	1-3
Old School	0-3

B LEAGUE

Fifth String	1-1
I'd Spike That	1-1
Sets on the Beach	1-0
The Wiggles	1-0
NANSense 2.0	0-2

SCHOOL LEAGUE

Sophomores	3-0	Juniors	1-2
Seniors	3-1	Freshmen	1-3
Black Attack	2-1	White Lightning	0-3

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

Tuesday

4:30 p.m.: Juniors vs. Seniors
5:30 p.m.: Black Attack vs. Sophomores
6:30 p.m.: Fifth String vs. Sets on the Beach
7:30 p.m.: I'd Spike That vs. The Wiggles

Wednesday

6:30 p.m.: School 'Em vs. Spartans
7:30 p.m.: Mixed Plate vs. Old School

Thursday

No games due to Holiday Break

Friday

No games due to Holiday Break

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Sunny	5%	NE-E at 13-18 knots
Monday	Mostly Sunny	5%	NE-E at 11-16 knots
Tuesday	Mostly Sunny	15%	NE-E at 10-15 knots
Wednesday	Partly Sunny	20%	ENE-ESE at 13-18 knots
Thursday	Mostly Cloudy	25%	ENE-ESE at 12-17 knots
Friday	Mostly Cloudy	30%	E-SE at 11-16 knots

Yearly total: 110.26 inches
Yearly deviation: +28.73 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:45 a.m. 6:26 p.m.	7:04 a.m. 7:07 p.m.	10:19 a.m. 0.6' 11:01 p.m. 0.8'	4:23 a.m., 3.9' 4:38 p.m. 4.9'
Monday	6:45 a.m. 6:26 p.m.	8 a.m. 8:03 p.m.	10:54 a.m. 0.6' 11:38 p.m. 0.7'	4:59 a.m. 3.8' 5:14 p.m. 4.9'
Tuesday	6:45 a.m. 6:26 p.m.	8:57 a.m. 9:01 p.m.	11:30 a.m. 0.5' -----	5:37 a.m. 3.7' 5:53 p.m. 4.8'
Wednesday	6:46 a.m. 6:26 p.m.	9:54 a.m. 9:59 p.m.	12:19 a.m. 0.6' 12:09 p.m. 0.2'	6:18 a.m. 3.5' 6:33 p.m. 4.5'
Thursday	6:46 a.m. 6:27 p.m.	10:48 a.m. 10:56 p.m.	1:04 a.m. 0.3' 12:54 p.m. 0.1'	7:04 a.m. 3.2' 7:19 p.m. 4.1'
Friday	6:47 a.m. 6:27 p.m.	11:41 a.m. 11:53 p.m.	1:55 a.m. 0.0' 1:48 p.m. 0.6'	8 a.m. 3.0' 8:16 p.m. 3.7'
Nov. 29	6:47 a.m. 6:27 p.m.	12:32 p.m. -----	3 a.m. 0.4' 3:04 p.m. 0.9'	9:14 a.m. 2.8' 9:30 p.m. 3.3'