

VOLUME 56 NUMBER 52

DECEMBER 26, 2015

THE KWAJALEIN HOURGLASS

THIS WEEK

THE NIGHT BEFORE

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SCUBA SANTA

AND FRIENDS EMERGE FROM LAGOON, P. 8-9.

VOLLEYBALL

CHAMPS CROWNED, P. 4.

Shana Darrah, foreground, and Ursula and Tim Labrie round Bunker Hill during the 2015 Jingle Bell Run on Kwajalein Dec. 19.



Jordan Vinson



About the Marshall Island Training School

By Mary Browning. Originally printed in the Hourglass Dec. 21, 1981.

To the early missionaries in Micronesia, teaching went hand-in-hand with preaching, and if it was a church which was built first, the building also served as a school.

Part of teaching was making a written language out of a spoken one so that Bibles and primers could be translated into the local tongue. It was an incredibly time-consuming business, but it was nearly always undertaken as soon as missionaries themselves became familiar with the languages.

The need for more teachers became urgent. There weren't enough to send to all the islands. By 1869, Mr. Snow, formerly of Kosrae but then at Ebon (Ebon Atoll, at the southern end of the Ralik Chain in the Marshalls), was writing, "Oh, how we do need a preparatory school, with something more than mere reading exercises to fit teachers and preachers for the different parts of our Marshall Island field. But what can I do alone, with all the work of translating and preparing books on my hands?"

The following year he was still promoting the idea and calling for an "advanced" school to prepare teachers and preachers. By 1872, he and two Marshallese teachers and their wives "in the harness and at their work" on Majuro, and one couple was at Jaluit. But, "they all greatly need the special training of our theological school as soon as it shall be established."

At some point not long afterward, a "high school" was operating at Ebon and had been doing so for three years by 1876

when it had freshmen, sophomore and junior classes. Curriculum for juniors included arithmetic, geography, practical ethics, composition and Bible exegesis. Mr. Whitney was assisting Mr. Snow by then and was wrestling with some of the moral questions associated with teaching moral philosophy.

"The idea of introducing Moral Philosophy in some form was suggested by the oft-repeated advice of the delegate of the Hawaiian Board, to teach the people something like a code of laws," Snow said. "To prepare them for a penal code and teach them what laws are seemed to be his idea. Laws must be taught, either in the abstract or the concrete. If the latter, then what laws, and on whose authority. I thought the matter over, and we talked about it and concluded that the best way would be to give lessons as to the duty of everyday life and thus accomplish the desired end without presenting a code which might be opposed or abused."

Mr. Snow, who had been in Micronesia since 1852, suffered a stroke at about this time and returned to his Maine home, where he died in 1880. But his ideas were being fulfilled. His replacement was the Rev. Edmund M. Pease, M.D., who with his wife Harriet was on Ebon by 1879. At about this time, too, it became an article of faith that it was impossible for American missionaries to remain healthy on coral atolls. So, we find the Whitneys and the Peases leaving the Marshalls, returning only for regular visits. Headquarters

became Kosrae, where the high school, or the Marshall Islands Training School, was moved from Ebon.

It may have been moved in about the same way as Butaritari's Gilbert Island Training School was in 1882, when Mr. Walkup, his wife, and Mr. Taylor, simply packed up their belongings, the pupils of their school, the books, equipment and the dismantled school building, got all aboard the Morning Star, and went to Kosrae. The Gilbert Island Training School was returned to the Gilberts about the turn of the century.

In the meantime, however, in 1891, when the Spaniards demanded that the Ponape missionaries leave forthwith, the girls from the Ponape Training School, 16 of them, also went to Kosrae. They were located about 15 miles from the Marshall Island Training School. Kosrae had indeed become educational headquarters. It was reported in 1893 that Dr. and Mrs. Pease and Miss Little had the "Marshall Island department" while Mr. and Mrs. Channon, Miss Hoppin and Miss Palmer had the Gilbert Island students.

It wasn't long before a new German commissioner in the Marshalls expressed doubts about the notion of Marshallese young people leaving home for such long periods of time to go to school at Kosrae. He said he would visit the school and see for himself if it seemed worthwhile. The principal of the school, meantime, learned of the impending visit and taught the girls to sing the German anthem. When the commissioner made his "unannounced" visit, the girls serenaded him with his anthem. He was overwhelmed and said the missionaries could bring all the students from the Marshalls who wanted to come.

Apparently, the Japanese, in turn, allowed the school to function undisturbed only insisting on Japanese language instruction. The two Baldwin sisters were the last American missionaries to manage the school before World War II, and Miss Eleanor Wilson accompanied the surviving Baldwin sister back to the states in February 1941, avoiding internment, and ending a long chapter in the educational history of the Marshalls.

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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HEROES OF THE WEEK

Nearly 30 ladies regularly make the commute from Ebeye to Kwajalein and report to work. However, these ladies don't sit down at desks or work at any garrison facility. They spend their workweeks chasing around and caring for the island's rug rats. They are the nannies.

These nannies make a huge difference in the quality of life for the families they work with, allowing parents to know their kids are well cared for and having fun when they head to work every day.

Kwaj resident Kim Yarnes knows very well the value of these hard workers among Kwajalein's families.

"I couldn't focus on my work if I had to worry about my baby," Yarnes said. "Our nannie, Lomi, is my son Ryland's bubu (grandma). She is part of our family."

Yarnes recently invited all the nannies out for a group photo at the beach; in tow were with the children they care for. These classic shots sum up the lasting impact the Kwajalein nannies have on the children and families they work with.

Kim Yarnes



LEFT: Sisters Juliet and Emma Hutchins gather with their nannie Donna. **MIDDLE:** Likma Mape and brothers Alonzo and Berkeley Cardillo gather for a shot. **RIGHT:** Nine nannies pose for a group photo at Emon Beach with the children they care for.

2016 BASKETBALL SEASON: WHAT YOU NEED TO KNOW

The 2016 Kwaj Basketball Season is right around the corner. Here are the cold, hard facts.

Registration will be open Dec. 29-Jan. 9. Call Derek Finch at 51275 to register. The cost is \$100 per team.

The season runs from Jan. 20-March 5.

For you players that are new to Kwaj, you may want to go ahead and start shopping around for a pair of sweet closed-toe athletic shoes with non-marking soles and maybe a reversible sports jersey.



YOUR NEXT OPPORTUNITY TO GET A B-BOAT LICENSE AWAITS

JAN. 12-14
6:30 P.M.
AT CRC
ROOM 1

Go to the Kwaj Small Boat Marina and sign up asap. Space is limited.



VOLLEYBALL CHAMPS CROWNED

HOURLASS REPORT

The Kwajalein 2015 Volleyball Season came to an exciting end Dec. 17 and 18 during championship matches that pitted rivals in four different leagues against one another. The teams featured below were the squads who came out on top.



1) School B League champs Jr. High 2 celebrate their win. 2) Posers, the School A League champs, get a coconut trophy. 3) School 'Em player Daniel Clabo preps for a spike during his team's championship win against the Corder Pounder squad. 4) School 'Em player Andy Shattuck spikes against Corder Pounder. 5) Janalynn Reimers serves for the Wildcats squad. 6) Shawna Wilttrout serves for the Posers. 7) School 'Em, the Adult A League champs, celebrate their win. 8) Adult B League champs Little Giants gather for a celebratory photo.



COLLEGE MIXER AT COMMANDER'S QUARTERS

BY COLLEEN FURGESON

Kwajalein resident Jeanna Larsen, wife of USAG-KA Commander Col. Michael Larsen, and her family hosted a college mixer for the college students returning or visiting their parents on the garrison for the holidays. About 17 students swung by the commander's house to meet other college students, munch on some snacks and share their stories from school.

The students were asked two main questions during the mixer. How is college going? And do you have any advice for future college students?

Kwajalein Jr./Sr. High School graduate Stephanie Hibberts, who is currently studying geology at Clemson University in South Carolina, commented on a perennial issue that all KHS seniors face if they've lived on the island for a lengthy period of time. The transition can be tough.

"Coming from Kwaj, it was a big adjustment, but I'm starting to get used it."

Hibberts and the rest of the students, though, talked up the immense personal and scholastic strides they've made during their time away from home and at school.

Jonathan Bishop, a senior at Georgia Tech studying aerospace engineering and business, advised high school seniors transitioning to college to step out of their shells and network with fellow students; that network will be invaluable when



Colleen Furgeson

17 of Kwajalein's returning or visiting college students mark the college mixer with a group photo Tuesday. Kwaj resident Jeanna Larsen and her family hosted the group of college kids at their residence to see how school was going for the group.

things get tough.

"Make sure to find friends," he said. "It is great knowing you have people there to study with who support you. College is extremely difficult, but very rewarding."

Other advice offered up by the students consisted of the importance of exposing oneself to new experiences and also maintaining a disciplined attitude when it comes to school. Then again, it can't be all work and

no play, said Keith Brady, a senior studying computer science at the University of Arizona. He reminded everyone that they've got to leave time to decompress and have fun at school; college, surely, goes by too quickly to not get out and have a good time.

"Live stress free," Brady said at the mixer Tuesday. "Do what you enjoy and what makes you happy. That is the only way to have fun in college."

NEW GIRL SCOUTS JOIN RANKS, SUPPLY TREATS

BY COLLEEN FURGESON

Kwajalein's Girl Scouts Overseas Troop 801 recently spent time buzzing around Kwajalein to deliver baked goods to the police department, fire station, hospital and U.S. Army Garrison-Kwajalein Atoll command headquarters.

The event was an opportunity for the girls to show their thanks and appreciation to those who serve and protect Kwajalein.

"Giving cookies was really fun, because we were able to make other people happy," Girl Scout Maliana McCollum said. "It was also exciting because we gave cookies with all the girl scouts, and it was an awesome way to make memories with my friends."

The Girl Scouts is an organization that fosters girls' personal growth in a wide variety of experiences, such as field trips, skill-building sports clinics, community service projects and cultural exchanges. Kwajalein's Overseas Troop 801, which recently added more than 40 new members, is looking forward to celebrating the New Year and working towards earning new badges in 2016.



Kwaj Fire Department staff celebrate their shipment of Girl Scouts cookies with Girl Scouts Overseas Troop 801. The troop recently added more than 40 new members to its ranks.

THE MEN AND WOMEN

BEHIND KWAJALEIN'S BIGGEST CONSTRUCTION BUILDS—PART 2

BY JORDAN VINSON

They're welders, carpenters, safety officers, construction managers, mechanics and administrative personnel. They're fishermen, fathers, mothers, scuba divers and snorkelers. They're the newest addition to the U.S. Army Garrison-Kwajalein Atoll family, and they're the people behind the most important construction projects on Kwajalein right now, from the Space Fence sensor facility to the massive Building 602 project. During an evening bike ride down to the Space Fence Living Quarters areas at Camp Hamilton and Coral Sands, here are just a few of the interesting folks you'll meet.

SADIE ROGERS is brand-new to U.S. Army Garrison-Kwajalein Atoll, having arrived one month ago. A safety tech for San Juan Construction, she and her team have shifted into overdrive to keep the \$900 million Space Fence facility construction project moving apace. As for how he's taken to Kwaj? "It's pretty," she says. "People are nice. I'm having a great time, and I like the people I work with and live with here."

JAMIE JACKSON is another San Juan Construction employee fresh off the plane. Having arrived a month ago, Jamie is San Juan Construction's point man for laying down all utilities lines that will feed the Space Fence facility with all the incoming and outgoing water and energy the sensor will need to perform its mission. "I'm the general foreman in charge of utilities," he says. "We do the water lines, sewer lines, all the electrical conduit and more." Kwajalein suits him fine as a place to live and work, he says. "It's paradise. Yeah, it's pretty nice," he says. "My buddy, Eric Waters, the guy that came out here before me, served with Col. Mike Larsen. I got a chance to go over there [with Eric] and see how the other half live here, and it was kind of nice."

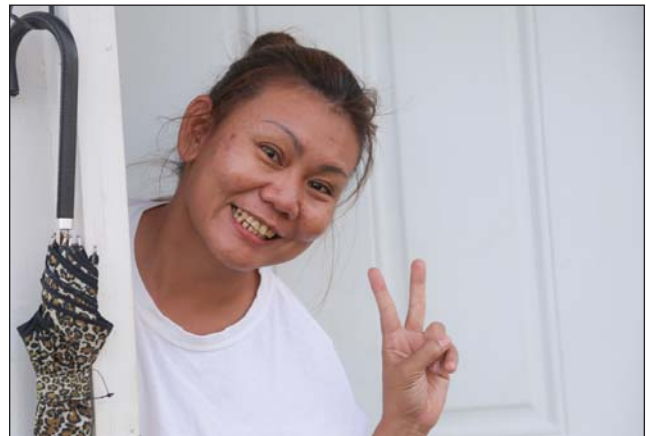
MELNIE LIESEGANG works for San Juan Construction and lives with her husband at the camp across from Camp Hamilton Beach. A quality control manager on the Building 602 project, she's a busy woman on the job. During her off time she enjoys spending time with her husband and cooking in their residence at the San Juan camp. She says that Kwajalein is a peaceful place and very pleasing on the eyes.

MANNON ADAMS is a field mechanic working for San Juan Construction on Kwajalein. A true gear head, Mannon knows about everything there is to know about engines and how to fix them; he even studied engine troubleshooting and design in Japan. On Kwaj, he leads a team of mechanics whose job it is to keep the company's fleet of light vehicles and heavy equipment moving as teams construct the Space Fence facility. It's a good job, and he's got a solid crew to work with, he says. "I'm the guy you guys see out in the service truck. Day to day, we maintain all the equipment and keep it running and do service calls. All my guys are awesome guys to work with. As far as life on Kwaj goes, it's really peaceful. It's a little bit hotter than what I'm used to, but I enjoy it."

Sadie Rogers



Melnie Liesegang



Jamie Jackson



Mannon Adams



Jordan Vinson

KWAJ RUNNERS SCORE HOLIDAY STYLE POINTS

HOURLASS REPORT

A few dozen Kwajalein runners tapped into the athletic side of the holiday spirit Dec. 19 during the annual Jingle Bell Run. Organized by Kwajalein Running Club volunteers and Community Activities staff, the leisurely group run around the north end of the island invited garrison residents to don their reindeer antlers and jingle bells and work up a light sweat with friends and family. During a time of year traditionally filled with holiday feasting and partying, the idea of going out and doing a few laps was a no-brainer for these Kwaj residents. See more photos at www.flickr.com/kwajaleinhourglass.



CLOCKWISE, FROM ABOVE. Joanna Foster, left, and Steve Davis round Bunker Hill during the 2015 Jingle Bell Run. Participants line up near the Emon Beach main pavilion. Ellie Miller dashes off the starting line. Julia Sholar, left, and Alyssa England pass by Bunker Hill. Bert Shultz scoots along on his bike.

SCUBA SANTA EMERGES FROM LAGOON

HOURLASS REPORT

Jolly ol' Saint Nick returned to Kwaj Sunday, this time arriving via the lagoon waters at Emon Beach. Hundreds of children and adults clustered together at the water's edge to greet Mr. Kringle and help his elf assistants to shore. The crew even brought along their own Christmas tree. After the soggy Santa had a chance to regain his land legs and greet the droves of excited kids at the beach, the annual Parade of Lights kicked off. Organized and performed Kwajalein Yacht Club members and friends, the parade consisted of personal yachts and Community Activities B-boats dressed up in Christmas lights. Here are some highlights of another very Kwaj holiday night at Emon Beach.



© Jordan Vinson



1) Scuba Santa and his pal the Grinch host a legitimate press conference at the Emon Scuba Shack Sunday night. 2) The big man speaks with the kids. 3) Elise and Chloe Bowers smile for the camera. 4) Children pluck the remaining glow sticks from the tree that Santa's elves brought to shore. 5) Kwajalein yachties do laps off Emon Beach as part of the Parade of Lights. 6) Claus stops for a photo with his buddy Cliff Pryor. 7) Jim Bishop, one of Santa's elves, cleans his dive gear at the scuba shack. 8) Kwajalein parents and kids gather around Santa, peppering him and the Grinch with camera flashes. 9) The big green guy shares a moment with Maddy Greene. 10) Kids and parents get more photos.

THE NIGHT BEFORE CHRISTMAS

This Kwaj Christmas classic was written by Pat Holmberg and made its appearance in the Kwajalein Hourglass in the early 1960s. Take a minute and get acquainted with a true holiday gem that is as relevant now as it was more than 50 years ago.

HOURGLASS

FRIDAY 22 DECEMBER 1961

THE NIGHT BEFORE CHRISTMAS

BY PAT HOLMBERG

'Twas the night before Christmas. Our land was dark,
 Not a creature was stirring; not even a shark.
 The stockings were hung on the wall with great care.
 (Since there aren't any chimneys, we all put them there.)
 The children were nestled in their beds tight.
 Even Mr. Mugu was sleeping that night.
 Mama 'n her muumu, and I in my cap
 Had just settled down for a long winter's nap.
 When out on the reef there arose such a clatter
 I sprang from my bed to see what was the matter.
 Away to the window, my go-aheads flopping
 I pulled up the blinds to see what was popping.
 The moon, glowing down on the white coral sands,
 Made up for snow, lacking in tropic lands.
 When, what to my wondering eyes did appear,
 An outrigger canoe, and eight tiny reindeer
 And a little old driver so lively and quick
 That I knew in a moment it must be Saint Nick.
 More rapid than speedballs, his coursers they came
 And he whistled and shouted and called them by name,
 "Now Dasher, now Dancer, now Prancer and Vixen,
 "On Comet, on Cupid, on Donner and Blitzen"
 "Fly over the palm and pandanus tree.
 "And onto the roof you will carry me."
 Then in a twinkling I heard on the roof,
 The prancing and pawing of each little hoof.
 Yet before I had managed to turn back around,
 Santa himself in the room I found.
 And Santa was the strangest sight I had seen
 He wore an aloha shirt all made of green,
 And bright red bermudas, a colorful set
 And his bag of toys was a fishing net.
 Sandals he wore, instead of his boots,
 And he smoked a pipe of pandanus roots.
 A jaunty straw hat he wore on his head
 And his once rosy cheeks were now tanned instead.
 He spoke not a word but went straight to his work
 And filled all the stockings, then turned with a jerk.
 And disappeared quickly, I don't quite know how.
 Then from the window I managed to view
 Santa, speeding away in the flying canoe.
 And I heard him explain as I took a last look,
 "Merry Christmas to all, and to all Yokwe Yux!!"
 (Reprinted from "KWAJPODGE.")



AHH ... HOLIDAY MEMORIES



HOURLASS REPORT

What would the holidays be without a barrage of goofy photos from the past? Even if you can't make it home to the States to be with mom or grandma to look through the family photo album this year, you can still get a small dose of holiday memories with your other family—your Kwaj family. Here are some holiday throwbacks snapped by former Kwaj residents over the decades.



U S Army Photo By Megan Moore

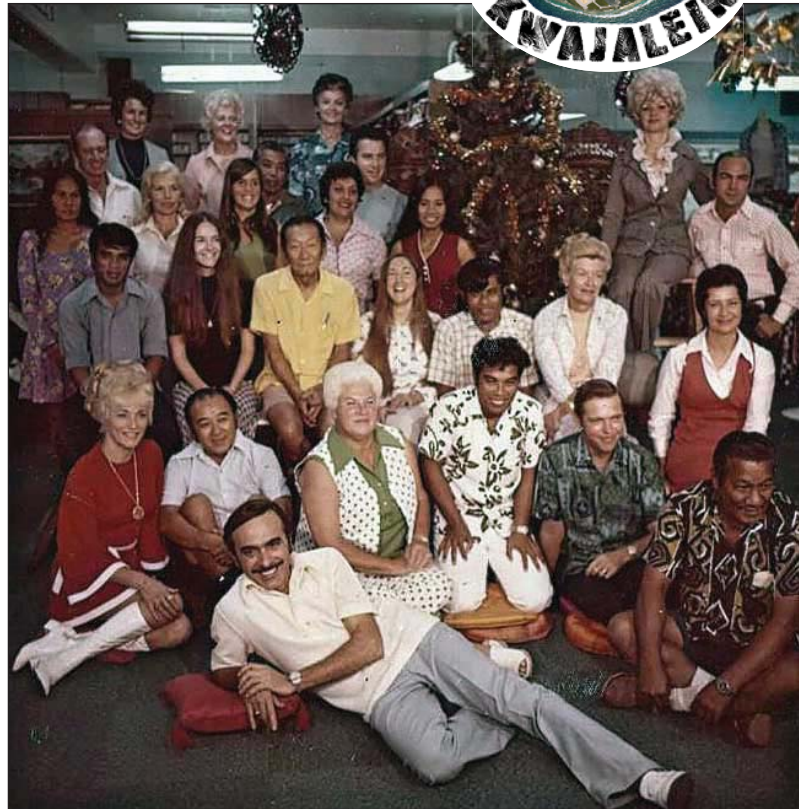
Santa makes us smile

Jason Hensley sits on Santa's lap at Macy's last Saturday. The little tot was one of many island youngsters who took advantage of Santa's visit during the holiday season.

Hourglass photo, Dec. 21, 1989.



Hourglass photo, Dec. 23, 2004. Scuba Santa and his elves arrive at Emon Beach. Children swarmed the beach to greet Santa and receive treats from him. Santa is assisted by elf Amber Banducci.



The staff of the Macy's store on Kwajalein gather for a group holiday photo in 1969. Photo courtesy of former Kwaj resident, Shermie Wiehe.



Hourglass photo, Dec. 26, 2006. A child participates in a Christmas jepta dance on Ebeye.

RUNNERS BUST OUT 26.2 MILES DURING PAUPER'S MARATHON

COMMUNITY CONNECTION BY: BOB SHOLAR

Nine Kwaj runners tackled the full 26.2 mile modern Pauper's Marathon Monday on Kwajalein. Four were veterans of at least one other marathon, and five were first time participants. All finished.

Danny O'Connor, a veteran of several marathons, finished first with a total elapsed time of 4 hours 21 minutes 24 seconds. Coming in second place was Humberto Jones with a time of 4 hours 50 minutes 47 seconds. Heather Miller came in third, finishing just after Jones with a time of 4 hours 51 minutes and 59 seconds.

To avoid the deteriorating effects of the tropical sun, runners chose to start the 2015 Pauper's at 3 a.m. at the Namo Weto Youth Center at Emon Beach. The historical course consists of 10 loops around the northern half of Kwajalein Island, from 9th Street at the airport up to North Point, mostly following along Ocean Road and Lagoon Road.

Joining the nine solo marathon runners were three individuals who did the half-marathon distance of just over 13 miles. Three teams of up to 10 members also joined, taking turns doing laps to equate the 26.2 mile full marathon distance.

Kudos to O'Connor, who sacrificed a quicker finish time to slow down his pace and run alongside other participants during the marathon.

SOLO RUNNERS AND TIMES

- 1) Danny O'Connor - 4:21:24
- 2) Humberto Jones - 4:50:47 (first marathon)
- 3) Heather Miller - 4:51:59 (first marathon)
- 4) Jamye Loy - 5:18:40
- 5) Kristen Miller - 5:50:59
- 6) Heather Sadowski - 5:50:59 (first marathon)
- 7) Lynn Leines - 6:23:49
- 8) Angela Mitchell - 6:40:40 (first marathon)
- 9) Shelbi Rowe - 6:40:40 (first marathon)



Pauper's Marathon participants Angela Mitchell and Shelbi Rowe cross the finish line, completing nearly seven hours of constant running Monday.

Christi Cardillo

A VERY MERRY HOBBY SHOP

COMMUNITY CONNECTION BY: KIM YARNES

The glazes and ceramics were tucked on the shelves but the hobby shop was stirring, full of holiday cheer as residents discovered what crafts and good company were near. Last Thursday night was the annual Hobby Shop Open House hosted by Recreation Specialists Laura Alves, Evelyn Smith, and Sherry Pinnell. Hobby Shop regulars mixed and mingled with many new island residents who were visiting the shop for the first time. The hosts handed out brochures and gave short tours of the facility while encouraging guest to look at the tree full of hand-made ornaments and other holiday themed projects in the works. The worktables, regularly covered with clay, boasted holiday treats and warm apple cider. If you haven't been by the Hobby Shop, stop by and see what fun can be had, when the ceramics and glazes are in full use.



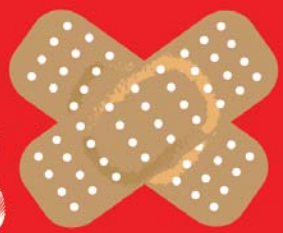
TOP: Kwajalein Hobby Shop staff Evelyn Smith, Sherry Pinnell and Laura Alves host community members at the shop Dec. 18.

RIGHT: One of the many spreads of goodies await hungry visitors.

BOTTOM: Community members chat during the open house.



Kim Yarnes



THE SKINNY ON OBESITY IN AMERICA

COMMUNITY CONNECTION BY: MARION RUFFING

One in four Americans qualifies as obese. If all these people held hands, they would circle the globe three times. In recent decades, obesity rates have doubled in adults and tripled in children. That's scary. Here's a look at the numbers.

CHILDHOOD OBESITY

Nearly one in three children between the age of two and 19 are overweight or obese. That's more than 23 million children – enough to fill over 500,000 school buses. Further children with a TV in their bedroom, or watch TV more than two hours per day are 1.5 times more likely to be overweight or obese. Children who live in unsafe neighborhoods are 61% more likely to be obese than kids in safe neighborhoods.

HOW TO FIGHT FAT

Just losing 10-15 pounds per year can improve health and reduce obesity related complications.

1. Start slow: Don't try to change your whole diet overnight-this will probably lead to giving up. Take small steps, like adding a salad once a day.
2. Go green: Try adding lettuce, broccoli and other green vegetables to your diet. Greens are chock full of vitamins A, C, E and K in addition to calcium, iron and potassium
3. Moderation: Everything in moderation, don't ban your favorite foods from your diet, just eat them less often and in smaller portions.

AMERICA'S FATTEST STATES

West Virginia is the fattest state in America with one in three adults qualifying as obese, and New Hampshire residents have gained the most weight with a six percent increase in obesity. Colorado clocked in as the skinniest state, with one in five obese residents, and the biggest loser is Delaware with a 2.7 percent drop in obesity rate.

AMERICA'S FATTEST CITIES

1. Corpus Christi, TX
2. Charleston, WV
3. El Paso, TX
4. Dallas, TX
5. Memphis, TN
6. Kansas City, MO
7. San Antonio, TX
8. Baltimore, MD
9. Houston, TX
10. Birmingham, AL

AMERICA'S SKINNIEST CITIES

1. San Francisco, CA
2. Burlington, VT
3. Washington, DC
4. Seattle, WA
5. Austin, TX
6. Albuquerque, NM
7. Portland, OR
8. Cincinnati, OH
9. Denver, CO
10. Aurora, CO

CAUSES OF OBESITY

At its core, obesity is caused by taking in more calories than you use.

1. **Environment**—Busy work schedules, long commutes, fast food restaurants on every corner, a lack of parks and trails, and the high cost of health food all support increased obesity rates.
2. **Inactive lifestyle**—We pay the price for many of our modern conveniences in physical inactivity. Driving, instead of walking or riding a bike (except on Kwajalein), and spending hours sitting at a desk or computer or in front of the television have all contributed to the rise of obesity.

OH, THE LIES!

Less than four percent of adults engage in enough physical activity to improve their health, although 40 percent claim they do. Meanwhile, a quick fix for many Americans has been surgery, and the rate undergoing weight-loss surgery has quadrupled.

OBESITY'S IMPACT ON PEOPLE'S HEALTH

Obesity has serious negative effects on your health. When comparing the top 10 most obese states with the 10 least obese states, residents of the fatter states are:

1. 9.5 percent more likely to have high blood pressure
2. 4.5 percent more likely to have high cholesterol
3. 3.8 percent more likely to have Type 1 or Type 2 diabetes
4. 3.5 percent more likely to have knee or leg pain
5. 2.3 percent more likely to have a heart attack

Obesity is the second-leading cause of preventable death, just behind smoking. Obesity has been linked to conditions, such as heart disease, stroke and multiple forms of cancer, depression, asthma, liver disease and even birth defects.

BREAKING DOWN OBESE AMERICANS BY AGE, RACE, EDUCATION

18-29 years	20.3%	White	25.2%	No high school diploma	32.9%
30-39 years	27.8%	Black	36.8%	High school graduate	29.5%
40-49 years	29.4%	Hispanic	30.7%	College graduate	20.8%
50-59 years	31.1%	Other	16.7%		
60-69 years	30.9%				
Over 70	20.5%				

COST OF OBESITY

The medical costs of obesity are estimate to be as high as \$147 billion per year, and healthcare costs related to obesity are projected to quadruple in the next 10 years, accounting for 21 percent of healthcare spending. In addition, the average obese people have to pay an extra \$1,429 per year in medical fees.

Beginning Jan. 5, Marion Ruffing and Dr. Paulette Galbraith will co-teach a class on weight loss and bariatric surgery support. The class runs from 4:45-5:30 p.m. and will take place on the first and third Tuesday of every month in the Kwajalein Hospital conference room.

THE GOOD NEWS: THERE IS HELP ON USAG-KA

COMMUNITY CLASSIFIEDS

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.

COMMUNITY NOTICES

Kwajalein Yacht Club monthly meeting. 6:30 p.m., Saturday, Dec. 26, at the Yacht Club. All guests welcome.

Holiday Birthday Bash. 8 p.m., Dec. 26, at the Ocean View Club. Join us in celebrating December birthdays with holiday drink specials and Top 40 Christmas hits.

2016 Kwaj Basketball Season Registration begins Dec. 29 and ends Jan. 9. Call Derek Finch at 51275 to register; cost is \$100 per team. Season runs Jan. 20-March 5.

The Adult Pool will be closed for cleaning Thursday, Dec. 31 and open for swimming Friday, Jan. 1.

New Year's Eve shuttle bus available on Kwaj, beginning at 7:45 p.m. The shuttle will stop at the following locations: Surfway, the Ocean View Club and the Vets Hall. Ditch your bike this night and hop on for a safe ride to your destination.

New Year's Eve Casino Party. 8 p.m., Dec. 31, at the Ocean View Club. Join us for a casino-themed New Year's Eve party. Must be 21 years of age or older.

Vets Hall New Year's Party. 8:30 p.m., Dec. 31, at the Vets Hall on Kwaj. Ring in the New Year at the Vets Hall with Kwaj band Radar Love.

Masquerade New Year's Eve Ball + Smells Like Fish performance. 8:30

p.m., Dec. 31, at the Roi Outrigger. Ring in the New Year with a fun masquerade ball and live hits by Roi band Smells Like Fish.

Annual New Year's Eve Midnight Run/Walk. 10 p.m., Dec. 31, at the Emon Beach main pavilion. The goal is to be the last person to cross the finish line before midnight. Get your registration forms at Qtrs. 473-A or at the community announcement bulletin board downtown.

January Merebabes Swim Class. 9-9:30 a.m., Jan. 2. This is a FREE American Red Cross parent-child swim lesson that is designed for children six months of age to three years of age. All participants must be accompanied by an adult in the water, and swim diapers are required for children not yet potty trained. This class meets the first Saturday of every month. Questions? Call Cliff at 52848.

Both the Family Pool and the Adult Pool will be closed Jan. 7-9 for their annual intake pipe cleaning. Questions? Call Cliff Pryor at 52848.

EOD disposal operation. 1-2:30 p.m., Jan. 8, at the UXO Disposal Site "Shark Pit." Access to the area will be restricted to unauthorized personnel until operation completion.

Kwajalein B-boat Class. 6:30 p.m., Jan. 12, 13 and 14 at CRC Room 1. Sign up for the class at the Small Boat Marina. Class cost is \$40.

The next phase of the Macys Structural Rehabilitation Project is starting. Subcontractor AIC International will be working on the columns on the ground level on the North Side. Access to the entrances of the ATM, bank and food court will remain open to the public. Work zones will be clearly marked.

The Micronesian Shop will now be open an extra night--Friday--each week during the month of December. Full weekly schedule as follows. Monday, 11 a.m.-2 p.m.; Tuesday, 5-7 p.m.;

Wednesday, 11 a.m.-2 p.m.; Thursday, 5-7 p.m.; Friday 4-7 p.m.

Please do not move the beach chairs at Camp Hamilton onto the sand. The chairs, although heavy, will float away if the tide reaches them. Questions? Call Cliff Pryor at 52848 or the CA Office at 53331.

Due to the corrosion control and repainting project on the Potable Water Tank, which is located in between the PXTRA and the Bakery, the surrounding laneways will be affected. Two laneways will be fenced off to one-way traffic only Dec. 10-March 12. Drivers are asked to be cautious, as there will be heavy vehicle and pedestrian traffic in the area.

Recent sightings of small Portuguese Man-of-War (dime size) have been identified at Emon Beach, take extra precautions when you are in the water.

New hours for the Roi Dispensary, beginning Dec. 1, 2015. Tuesday, Thursday, Friday, Saturday: 7-11 a.m. Wednesday: 7-11 a.m.; noon-4 p.m.

Weight loss and bariatric surgery class, taught by Dr. Paulette Galbraith and EAP Specialist Marion Ruffing. 4:45-5:30 p.m., on the first and third Tuesday of every month, in the Kwajalein Hospital conference room. Begins Jan. 5. Questions? Call EAP at 55362.

E-Talk: Used oil can easily be contaminated with other types of waste and if managed improperly may threaten the safety of you, your co-workers, or the environment.

Safely Speaking: If bungee cords break the resulting energy is released and the hook becomes a projectile with speeds over 40 MPH. The most common consequence is a resulting in eye injury and most victims will have mild to serious loss of vision.

VINTAGE HOURGLASS HOLIDAY ADS

From the Dec. 26, 1961 Kwajalein Hourglass



GALA NEW YEAR'S PARTY AT THE YOKWE YUK CLUB
DEC. 31
9 P.M. to 2:00 A.M.
BREAKFAST 12:30AM
\$2 PER PERSON
RESERVATIONS A MUST!
CALL 409
DANCING to two BANDS

From the Dec. 9, 1988 Kwajalein Hourglass



Light the tree

Roi-Namur's first annual Christmas Tree-Lighting Ceremony will be held at 7 p.m. Sunday in front of the Roi dining hall. The public is invited.

Captain Louis S. Zamperini Dining Facility

*MENU CURRENT AS OF DEC. 22

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Jan. 2
Sauteed beef tips	Beef pot pie	Pork pot roast	Tuna melt	Taco Bar	Brown sugar baked ham	Lasagna
Citrus pork ribs	Quiche lorraine	Wings of fire	Honey roast chicken	Chicken Quesadillas	Chicken stew	Italian baked chicken
Mashed potatoes	Augratin potatoes	Roasted potatoes	Stuffed cabbage	Refried beans	Fish du jour	Garlic toast

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Jan. 2
Meatloaf	Spaghetti	Grilled chicken	Grilled top sirloin	Mongolian BBQ	Chicken fried steak	Filipino Fiesta
Fried chicken	Chicken alfredo	Beef broccoli stir-fry	Picante chicken	Garlic marinated chicken	Mashed potatoes	Chicken rice soup
Roasted potatoes	Garlic bread	Three cheese macaroni	Vegetarian pasta	Oriental fried rice	Seafood gumbo	Lumpia



Sexual Harassment/ Assault
Response and Prevention (SHARP)
Contact Information

Chief Warrant Officer 4 Sharnta' Adams
SHARP Victim Advocate

Work: 805 355 2139

Home: 805 355 3565

USAG-KA SHARP Pager: 805 355 3243/3242/3241/0100

USAG-KA SHARP VA Local Help Line: 805 355 2758

DOD SAFE Helpline: 877 995 5247

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	7:01 a.m. 6:38 p.m.	8:17 p.m. 8:12 a.m.	11:06 a.m. -0.5' 11:51 p.m. -0.7'	5:15 a.m. 3.7' 5:26 p.m. 4.8'
Monday	7:02 a.m. 6:39 p.m.	9:10 p.m. 9:03 a.m.	11:41 a.m. -0.3' ----- 6 p.m. 4.6'	5:49 a.m. 3.6'
Tuesday	7:02 a.m. 6:39 p.m.	10 p.m. 9:50 a.m.	12:25 a.m. -0.5' 12:14 p.m. -0.1'	6:23 a.m. 3.5' 6:32 p.m. 4.3'
Wednesday	7:03 a.m. 6:40 p.m.	10:48 p.m. 10:35 a.m.	12:57 a.m. -0.2' 12:48 p.m. 0.2'	6:57 a.m. 3.3' 7:04 p.m. 3.9'
Thursday	7:03 a.m. 6:40 p.m.	11:34 p.m. 11:17 a.m.	1:31 a.m. 0.1' 1:23 p.m. 0.6'	7:34 a.m. 3.1' 7:38 p.m. 3.5'
Friday	7:03 a.m. 6:41 p.m.	----- 11:57 a.m.	2:10 a.m. 0.4' 2:07 p.m. 0.9'	8:19 a.m. 2.8' 8:21 p.m. 3.1'
Jan. 2	7:04 a.m. 6:42 p.m.	12:19 a.m. 12:37 p.m.	2:56 a.m. 0.7' 3:09 p.m. 1.3'	9:17 a.m. 2.6' 9:16 p.m. 2.7'

COMMANDER'S HOTLINE

*Have something the USAG-KA
commander should know about?*

CALL THE COMMANDER'S HOTLINE AT 51098!



Check out daily news and community updates on the official
U.S. Army Garrison-Kwajalein Atoll Facebook page.

www.facebook.com/usarmykwajaleinatoll

For command information questions, please contact Public Affairs at 54848.

Café Roi

*MENU CURRENT AS OF DEC. 19

Lunch

Sunday

Apple glazed chicken
Indonesian pork
Eggs benedict

Monday

Pepper steak
Glazed pork loin
Cheese quiche

Tuesday

Corned beef and swiss
Roast chicken
Boiled potatoes

Wednesday

Sauerkraut
Chili
Meatloaf

Thursday

Glazed ham
Roast duck
Egg and cheese biscuit

Friday

Bacon and cheese sand.
Sauteed polluck
Mac and cheese

Jan. 2

Shoyu chicken
Hawaiian chopped steak
Spicy Asian noodles

Dinner

Sunday

Chicken fried steak
Herb baked fish
Mashed potatoes

Monday

Chicken and dumplings
French braised beef
Au gratin potatoes

Tuesday

Stir-fry chicken
Korean steak
Stir-fry vegetables

Wednesday

Roast beef
Chick. w/ mustard sauce
Baked potatoes

Thursday

Fried chicken
Meatball sub
Stir-fry vegetables

Friday

Night in Paris
Fish provencal
Pommes duchesse

Jan. 2

Grilled bratwurst
Baked chicken
Sauerkraut

NOTICE OF AVAILABILITY, USAKA Draft Document of Environmental Protection Minuteman III Modification and Fuze Modernization Flight Tests

The U.S. Army Kwajalein Atoll (USAKA) Environmental Standards require that the operating parameters of US Army Garrison-Kwajalein Atoll (USAG-KA) activities with the potential to affect the public health and environment must be defined in a Document of Environmental Protection (DEP). The USAKA Environmental Standards further provide that regulatory agencies and the public be allowed to review and comment on a Draft DEP.

The Draft DEP for Minuteman III Modification and Fuze Modernization Flight Tests, December 2015, provides the proposed requirements and limitations for flight tests at USAG-KA by the U.S. Air Force for Minuteman III Modification and Fuze Modernization Flight Tests.

The public is invited to review and comment on this Draft DEP. The Draft DEP is available for review at the Grace Sherwood Library, the Roi-Namur Library, the RMI Environmental Protection Authority (RMIEPA) offices on Ebeye and Majuro, and at www.tbe.com/Minuteman_III_Documents_for_Public_Review. Questions regarding the Draft DEP can be directed to: Mr. Thomas M. Craven, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command (USASMD/ARSTRAT).

Written comments can be directed to:

Mr. Thomas M. Craven
USASMD/ARSTRAT
ATTN: SMDC-ENV
P.O. Box 1500
Huntsville, AL 35807-3801

A period of 30 days will be provided for public comment. Comments should be postmarked no later than **February 8, 2016**.

KOJJELA BWE EBOJAK NAN ETALE PEPA AK RIPOOT AN USAKA IKIJEN KEJEBAROK PELAAK KO Ejelet jerbal in kokemmalmele oktak ko ilo Minuteman III ekoba jerbal ko ikijien Fuze Modernization

Jonak ko loori an U.S. Army Kwajalein Atoll (USAKA) ikijien pelaak ko pelaakid rej kemlet bwe jerbal im makitkit ko an US Army Garrison-Kwajalein Atoll (USAG-KA), kalin makitkit ko im remaron jelet ejmour im pelaak ko, rej aikuij in kemleleiki makitkit kein ilo juon ripoot ak pepa naetan Document of Environmental Protection (DEP), ak pepa ikijien Kejebarak Pelaak ko. Jonak ko loori an USAKA ikijien kejebarak pelaak ko rej bar kemlet bwe ra im jikin ko rej kiene makitkit ko, ekoba aolep armij, rej aikuij in kotiook aer ien etale im kwalok aer lemnak kin elmakwot in DEP in kenono kake.

Elmakwot in DEP in ikijien kokemmalmele ko rejlet oktak ko an Minuteman III kab Fuze Modernization eo, komman ilo December 2015, ej kemlet bwe jibarak im kotobbar ko rejlet jerbal in kokemmalmele eo enaaj komman ilo USAG-KA jen U.S. Air Force eo nan kommalmele Minuteman III im Fuze Modernization eo edredelok nan etale.

Aolep armij rej ruwainene nan etale im kwalok aer lemnak ikijien elmakwot in DEP in. Elmakwot in DEP in kwoj maron loe juon leikan ilo Grace Sherwood Library eo, Roi-Namur Library eo, Office ko an RMI Environmental Protection Authority ion Ebeye im Majuro, ak ilo www.tbe.com/Minuteman_III_Documents_for_Public_Review im ej walok ilo internet. Kajitok ko ikijien elmakwot in DEP in remaron in etal nan: Mr. Thomas M. Craven, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command (USASMD/ARSTRAT).

Leta ko remaron in jeje nan:

Mr. Thomas M. Craven
USASMD/ARSTRAT
ATTN: SMDC-ENV
P.O. Box 1500
Huntsville, AL 35807-3801

Enaaj bellok iumin 30 raan ko nan an aolep armij kwalok aer lemnak. Melele ko remaron in jeje ak ren jab rumiwi iok jen **February 8, 2016**.

CHRISTMAS HOLIDAY HOURS

Kwajalein

Emon Lifeguard
CRC
Bowling Center
Golf Course
Country Club
Hobby Shop
Library
Family Pool
Small Boat Marina
Surfway
Surfside Salon
Sunrise Bakery
Ocean View Club
Post Office
AAFES Express
AAFES Pxtra
Food Court
American Eatery
Community Bank
Theaters
FCE Benefits Office

Dec. 31

Buddy system
4-9 p.m.
Closed
Sunrise to sunset
Closed
1-5 p.m.
8 a.m.-5 p.m.
Closed
Closed
11 a.m.-6:30 p.m.
Regular hours
Regular hours
4:30-2 a.m.
*Check facility
*Check facility
*Check facility
*Check facility
Regular hours
7:30-11:30 a.m.

Jan. 1

Buddy system
Closed
Closed
Sunrise to sunset
Closed
Closed
Closed
Closed
1-6 p.m.
Closed
Closed
Closed
Closed
4:30-11 p.m.
Closed
10 a.m.-4 p.m.
Closed
*Check facility
*Check facility
Closed

Roi-Namur

AAFES Express
Small Boat Marina
Third Island Store
Outrigger Snack Bar

*Check facility
9 a.m.-6 p.m.
Regular hours
11 a.m.-12:30 p.m.
5:30-9 p.m.
5:30 p.m.-1 p.m.
*Check facility
Regular schedule

Regular hours
Closed
Closed
11 a.m.-12:30 p.m.
5:30-9 p.m.
5:30 p.m.-11 p.m.
Closed
Regular schedule

THUMBS UP



Thumbs Up to Amy Hansen and Laura Pasquarella-Swain for all the fun things they have planned for the Roi residents this holiday season. The social at C building, the Christmas ornaments and the door decorations were great. If you missed them you did miss out on a good time. And the Christmas Eve party. — **Darlene Swafford**

Thumbs Up to Sabrina Muma for once again going light years out of your way to

organize and subsidize your Stray Dog Christmas Party at the Adult Recreation Center on Kwaj. The work and care you put into ensuring your fellow BQ residents have a good Christmas is a rare quality in a human, and we are in your debt. — **Jordan Vinson**

Want to thank an awesome community member here? Send an email to the Hourglass editor at jordan.m.vinson3.ctr@mail.mil