VOLUME 57 NUMBER 45

November 5, 2016

THE KWAJALEIN HOURGLASS

Tom Hoog shows off his snazzy tropical jack-o-lantern created at the Roi Pumpkin Carving Event.

Laura Pasquarella-Swain

THIS WEEK

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NEW BAKERY GALLERY FEATURES THE MIXED MEDIA OF KARA LARSON

BY JESSICA DAMBRUCH

Kwaj coffeehouse culture just got real.

We're enveloped by the usual delicious aromas of sugar and coffee but this week something different is happening at the Sunrise Bakery: something new. Attention all artists: there's a new gallery on the island, and you're being called to exhibit.

The bar has been raised by the exhibition currently on display.

"These are experimental," explains Kara Larson. She beams a smile as bright as the colors in the mixed media and chalk pastel artwork displayed on the walls of the Sunrise Bakery.

Larson's artwork is the first solo show on display in Kwaj's favorite coffee shop. Her show will continue through November to be followed by additional artists.

"Ideally we would have two artists on display each month," hopes Jason Huwe, the Sunrise Bakery's new supervisor and crafts aficionado. He hopes this will be the first of many exhibits. Turning the blank walls of the bakery into an exhibition gallery space was Huwe's idea after stepping into his new role. Not content to simply be the man wrangling the donuts, Huwe's desire to see folks reflect positively on their Kwaj experience reached out to the Kwajalein Art Guild for interested artists. Larson, the Guild's acting Secretary, was overjoyed at the opportunity. Though she was already decorating for the Kwajalein Yacht Club's Swashbuckler's Ball and the Vet's Hall Halloween celebrations, she immediately volunteered and brought in her work.

Larson is a self-taught artist and academically trained as an interior designer. Her family supported her interest in art by trading jobs for art lessons. In college her independent studies were in fine arts courses and she has continued to fuel her interest in visual design through crafting, fine arts, drawing and photography. Though she is most at home with chalk pastel on a suede illustration board, Larson regularly pushes herself to work outside her comfort zone with new media, patterns and ideas.

"I wanted to have a show in Alaska," says Larson. "I was preparing for that show when I moved here. So the art up on the walls now is partly inspired by Alaska, and some by here."

Originally hailing from Minnesota, and most recently from Alaska, Larson self identifies as "not much of a beach person." Though her role as a Subcontract Technical Representative with Chugach occupies her days, she is constantly observing and snapping photos of scenes that will inspire the next series or work of art.

U.S. Army photos by Jessica Dambruch

Kara Larson poses near the warm colors of a mixed media piece on display in the Sunrise Bakery. Her work is featured there through November.

"I always think, oh, that would make a great piece, and take a photo of it," says Larson.

The shapes of fishes and birds are visible in several pieces. Inspired by her environs and nature, Larson has worked to incorporate natural forms in patterns peppered by glistening acrylic: the effect is reminiscent of fish scales as salmon duck and hide in the water. Nearby, exquisitely rendered plumeria blossoms are framed near drawing of a bird so realistic that the down of its feathers seems to shine in the sun streaming through the window.

"I think it's great that all the things I know how to do somehow come together on Kwaj," says Larson. "Here, I actually have time to develop my art. It's something that I have always wanted to do."

On your next visit to the Sunrise Bakery, stop to examine the show. Local artists working in any media should reach out to Huwe to secure a week on the calendar to display your work. The calendar is filling up and we all want to see what you can do.

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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CHAPLAIN'S CORNER

BY CHAPLAIN PATRICK MCCORMICK

Suicide prevention is the work of all of us. A few of us might be so-called "experts", but all of us can be "preventers of suicides". For when everyone gets involved, the number of suicides is significantly reduced. When only the "experts" are involved, many suicidal signs are missed and the opportunity to help another in deep crisis may be forever lost.

What are the primary causes of suicide? The development of suicidal ideation and the movement towards actually carrying out a suicide are most often caused by a breakdown in personal relationships, such as a break-up or divorce. Other external causes can be a loss of status and sense of well-being through the loss of a job or inability over time to find a similar job, especially for those over the age of 50.

What are the signs of a person moving towards suicide? Most usually if the ideation to kill oneself moves slowly, the first sign is withdrawal from other significant people, such as friends, fellow workers, and family. The second sign is often to become easily and quickly irritated or to show abrupt anger. The third sign is speaking about suicide and seeing it as a resolution to one's problems. The fourth is giving things away that are significant to the person in crisis. However, these signs rarely unfold in an orderly way.

What should one do if a friend shows these or other strange signs of possible suicide? 1) Confront the person with the question, "are you thinking of hurting yourself?" 2) Don't leave them if they are in deep crisis or drinking alcohol (86% of suicides occur when a person is drinking). 3) Get them help. Offer to personally take them to Medical, the Chapel, or Mental Help. If you offer to help them, such as "let us go to Medical/the Chapel/Mental Health", they will often respond positively. For often the sufferer has been in a lot of internal pain for a long time and is now willing to accept help. But rarely do they ask for this help on their own.

When everyone who sees signs of a potential suicide gets "involved", the number of actual suicides goes down. Remember when dealing with the fear of offending a friend by asking them about the possibility of "hurting themselves", it is better to have a "mad friend" than a "dead friend". We all have a significant part to play in preventing suicides, and when we do, many can be helped from this tragic act of desperation!

REMEMBERING AMANDA ARON

EXTERNAL REPORT

The community is deeply saddened by the death of Amanda Aron Tues., Oct. 25.

Aron supported the Army on Kwajalein since 1997 Aron worked for KRS, LLC on Roi-Namur before transferring to Chugach in 2008. Aron ran the Help Desk on Roi before it was integrated into the Kwajalein Help Desk. She most recently supported the Roi Operations Manager.

Aron's office was centrally located in the Roi Terminal which brought her into contact with distinguished visitors, guests and visitors from Kwajalein. She supported both Chugach and KRS, LLC as an HR resource on Roi, helping people understand and complete job applications for both companies. She also ensured all job openings were posted at the DSC. Aron was an important resource for sharing information between Roi-Namur and the Third Island residents that had no other way to communicate with Roi.

Aron was a member of the St. Leonard Catholic Church on Enniburr. She is survived by husband Stanley; daughter Rosa; three sons, Rudy Jr., Stanley Dolly, Paulneo; and a large extended family.

Aron was a quiet and thoughtful person who was known and appreciated for her supportive nature and willingness to help others. She touched many lives and will be greatly missed by all who knew her.

Courtesy of Aron family

THUMBS UP

Oh behalf of the Kwajalein Scuba Club, we would like to give a "thumbs up" to United Airlines for allowing us to use their portable lighting system during our Underwater Haunted Wreck on Sunday. Over 75 divers and snorkelers enjoyed this well lit event thanks to United.

- Sharon Rice

Community Activities would like to thank the Kwajalein Fire Department for giving out Halloween glowsticks to trick-or-treaters for Halloween 2016. What a great way to celebrate safety and the spooky season!

-Community Activities

HEROES OF THE WEEK

HOURGLASS REPORT

Some heroes go about their good works quietly, but their efforts make a difference. This week we celebrate the Miller family—Eric, an environmental engineer within the ES&H department; Heather, a sub at CYSS; and Ellie, a 7 year-old beach explorer and caretaker of Alfred Cornworm, her 1.5-inch long pet.

"We are a family of repurposers," says Eric. "We love to create new things from old things that are discarded." This has led the crafty family to go on their own beach cleanups. "We periodically patrol the beach from the family swimming pool to the country club. "Our first major clean-up took place in August 2015 where we collected about 8-large trash bags of just flip flops. Once we had them sorted we sent out photos to island residents and kids where they stopped by to select a new favorite pair."

When they are not cleaning the beach, Eric and Heather also roast their own beans on island to enjoy at home-- and enjoy crafting items from the large shipping canisters in which their monthly 50-pounds of coffee beans are shipped.

Eric says that together his family does not see their beach cleanups as work- especially not Ellie. "If you were to ask Ellie, I would image that she would not consider cleaning up the beaches as work but rather an opportunity to search for something new to create."

Photo courtesy of Eric Miller

QOL FUNDS NEW KWAJ LIBRARY BOOKS

HOURGLASS REPORT

They say a book is a gift that can be opened again and again.

Thanks to funding from the Quality of Life Committee the Grace Sherwood Library is currently in-processing over 150 new children's books and 25 magazines for circulation.

Adults and teens will be glad to see new magazine titles in special interests such as home décor, women's interest, fishing, travel, hunting and craft brewing on display. There are also 40 new additions to the library's travel book collection.

The children's books are part of a unique collection marketed by Usborne and Kane Miller Books: brightly colored interactive, musical, pop-up and hidden adventure board books for Pre-K children are sure to engage new readers. Elementary school readers and their parents should plan to preview pictorial encyclopedias on sea life, outer space and vehicles on display in the young readers section of the library. The entire collection new of adult and young reader materials is an incentive to become acquainted with the library again.

Stop in and check out the new collection—and then check out a book!

Photo courtesy of Kim Yarnes

Paula and Freddie Fluhrer Grace Sherwood Library enjoy the new collection of creative board books recently purchased by the QOL Committee.

PAY PHONE BILLS EARLY THIS HOLIDAY SEASON

EXTERNAL REPORT

Holiday season is soon upon us and between the Thanksgiving feasts, Santa's arrival and white elephant gift exchanges, it's easy to forget the little things – like paying your phone bill. So, here are some helpful hints to make sure you stay connected and can call your family to wish them a Happy New Year!

-Make arrangements with your bank to end regular checks through the mail to KRS to pay the phone bill.

-Use the convenient check drop box in the KRS Finance Office on Kwaj and Roi. You can pay up to 2 months in advance.

-Put a recurring calendar reminder in Outlook to pay your phone bill on a certain day of the month.

-If you receive a courtesy notice regarding your phone bill being due in the middle of the month, know that you only have two weeks to pay that bill. So, come in right away!

If your phone does get cut off, it is easy enough to reinstate it, but you must pay $150 cash deposit and a $30 reconnection fee. After paperwork has been submitted to Telecommunications, they have up to 5 days to complete the work. So, why not avoid the headache and pay time.

Remember that the Kwaj Cash Office is closed on Fridays and the Roi Cash office is open on Fridays. For questions about your phone bill, call Amy Hansen at 5-1513 or email amy.g.hansen.ctr@mail.mil.

NEW ITEMS AT MARSHALLESE TRADE FAIR

HOURGLASS REPORT

A huge variety of fresh produce and handcrafted merchandise will be available to purchase during the 2016 Marshallese Trade Fair at the CRC gym, Nov. 13 and 14.

This is a great opportunity to do some holiday shopping for friends and family both locally and overseas and to purchase authentic goods manufactured and found in the Marshall Islands from local vendors.

Here are some examples of what to expect at this year's trade fair: Taro, papaya, breadfruit, banana, tangerine, pandanus, coconut products, fresh fish, home decorations, and island wear clothing (dresses and skirts).

Some of the new items being showcased this year include locally designed T-shirts by (Majol Majik Kreationz) and Marshall Islands Resort (tourism sector).

Remember to arrive early and to stop by the ATM machine before coming to this year's trade fair. Only cash will be accepted for these rare and delicious goods this year.

GAUGE AGAINST THE MACHINE: TRIPLER TECH

MADE CRITICAL REPAIRS FOR KWAJ HEALTH COMMUNITIES

HOURGLASS REPORT

Photos courtesy of Juanita Bishop

SPC Jimmie Norman repairs medical equipment for the Kwaj Clinic and dental program.

Kwajalein Hospital and dental clinic would like to recognize SPC Jimmie Norman for his many contributions and his expertise as a Tripler Army Medical Center Biomedical Electronics Technician.

During the course of SPC Norman's assignments to Kwajalein Hospital over the past two years, he has been instrumental in maintaining the equipment that keeps our island community safe, and our hospital running smoothly.

Norman often provided just-in-time repairs for critical equipment. This has saved thousands of dollars of service costs and avoided unnecessary off-island travel for patients and staff. SPC Norman's dedication to excellence and his superior work ethic have not gone unnoticed. We would like to wish SPC Norman a hail and farewell as he will soon be transferring to work in Germany. He will be greatly missed.

HIGH SCHOOL WRITERS ADDRESS FUTURE COMMANDER-IN-CHIEF

HOURGLASS REPORT

Jennfer Newberry's English students at Kwajalein Jr.-Sr. High School recently received a timely assignment: write to the prospective Commander-in-Chief. The letters that follow represent a few of the concerns that these young U.S. citizens would share with the future president of the United States.

GRAESON COSSEY

Dear Future President,
Greetings Mr./Mrs. President, my name is Graeson Cossey and I am a high school student on the island of Kwajalein, Republic of the Marshall Islands (RMI). I am writing to you on the topic of how much the US spends on jails versus education systems. I believe the US should invest more money in our young people in the education system rather than on those incarcerated in our prisons.

Over time, America has gradually put loads of money into prisons and schools; although, investments have grown three times as fast towards prisons versus students in the education systems. According to the US Department of Education, the rate at which we spend on prisons has increased three times as fast as the spending on public education systems. Studies show that approximately 1,773,923 kids were not attending school in 2013. This number is steadily growing and may be a cause from a lack of money in families to pay for education. According to Bruce D. Baker, students that have more money spent on their education have an increased or higher student outcome. If the US would spend more on education and less on incarceration, then our rising leaders would be more cultivated and could better serve our country.

When I lived in Alabama, my sister went to a high school that suffered budget cuts. One of which was a drivers-ed class. Along with many other classes that were taken away because of these budget cuts, families were forced to spend more of their own money to keep their children in classes they felt necessary. Now while my family was paying extra money on classes for my sister, the US expenditures for jails was continually growing and growing. With each class taken away, another television was put in a jail for the comfort of the inmates.

The US's rising spending on prison systems is mainly because of the growth in convicts. Rules have become stricter in our country and small things could lead to a sentence behind bars. Now, I do not think we should lighten the rules, but instead we should give other forms of punishments besides placing them in jail. For small acts of injustice we could put kids into summer job programs that would watch over them and help them grow for the better. By lowering the population in jails, the US would be able to save more money and put it to other uses.

By giving more money to school systems, we could better the education of students that would lead to lower crime rates. If we raised teacher's salaries, it would pull in more adults who would be willing to work in hard-to-staff schools. By increasing the number of teachers working in the US, we would be able to better educate the students within the education systems most likely leading them to a more successful, non criminal, life style. Coming up with alternate injustice punishments to lower jail population will help bring a better flow of money into the United States' education systems.

Thank you Mr./Mrs. President for taking the time to look over my letter and for your consideration. I truly appreciate it. The future of the United States will look even brighter if we move more money from incarceration to our countries' children's education.

Sincerely,
Graeson Cossey

MEGAN SOK

Dear Future President,

I am Megan Sok, a junior at Kwajalein Jr/Sr High School on the Kwajalein Atoll U.S. Army Base in the Marshall Islands. I am writing you with the pressing matter about the care of our great veterans. Veterans are suffering from poverty, homelessness and mental and physical disorders. Veterans served for our country and now it's our turn to serve them. A few years ago, I went to a small town in Montana with my dad, who is a dentist here, to help with a Veteran Association drive. We were there for two days, and it was shocking to see how many veterans and their families needed our help. Each person was given a haircut, health examinations, two meals, a few items of clothing, and a blanket for free. Their smiles and their appreciation were the most satisfying feeling than any amount of money could ever give. However, those smiles aren't going to last forever. They were given care for a day then released back into reality.

According to the Department of Housing and Urban Development, "Over 57,000 veterans are homeless on any given night." Basically, there are at least 57,000 veterans on the streets every night. This matters because the people who served us shouldn't have to sleep on the cold dirty streets that they risked their lives defending. Did you know that about 1.5 million veterans are at risk of being homeless? According to a study done in December 2011, nearly one in seven homeless adults are veterans. In addition, "veterans are about 50% more likely to become homeless due to poverty than any other American." In other words, you are more likely to find a veteran on the street than any other American. This reveals that, the people who served us are suffering on the streets. Most of these veterans are homeless because they don't have jobs. The Bureau of Labor gathered some statistical data in 2011 and found that 30.2% of vets ages 18-24 are unemployed. Not only that, the U.S. Senate reported that, "more than 1.4 million vets are living below the poverty line, 1.4 million are just above it, and 12.5% of vets, ages 18- 35, live in poverty." Essentially, most of our veterans are either close to or in poverty.

Veterans are not only facing poverty and being homeless; they're also recuperating from their service. Almost 53% of homeless veterans have disabilities. Around 45% of 1.6 million veterans from Iraq and Afghanistan are looking for disability compensation. The average wait for a disability claim is eight months and after the wait comes about a 923 day wait for the appeal completion. In addition to all that, from 2000- 2011, about one million vets were diagnosed with one or more mental disorders. As a result of this, according to the Veterans Administration, twenty-two vets kill themselves everyday and vets are twice as likely to commit suicide. The VA spends about three million dollars per year on PTSD treatment for vets. However, the VA rarely checks to see if the treatment worked or had any affected at all.

What kind of patriotic American citizens are we to let our fellow men fall into despair? What kind of country is this that leaves our former service men and women to walk the streets on empty stomachs, pining for loose

change and hoping for a light? This is not a country we can be proud of if we allow our veterans, let alone our citizens to sleep under bridges, live in termite devoured like houses, and drown their way in debt. I am a part of the Military Mentorship Program here because I have had an interest in joining the service. However, if I am to be treated such as our current veterans, then you can count me out. But, it doesn't have to be this way. We can make a change.

Granted, helping such a large part of our population will be expensive and time consuming. Some people believe that the money and time could go to things that will affect the whole country, like: fixing natural disaster areas, lowering health care, or building a wall. I believe that by starting with the veterans and then progressing from there, we will have a stronger and more unified nation. There are already a few cities and states that are planning calls to action. However, that's not going to make a huge difference without your help. The answer will be neither simple, nor quick; but the veterans deserve it. We could start by building apartment complexes and then either setting up job interviews, or even finding/giving jobs for the vets in the complexes. So it's not a free for all, the vets have to sign a paper that states that they have to work, search for a house, and (depending on their job) they have to move out after a certain amount of time. Within the complexes, there will be a health care facility, a cafeteria, a barbershop, and a financial aid center. This will take effort, money, and time, but overall it will benefit our country's overall economy because there will be less homeless people on the street and in jail. They will be working to improve themselves and our country's total income.

Thank you for taking the time to read what I had to say. I do hope you see how important it is to help our veterans. Let's restore honor and a virtuous pride for this nation!!

Sincerely,
Megan L. Sok

CAMERON JONES

Dear Future President,

I am a junior in high school on the tiny military base of Kwajalein Atoll. I have a brother currently attending the University of Kentucky and I plan to attend college after high school. Even though, on this island we don't have as many expenses, my brother and I will still need to take out student loans. I can't imagine the struggle that lower-income students have in trying to finance college. The price of college tuition is too high and needs to be lowered or more scholarships need to be offered.

According to ProCon.org, "The average cost for a 4-year degree increased 130% for private schools and 131.4% for public schools from fall 1982 to fall 2012, while median family income increased 10.9%."(Is a College Education Worth It?) Basically the price of college tuition has increased drastically, while the amount of money people make has not increased nearly as much. A recent New York Times article states that, " College education is a painful bill for all but the richest. For the average American household, who doesn't receive a lot of financial aid higher education is simply out of reach." (Is College Tuition Really Too High?) This means that less students are going to be able to get a college level education. This is significant because it limits their education and earning potential for the future.

The price of college has risen exponentially more than the average family income. This is why people are having trouble paying for college, the price of higher education is increasing and people don't have the money to pay for it.

This issue affects the lives of not only students, but parents who are trying to send their child through college. According to the New York Times article, the average tuition for a private university is $31,000 per year and $9,000 from public schools. (Is College Tuition Really Too High?) This is a struggle to pay for most American families and it results in huge student loan that students will have to pay off after graduating. As stated in by ProCon.org, being late on student loan payments or not paying them at all lowers the credit score of whoever took out the loan. (Is a College Education Worth It?) As a result, student loans account for credit card debt, which can affect graduates ability to buy a house, car, or take out other loans in the future.

On the other side of the argument, people argue that college graduates make more money. ProCon.org states that, " On average,college graduates make $30,000 a year more than a high school graduate." (Is a College Education Really Worth It?) This means that college graduates would be more able to pay off student loans. Also, if they make more money they will be better equipped to pay for a college education for their children. What critics fail to realize is that starting a career under the crushing debt of student loans is hard and stressful, and it takes these graduates longer to establish themselves as adults. How can people pay for their children's education if they were barely able to pay for their own? As a result, many graduates end up moving back in with their parents to make payments on student loans. This results in this being known as the "Boomerang Generation."

To help solve this issue there could be more federal funding for universities, so the students don't have to pay as much. Also, more scholarships could be given out by universities and other organizations, to help fund students' education. Or, college should be free for students.

I would like to thank you for your time and your consideration of this topic. This issue will really affect the futures of students, not only in their education but other financial matters. The issue of college tuition is a serious conflict and I hope you address it.

Sincerely,
Cameron Jones

JENSYN COLE

Dear Future President,

I hope that since you are our new president you can open your eyes and take in the lazy palms that drape over the alluring turquoise waters in the Marshall Islands, I hope that you can see it can all be gone in a matter of years due to global warming. Global warming is the gradual change in temperature in the atmosphere which permanently changes the earth's climates making sea waters rise. I am a student that lives in the Republic of the Marshall Islands, and I see the effects of the rising sea levels on a daily basis. The rising waters are ruining homes, buildings, cultures, and most importantly, slowly washing away the coral head islands. 1.5 to Stay Alive is a slogan the Marshall Islands has taken on to enforce that if temperatures rise over 1.5 degrees Celsius it can cause disastrous effects and eventually drown the small islands in the Pacific. I ask you future president, to make it a priority for companies and individuals to use less fossil fuel by creating incentives, such as tax cuts, to help reduce global warming.

Due to the rising sea levels in the past few years, the Marshall Islands has been experiencing flooding throughout the islands. Because tidal waves happen frequently, the ocean levels have risen about one foot. About once a month, I visit the island Ebeye. The disastrous effects can be blatantly seen when kids are playing in the flood waters like it's a normal thing. Streets will be completely flooded and you will have to take a different route to reach your destination. Global Warming directly affects individuals on Ebeye by destroying their homes and personal items. But, it also happens all over the Marshalls. In 2013, major flooding happened in the country's capital, Majuro. The flooding destroyed homes, which caused schools to be out for weeks so the families that lost their houses had a roof over their heads, and were sheltered at the schools. The same year in Majuro, runways were flooded causing no one to get on or off the island,

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causing stress to military personnel for being stranded.

Global warming can hurt many families because of the overuse of fossil fuels. Next time you run your car in the morning waiting for it to heat up on a winter day, think of how it is affecting the world around you. According to New York Times "as the burning of fossil fuels increases heat-trapping gases in the atmosphere, the planet warms, and the Greenland and Antarctic ice sheets melt into the oceans." This conveys that sea levels will begin to rise at an abundance of level and cause mass destruction, just because you want to heat your car. The main reason global warming exists, is the large volumes of carbon dioxide and greenhouse gases are being released into the air. These objects can be reduced. 1.5 to Stay Alive has a strong literal meaning. According to the columnist, Sutter, from CNN, "Countries like the Marshall Islands, likely will be submerged or become uninhabitable if global temperatures rise 2 degrees Celsius above preindustrial levels." Essentially, what Sutter is saying, is if world temperatures rise above 1.5 degrees Celsius and reach 2 degrees, the precious islands will be washed away or be deserted because of rising sea levels. This is significant because this is taking away the original home of the Marshallese and taking a huge chunk of culture away with the waters. How would you like it if your homeland and part of you was stripped away?

Despite all of this, some people do not believe in this oven atmosphere. The article "Global Warming: 2016" explains "There is great debate among many people, and sometimes in the news, on whether global warming is real, some call it a hoax. But climate scientists looking at the data and facts agree the planet is warming." This is significant because people need to realize that this problem in the world does exist, and needs to be changed. I am one-on-one facing this problem in my everyday life. Global warming does exist and it is affecting my home.

I ask you, future president, to make a change. I ask for you to help persuade citizens to use less fossil fuel and help better the earth. By offering incentives to individuals and companies may give them insight to use less fuel when they are not needed and get an award at the end, like a tax cut. By doing this, it will help people better understand this is an important topic and there needs to be change.

I hope you consider the reasons why a change is needed in the industrialized world that we live in. By not calling to action on this subject is showing individuals not to worry about the rising sea levels. Some might say global warming doesn't affect them because they live in such a large country or somewhere inland. They have to know it is affecting someone else in the world by drowning their homes and stripping their islands away from them. For the Marshall Islands to stay alive, the temperatures can't go up two degrees Celsius. For the Marshall Islands to stay alive, less fossil fuels need to be used. For the Marshall Islands to stay alive, the industrial world needs to see the land mass sinking and oceans growing because of them. I ask you, President, not to sit back and watch my home disappear.

Sincerely,
Jensyn Cole

REIKA SAMUEL

Dear Future President of the United States,

My name is Reika Samuel, a student in Kwajalein Junior/Senior high school, and I am in constant fear for my life after high school. I experience school life everyday, and I get easily frustrated thinking about modern school systems in America. I believe how school operates and what is taught in these schools, should be changed. The reality is, school is not a place to prepare for life after high school; As it prioritizes unnecessary subjects, over subjects that could be of use in the adult world. To be frank, I am scared of how my life will be after graduation. I no longer want to live my life in constant fear of the future. I think school has great potential of teaching students about saving money, working, following laws, and subjects of that nature.

According to the article, How School Trains Us To Fail In The Real World, "Instead of learning on critical life skills on how to manage money, how to negotiate, or how to communicate, kids are mostly taught to memorize information". This is quite true because, when teenagers think about school, they associate it with forgetting about tests, stressing about tests, and studying for tests. This becomes an endless cycle of memorizing information, and usually disposing of this information the day after. The cycle continues up until graduation which is a big shame to society. This evidently shows the ineffectiveness of the curriculum being taught in the school systems.

Schools place greater emphasis on grades in preparing students for college; therefore, students train themselves to get better grades to increase their chances to get into the college of their choice. As a result, constant pressure is placed on students to maintain their grades, based on the ridiculous grading systems in modern society. Because of this pressure placed on our shoulders, we could care less about what is taught, if it doesn't impact our adult lives in any way. Teenagers usually agree that what they learn in school is quite meaningless, as not every student wants to be a historian nor an engineer. According to Morgan Carol, "When employers are asked about the most important factor in their decision to hire someone, almost always, communication skills are on the top of the list". Teens in high school are terrified of graduating and growing up, because they have no idea how to grow up. They were not taught how to collaborate with co-workers, how to manage their money, nor how to properly communicate in a work field. There is much more in the adult world that a teenager is clueless to, and this makes them less prepared of what life after high school is.

Thus this leads to job employers becoming frustrated, because they're unable to find the right employee to hire. Once, a high school graduate goes out to apply for jobs, their cluelessness affects employers big time. This affects widely on jobs that are desperate for hire, and really needing people to apply for their jobs. Once a high school graduate applies to the job, there's a very slim chance that they will be able to get the job, because of their inexperience. Especially for myself, as the day of graduation comes closer and closer, I worry about not having the right skills for a job and not being fit for it. A job would provide me money to live on my own, and money to pay for a lot of things. My parents want to see me become successful in a job, not still living under their roof at 25, jobless. It would especially affect them if I don't learn the proper skills in high school, as it would not allow me to take care of them when they're old, and sick. I would just want what's best for me and everyone else, including job employers. This on a widescale, affects a lot of people- it affects society as a whole!

However, teachers may view this argument as invalid, as they argue that teaching students to memorize gives students the skill to plan and remember.

While memorizing is a very important skill to have, there are many more skills that need to be taught to students as well! And some teachers also state that Math is important for a variety of jobs, and same goes for science; And while those subjects do apply to different jobs, they mostly apply to very specific jobs, that not every graduate wants to work in. Unfortunately, there are also many high school graduates that go into work fields that don't use math nor science, as oftenly, in their professions. On the other hand, many people say that there are indeed electives in high school that are useful to the adult world; except, those electives are not necessary for graduating, and often times, placed on a lower stance in priorities. Students usually brush off important electives, and choose funner electives to take during their stressful year.

So with all of this, what could be done? It seems like such a simple concept, to teach teenagers, earlier, of the important life skills that is required in the adult world; again, skills such as, communication skills, financing skills, and general 21st century skills should be taught to high school students. Unfortunately, it will be a big drastic change that might take a long time for people to adjust to. To suddenly change the general 4 subjects -writing, math, science, and history- to more adult-friendly subjects, would be very unusual and odd for many people, even teenagers. But this change will make a great difference in the majority of high schooler's futures. The future of everyone and the next generation depends on this issue, so it affects everyone on a widescale. These issues should be more cared about and heard, if we want to make America a smart and important country. And if it's necessary to prioritize different subjects for a brighter future for teens, then the drastic change would definitely be worth it.

Thank you for your time and consideration, future president. Unfortunately, there are a lot of issues going on in America right now that needs to be resolved, and this modern school issue is just another problem to you. But this issue is much greater than people make it out to be. People don't realize how much of their future they are sabotaging because of this. Investing in these adult-friendly classes for teenagers to partake, would be a lot better for America. Please consider taking those actions, for the better of our country. Thank you so much for reading.

Sincerely,
Reika Samuel

o official endorsement intended

Thursday, Nov. 10, 7:30 p.m., Roi Outrigger
Saturday, Nov. 12, 6:30 p.m., High School MP Room (All Ages Show)
Sunday, Nov. 13, 7:30 p.m., High School MP Room (Adults Only Show)

Food specials available for purchase on Nov. 12 and 13.
Cash sale bar Nov. 13. Contact Community Activities at 5-3331.

ADMISSION IS FREE ArmedForcesEntertainment.com

ARMED FORCES ENTERTAINMENT

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

Courtesy of Nikki Maxwell

Courtesy of Nikki Maxwell

Courtesy of Michael Hayes

Courtesy of Michael Hayes

TOP LEFT: Audrey and Mischel Niedringhaus are spooky in their Dia De Los Muertos Halloween face paint. TOP RIGHT: CW4 Kilgore poses for a photo with his son Mason (Batman) during the CDC USAG-KA Trick-or-Treat. BOTTOM RIGHT: Alex Divinski, as DC Comics' Bane, guards the Ski Area steps during the KSC Zombie Suvival Dive. BOTTOM LEFT: Members of KSC share a photo with their pumpkins after the KSC Underwater Pumpkin Carving.

Courtesy of Nikki Maxwell

Courtesy of Laura Pasquarella-Swain

Courtesy of Michael Hayes

TOP LEFT: Major Holly Maness awaits CDC Trick-or-Treaters. TOP RIGHT: George Seitz Elementary School's Misti French wows Halloween crowds with her jellyfish costume. MIDDLE: Roi Rats swarmed the Outrigger to carve pumpkins with festive results just in time for Halloween night. BOTTOM: KSC Zombie Apocalypse Underwater Dive survivors celebrate completion of their haunting dive experience.

SPOUSES REDISCOVER PASSION FOR ART

EXTERNAL REPORT

By Jessica Ryan
FMWRC

The stressors of military life can take a toll on families. For some family members, creating art helps them cope with the fast-paced, military lifestyle.

The U.S. Army Installation Management Command's G9 Family and Morale, Welfare and Recreation Directorate recently recognized the talents of the military community in the annual Army Arts and Crafts Contest.

Nicole Linzey, a spouse currently located at U.S. Army Garrison Wiesbaden, entered the contest for the first time as a novice artist after seeing it advertised in the garrison newspaper. She won first place in the drawings category for her piece entitled "Sisters." The drawing features her two daughters playing with alphabet blocks. Linzey was inspired to create the piece after seeing a friend's drawing of their children.

"I always wanted to try drawing my girls, but people are a stretch and a totally unexplored area for me so I've always been nervous to try," she said. "When this contest came around, I decided it was time."

Growing up, Linzey took art classes as a kid but claimed she hated it. She ended up picking up a paintbrush again when her husband and she were expecting their first daughter.

To Linzey, art helped her overcome challenges she faced in military life.

"Challenging ourselves to improve in character and situation makes for a much smoother and fulfilled life in the military," she said. "Once I complete a work of art, it sits on my wall, constantly reminding me that I can overcome challenges and create something beautiful. That is what my art is to me."

Another novice who received first place is Stephanie Shimerdla, a spouse located at U.S. Army Garrison Italy (Vicenza). Shimerdla's fantasy piece "Ocypete," which depicts a half-woman and half-bird creature from Greek mythology, topped the competition in the digital arts category. She entered the contest before, but this is her first year placing in the top three. She also placed third in the same category for her piece "Daisy" and received an honorable mention for a piece entitled "In Tranquil Dreams."

Although she was in the novice category, Shimerdla fell in love with art since high school. As she got older, she said art fell by the wayside and was forgotten. Her love was then reignited while she and her husband were stationed at their first overseas assignment in South Korea.

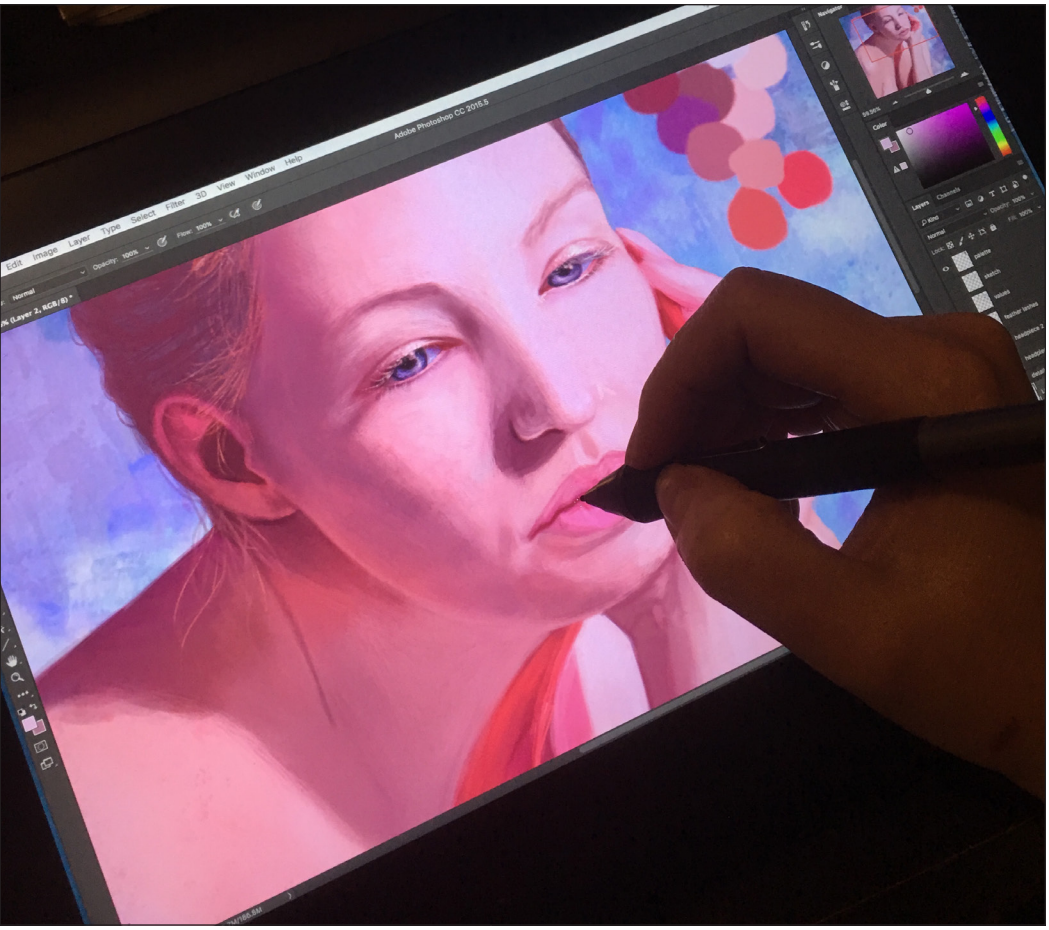
"I felt a bit of a disconnect from my family being so far away. I was looking for an outlet for some of those feelings, and digital art was what I turned to," she said. "I taught myself how to use Adobe Photoshop and Corel Painter, the programs I use to paint in. Eventually, I got myself a drawing tablet, as well, which works like an artist's canvas and paint brush."

She is now pursuing a career as an illustrator. She added how important art is to her and other members in the community.

"Art can help us express feelings that we're unable to put into words. It can help overcome emotional obstacles," she said. "It can help create a sense of community between people and bring together those of similar mindsets and tastes, and even those of different backgrounds and cultures. All of that fits so well into the military lifestyles, in so many ways."

Accomplished artists also competed in the contest. Laura Irick, a spouse now located at Fort Eustis, Virginia, placed first in the 2D mixed media category for her piece "Europe Series – Looking for Sarah in Alsace." She also placed second in the drawing category for a piece called "Europe Series – Elias in an Oberammergau Café" and honorable mention in the 2D mixed media category for a piece called "Europe Series – Number Eight in Alsace." She has competed in this contest since 2008.

Irick learned about the contest through



U.S. Army photos by Stephanie Shimerdla

Stephanie Shimerdla, a military spouse representing U.S. Army Garrison Italy (Vicenza), creates digital art using a drawing tablet for her computer. Shimerdla won first place in the digital arts category for novice artists in the 2016 Army Arts and Crafts contest ran by U.S. Army Installation Management Command's G9 Family and Morale, Welfare and Recreation Directorate.

U.S. Army photos by Stephanie Shimerdla

Stephanie Shimerdla, representing U.S. Army Garrison Italy (Vicenza), won first place in the digital arts category for novice artists in the 2016 Army Arts and Crafts contest ran by U.S. Army Installation Management Command's G9 Family and Morale, Welfare and Recreation Directorate. Her piece entitled "Ocypete" depicts a half-woman and half-bird creature from Greek mythology.

an employee at the Wiesbaden Arts and Crafts Center. Her children Sarah and Elias have also entered and placed in the contest.

A former active-duty Soldier, Irick planned to major in fine art at Western Kentucky University 33 years ago. She served from 1988 to 1995, and her husband is still serving. The family's military journey has spanned 38 years and resulted in 31 moves.

Now, she is finally pursuing the degree she always wanted.

"In August 2016, I presented the art I have been doing on my own at home while supporting my husband and raising and homeschooling our children, and was given the gracious opportunity to take a college art class this semester," she said. "For the first time in my life, I am a fine art major."

RIGHT: Laura Irick, representing Fort Eustis, Va., won first place in the 2D mixed media category for accomplished artists in the 2016 Army Arts and Crafts contest ran by U.S. Army Installation Management Command's G9 Family and Morale, Welfare and Recreation Directorate. Her piece entitled "Europe Series -- Looking for Sarah in Alsace" depicts buildings in the Alsace region of France.

U.S. Army photos by Laura Irick

www.army.mil/kwajalein

Check out USAG-KA's new website for garrison and community news, links to each directorate and other helpful information. Have thoughts or suggestions? Send them to the USAG-KA Public Affairs Office at Nikki.l.maxwell.civ@mail.mil.

WEEKLY WEATHER OUTLOOK

RTS WEATHER STATION STAFF

WEATHER TRENDS: October ended the way it started, WET. We have measured 18.73" of rainfall for the month being 6.90" greater than average. The first few days of November have also started with above average rainfall. The atmosphere in the Pacific seems to be already reacting to the development of a weak La Nina as the locations typically above and below average precipitation levels with such an event, are.

Thursday and Friday have seen a brief reprieve in the pattern as the Intertropical Convergence Zone (ITCZ) over the northern RMI is less developed. However our indicators are showing the ITCZ to redevelop in our region. Again indicators are showing possibilities of embedded weak low-level circulations forming within the ITCZ towards the weekend. These low level circulations, which we sometimes call waves, act to focus convective activity and rainfall over a region. We do not expect any of these to develop into tropical storms. The Guam/Philippines region will be favorable for tropical cyclone formation into next week. This pattern we have been in will remain for at least next 5-7 days. Some climate predictors are indicating a possible break in the pattern in the longer term, moving the ITCZ southward.

OUTLOOK: Expecting periods of enhanced rain showers to move into our region Friday night through Sunday morning. Wind directions will be variable with speeds up to 15 knots. Support of thunderstorms will exist, especially Saturday and Saturday night, bringing a threat of lightning and gusty outflow winds. This weekend looks like a repeat of last weekend.

Recommended Holiday Shipping and Ordering Dates

Military Mail Addressed To/From	1st Class Mail Letters and Postcards	Priority Mail
MPS/USPS Recommendation	DECEMBER 09	
Local Recommendation for shipping off-island	NOVEMBER 30	
Local Recommendation for ordering from off-island	NOVEMBER 30	

COMMANDER'S HOTLINE

HAVE SOMETHING THE USAG-KA COMMANDER SHOULD KNOW ABOUT?

CALL THE COMMANDER'S HOTLINE AT 51098 TODAY!

SHARP℠ U.S.ARMY SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

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

Capt. David Rice
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

SUN-MOON-TIDES

	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:39 a.m. 6:26 p.m.	11:33 a.m. 11:34 p.m.	7:19 a.m. 2.7' 7:37 p.m. 3.4'	1:24 a.m. 0.4' 1:05 p.m. 0.7'
MONDAY	6:40 a.m. 6:26 p.m.	12:22 p.m. ----------	8:20 a.m. 2.4' 8:44 p.m. 3.0'	2:20 a.m. 0.7' 2:01 p.m. 1.1'
TUESDAY	6:40 a.m. 6:26 p.m.	1:10 p.m. 12:25 a.m.	10:10 a.m. 2.3' 10:31 p.m. 2.9'	3:49 a.m. 0.9' 3:51 p.m. 1.3'
WEDNESDAY	6:40 a.m. 6:26 p.m.	1:57 p.m. 1:17 a.m.	12:05 p.m. 2.6' ----------	5:35 a.m. 0.8' 5:56 p.m. 1.1'
THURSDAY	6:40 a.m. 6:26 p.m.	2:46 p.m. 2:10 a.m.	12:11 a.m. 3.1' 1:11 p.m. 3.2'	6:48 a.m. 0.4' 7:11 p.m. 0.6'
FRIDAY	6:41 a.m. 6:26 p.m.	3:35 p.m. 3:04 a.m.	1:18 a.m. 3.5' 1:58 p.m. 3.8'	7:39 a.m. 0.0' 8:05 p.m. 0.1'
NOVEMBER 12	6:41 a.m. 6:26 p.m.	4:25 p.m. 4:00 a.m.	2:10 a.m. 3.9' 2:40 p.m. 4.4'	8:23 a.m. -0.4' 8:52 p.m. -0.4'

Captain Louis S. Zamperini Dining Facility

*MENU CURRENT AS OF Nov. 4

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	November12
Roasted Chicken	Citrus Chicken	Sweet & Sour Pork	Beef Stroganoff	BBQ Pork Sandwich	Coconut Chicken	Italian Sausage Sandwich
Baked Ziti with Sausage	Breakfast Pizza	Chicken Chopsuey	Chicken Caesar Wrap	Chicken Bechamel	Fish Du Jour	Spaghetti Ala Caprese
Eggs Benedict	Herb Roasted Potatoes	Fried Rice	Parslied Noodles	Roasted Potatoes	Roasted Potatoes	Garlic Bread

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	November 12
Cheese Steak Sandwich	Taco Bar	BBQ Chicken	Crispy Garlic Chicken	Hili Huli Chicken	Hamburger Steak	Herb Baked Chicken
Kwaj Fried Sandwich	Refried Beans	Chili and Hot Dogs	Baked Pot./Condiments	Augratin Potatoes	Mediterranean Chicken	Shepard's Pie
Garlic Mashed Potatoes	Spanish Rice	Onion Rings	Steak Night	Chef's Choice	Parslied Potatoes	Three Cheese Macaroni

COMMUNITY CLASSIFIEDS

HELP WANTED

Visit USAJOBS.GOV to search and apply for USAG-KA vacancies and other federal positions.

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 Bldg 700 and on the "Kwaj-web" site under Contractor Information>KRS>Human Resources>Job Opportunities. Listings for off-island contract positions are available at www.krsjv.com.

Job Opportunity at KRS. Position: KRS – Technical Writer II (Full-time). Education: High School Diploma or equivalent. Experience: Minimum of 2 years of progressive Technical Writer experience or related field. Qualification: Experience with process facilitator /documentation administrator or related to IT or Cybersecurity. Ability to obtain CAC Card & Network Access. Please submit your application to the HR Office, Bldg. 700.

Job Opportunity at RTS Weather Station. Position: Administrative Assistant (Full-time). Education: High School Diploma or Equivalent. Experience: 2 years administrative experience. US Citizen/Permanent Resident Card required. This is an on-island position with no health/travel benefits. Vacation is accrued per company policy. For full details and to apply see http://www.aq-ast.com/careers Job ID: 446641.

LOST

White envelope containing cash and a page with info regarding JBL Eon speakers. Lost between fuel pier and downtown area. If found please call 55509.

COMMUNITY NOTICES

47th Annual Kwaj Open Golf Tournament. Nov. 5–15 at Holmberg Fairways. Entry fee: $120 for KGA Members, $130 for nonmembers. Contact Deb Crawford at debra.b.crawford@lmco.com for a schedule of all events. Contact Carmel Shearer at carm1022@yahoo.com to volunteer.

Christian Women's Fellowship November luncheon. 12:30 p.m., Sunday, Nov. 6, at the Religious Education Building.

Fall Craft/Vendor Fair 2016. Monday, Nov. 7, CRC Gym. Find truly unique items inspired and created by craft and art people right here on Kwaj! Vendor applications available at the library.

Kwajalein Scuba Club – The Monthly Meeting will be at the Pacific Club on Wednesday, 9 November. Refreshments & Dive Locker sales will start at 6:30 p.m. and the business meeting at 7:00 p.m. IAW new KSC Constitution changes, 2017 Club Officer nominations will be held. Questions please call 5-2579.

Merbabes Swim Class. 9-9:30 a.m., Saturday, Nov, 12. Class is for children ages six months-three years of age. Call 52848 with questions.

Turkey Bowl Saturday, November 12, 6:00pm – 9:30pm. Come out and show your bowling skills by getting a "turkey!" $2 for shoes, $2 per game. Adults Only Please.

Planning a holiday party this year? Think you might need tents, tables, or chairs? Contact Community Activities to complete your reservations now and ensure equipment availability. Reservations are already completely booked for the following dates: Nov. 12-14, Nov. 21-25 and Dec. 1–5. Questions? Contact the Community Activities Office at 5-3331.

The Kwajalein Yacht Club Open Music Jam will be held at Residence #241. Sunday. Nov. 13 from 6 p.m. to 10:30 p.m. The event is open to everyone! Bring your chair and cooler to enjoy an ocean side evening of music and fun. Contact Tim Roberge if you are interested in playing or singing.

The Family Pool will be closed on Monday, Nov. 14 until 2:30 p.m. for the KST Swim Meet.

The Kwaj Art Guild is reaching out to the community for any artist or craft person that is interested in teaching an art or craft class. If you have a creative talent that you're interested in teaching please contact the Art Guild at kwajartguild@gmail.com. and share with us what you would like to teach, provide your name, and the easiest way to communicate with you; (email, phone, FB messenger).

School Advisory Council (SAC) Public Meeting. Wednesday, Nov. 16 at 7 p.m. Elementary School, Coconut Room # 29. Questions, please call 5-3601.

Turkey Scramble - Sunday November 20th 9:30 sign in and rules - select and mark clubs 3 person teams, 3 clubs per player, 3 different formats (FL drop out, Better Ball and Scramble). $30 KGA members, $33 non-members - 9 holes, beverages on the course, food, prizes and awards. Mulligan sales $3 used for redo (anywhere) or to borrow a club. Find a turkey win a prize, closest to the turkey prize (you know that can't be a good spot) Email your team or contact information if you are looking for a team to carm1022@yahoo.com.

Wood Shop & Hobby Shop Membership. Now through November 19 at the Hobby Shop. Six month membership and renewals can be paid at the Hobby Shop. Individual and family plans available. Thisaffords unlimited access during regular hours and a cubby for storage. If you have a cubby and do not intend to renew membership, please clean out your space before November 19. For questions, call 5-1700.

Kwajalein Yacht Club's monthly meeting is on Saturday Nov 26th, 6:30pm at the Yacht Club. Happy Hour begins at 5:30pm, Meeting starts at 6:30pm and Dinner at 7pm. Poc is Ursula LaBrie 5-1951.

Vets Hall Holiday Parties. HO! HO! HO! The holidays are coming don't ya know! Time to start thinks about your holiday party. Dates are starting to fill up so please book yours early.

Commercial Vendors All private sales, instruction, or services provided on-island need to be approved as part of the Commercial Vendor program. Please complete the necessary paperwork prior to offering services or conducting sales. The approved list of vendors is post on the intranet. Food, hair and nail service are not permitted. Please call 5-3331 with questions.

The following are easy ways to save energy: Turn off all lights when not in use. Use bulbs of lower wattage. Use natural sunlight when possible. Keep bulbs and fixtures clean. Focus light on your task. Use fluorescent lights wherever possible.

Safely Speaking: To many times we ask the question during accident investigations as to what the policy say with a response of we are not sure. Remember it is each our responsibilities to know and understand what policies relate to our work activities and ensure that we follow them.

E-Talk: An effective Environmental Management System requires "checks." Environmental personnel conduct checks or inspections to ensure compliance with USAG-KA's Environmental Standards.

For Medical Referrals, Kwajalein Hospital uses a pre-determined list of medical and dental providers in Honolulu, Hawaii, on a regular basis. We serve a variety of customers who have different insurance plans, including Aetna International, Blue Cross Blue Shield, Cigna International, GEHA, Maritime, Tricare and others. It is the patient's responsibility to verify and validate that their personal insurance plan is accepted by the Honolulu medical or dental service provider. It is also the patient's responsibility to obtain an estimate for their portion of the cost of their care. The hospital's medical referral coordinator arranges appointments based on the local medical or dental provider's requests. If you have found a particular preferred provider who accepts your insurance, please feel free to provide that name to our Medical Referral Coordinator, who will add them to the approved provider list. Thanks in advance for your assistance. aged, in poor condition, leaking or the contents are unknown, contact Supply cylinders should be stored in compatible groups.

Café Roi

*MENU CURRENT AS OF Nov. 4

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	November 12
Roasted Cornish Hens	Hamburgers	Jamaican Patties	Grilled Sandwiches	Roast Beef Sandwich	Salmon Cakes	Kahlua Pork
Hamburger Steak	Pork BBQ Sandwich	Southwestern Roast Beef	Pork Chops	Roast Turkey	Cuban Sandwich	Fish Sandwiches
Veggie Fritatta	Egg Sandwich	Eggs Migas	Stir-Fry Vegetables	Stuffing and Potatoes	Potatoes O'Brien	Vegetable Fried Rice

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	November 12
Enchilada Casserole	BBQ Chicken	Herb Porkloin	Grilled Steak Night	Fried Chicken	American Pot Roast	Hamburgers, Hot Dogs
Santa Fe Chicken	BBQ Spareribs	Caribbean Seafood	Huli Huli Chicken	Roast Pork	Mashed Potatoes	Beef Tamales
Cilantro-lime Rice	Corn on the Cob	Curry and Black Beans	Corn on the Cob	Mashed Potatoes	Roast Chicken	Tater Tots

VETERANS DAY HOLIDAY HOURS

Kwajalein	Nov. 10	Nov. 11
Emon Lifeguard	Buddy system	11-6 p.m.
CRC	1-9 p.m.	Closed
Bowling Center	Closed	Closed
Golf Course	Sunrise to sunset	Sunrise to sunset
Country Club	3:30 p.m. 7 p.m.	4:30-7:30 p.m.
Hobby Shop	1-8 p.m.	1-8 p.m.
Library	8 a.m.-5 p.m.	Closed
Family Pool	Closed	11-6 p.m.
Small Boat Marina	Closed	7:30-6 p.m.
Surfway	Closed	Closed
Surfside Salon	Normal hours	Closed
Sunrise Bakery	Closed	Closed
Ocean View Club	4:30 p.m.-11 p.m.	4:30 p.m.-11
Post Office	Normal hours	Closed
AAFES Express	Normal hours	Normal hours
AAFES Pxtra	Normal hours	Normal hours
Food Court	Normal hours	TBD
American Eatery	Normal hours	TBD
Community Bank	Normal hours	Closed

Roi-Namur		
AAFES Express	Normal hours	Normal hours
Small Boat Marina	1-6 p.m.	9 a.m.-6 p.m.
Third Island Store	Normal hours	Closed
Outrigger Snack Bar	11 a.m.-12:30 p.m. 5:30 p.m.-9 p.m.	11 a.m.-12:30 p.m. 5-9 p.m.
Outrigger Bar	5-10 p.m.	5-10 p.m.
Post Office	8 a.m.-4 p.m.	Closed
Salon	Closed	Closed

FINDING WELLNESS THROUGH GRATITUDE

HOURGLASS REPORT

There are three stages, says Dr. Robert Emmons, author of "Thanks! How Practicing Gratitude Can Make You Happier": recognizing what we're grateful for, acknowledging it, and appreciating it.

The challenge continues this week with new activities!

Sunday, Day 8: Try to see the world through the eyes of a child. What brings excitement your life that can be frequently taken for granted—make time to enjoy that today.

Monday, Day 9: Take the time to focus on yourself. Appreciate and give thanks for your unique personality, skills, and talents. How can you share those with the people around you?

Tuesday, Day 10: Living in the remote location of the islands sometimes necessitates creativity to get a task accomplished or even the dinner you want served. Think of something you have done differently than normal because of island-ingenuity that worked out well—share your creativity (or recipe) with a friend.

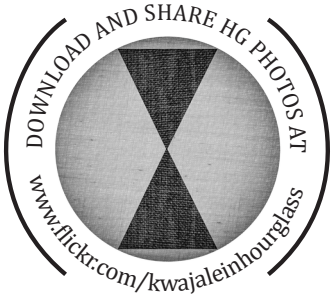
Wednesday, Day 11: Pick three friends or family members you see regularly. View their actions and gestures through a positive lens. Does assuming their good intentions change your interaction?

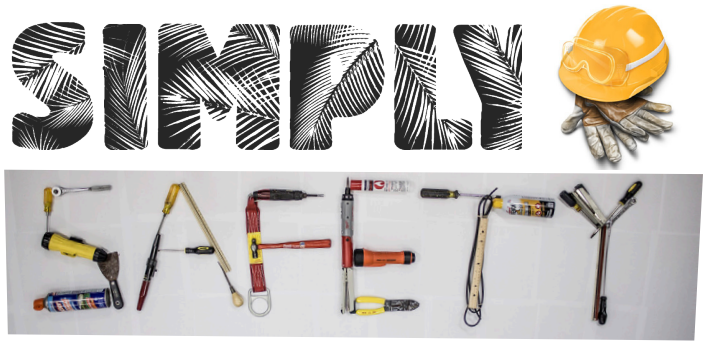
Thursday, Day 12: Gratitude Stroll. Go for a walk and see how many positive things you can find—write them down.

Friday, Day 13: Recognize someone who provides you a service with a small token of appreciation.

Saturday, Day 14: Write about something you feel grateful for in your life today.

If you've completed last week's challenge, great job! Invite a friend to participate with you this week in the Gratitude Challenge and spread the joy that comes with being thankful.





SPI's and DI'S

Within KRS and it subcontractors we rely on our SPI's (Standard Practice Instructions) to give us direction in how we are to perform certain tasks which will keep us or the environment safe, account for material, fill out a time sheet or even the process of on boarding or PCS'ing from Kwaj.
Most of these SPI's it does not give specific direction on how to do a job or task but more of generalized instruction on the process involved.

Should you need a document on how to complete a specific task within your department this would be a DI or Department Instruction. These DI's would be used in areas such as the fuel farm for transferring fuel from tank to tank.

Too many times do we get the question during accident investigations as to what does the SPI say with a response of we are not sure. Remember it is each our responsibilities to know and understand what SPI's and DI's relate to our work activities and ensure that we follow them.

All SPI's can be found in the Document Center located here. https://doccenter.smdck.smdc.army.mil/

Should you need to develop and DI we can look under the Standard Practice Instruction (SPI) 0100 Rev 011 Preparation, Approval and Control of KRS Policies, Standard Practice Instructions (SPI), and Departmental Instructions (DI) located here. https://doccenter.smdck.smdc.army.mil/Standard%20Practice%20Documents%20SPIs/SPI%200100.pdf.