

THE KWAJALEIN HOURGLASS

NEVER GIVE UP
YOU DON'T GET HURT
YOU LEARN
YOU DON'T MAKE MISTAKES
EVER BE SUCCESSFUL
DON'T ENCOUNTER FAILURES

SCIENCE

SOLAR SYSTEM



EBEYE PUBLIC SCHOOL STUDENTS TAKE A BREAK FROM THEIR LESSONS NOV. 20 TO ENJOY A GIFT PACK PRESENTED BY KWAJALEIN GIRL SCOUT TROOP 801.

JESSICA DAMBRUCH

THIS WEEK

MUSEUM TALK
WITH ALELE DIRECTOR - P 2

SCOUTS SURPRISE
EBEYE STUDENTS WITH GIFTS - P 4

USGA UPDATES
RATINGS ON KWAJ, ROI - P 3

SANTA ARRIVAL, TREE LIGHTING SET FOR NEXT SATURDAY



Saturday, Dec. 2

5:45 p.m. Santa arrives at the atoll terminal and starts the parade toward downtown.

6 p.m. Tree Lighting Ceremony entertainment begins with live music and food and merchandise sales.

7 p.m. Kwaj lights the tree!

7:15 p.m. Hot Tamales performance starts.

Sunday, Dec. 3

11:30 a.m.-1:30 p.m. Santa visits Grace Sherwood Library. Enjoy a visit with Santa, holiday crafts and more. Don't forget your cameras, parents!

Check next week's Hourglass for a full listing of the rest of the holiday events coming in the month of December.

THANKSGIVING HOLIDAY HOURS

for Thursday Nov. 23, Friday Nov. 24 and Saturday Nov. 25 are listed on the USAG-KA-web intranet site and the official USAG-KA Facebook page: www.facebook.com/usarmykwajaleinatoll/



ALELE MUSEUM DIRECTOR VISITS MCC

HOURLASS REPORT

Melvin Majmeto, director of the Alele Museum in Majuro, made a visit to the Marshallese Cultural Center on Kwajalein last week. As part of his trip to Kwajalein for the RMI Trade Fair, Majmeto sought a partnership with Kwajalein's Marshallese Cultural Society in everything from historical artifact and photo exchanges between the two centers, to opportunities for Alele Museum speakers to visit the Marshallese Cultural Center for speaking events on Marshallese history and cultural heritage.

Having joined the museum as director last year, Majmeto—formerly the mayor of Wotho Atoll—is focused primarily on recuperating all of the museum's artifacts, photo prints and records that have been damaged over the years, he said. Setting up a new artifact display center at the Alele Museum and then collaborating with other museums and organizations, especially the Marshallese Cultural Society, is high on his list of priorities as museum director, he said. To that end, Majmeto and Marshallese Cultural Society President Jordan Vinson are set to meet next month in Majuro to discuss a photo exhibit and artifact exchange program that can come to benefit both the museums on Kwajalein and Majuro.

For more information about the Alele Museum, visit www.alele.org.



Alele Museum Director Melvin Majmeto, right, joins Marshallese Cultural Society President Jordan Vinson at the Marshallese Cultural Center last week.

U.S. Army photo by Jessica Dambruch

THE KWAJALEIN HOURLASS

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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USGA UPDATES COURSE RATINGS ON KWAJ, ROI

FEATURE / JORDAN VINSON

Not all golfers are created equal. But being the gentlemen's sport that it is, golf has lent itself well to statisticians who have taken a data-driven approach to levelling the fairway for all who wish to play—no matter how many Titleists one might slice.

COURSE RATING

It all begins with the U.S. Golf Association course rating, said Hawaii State Golf Association Team Chief Zeke Schmus Nov. 17 on Holmberg Fairways' Hole 6. He and fellow volunteer course raters Susan Church and Joe MacDonald were sent out from Oahu to Kwajalein Atoll for three days last week to assess the courses on Kwaj and Roi and determine their course ratings via the USGA Course Rating System.

To nail down how difficult the courses are to play, Schmus, Church and MacDonald recorded a wide array of measurements into the USGA Course Rating System: topography, wind speed, fairway width, green speed, the number and placement of obstacles like trees, water hazards, bunkers and so on.

Pointing at numbers and grids scratched onto his clipboard, Schmus said it's akin to plugging variables in an equation. In this case, a USGA computer system does all the heavy numbers crunching.

"We have a computer program, and we plug about 100, 150 things in there," he said. "Numbers. Because we equate what we have here to a number. Then we just punch a button, and it spits out two things."

One product is a course rating, which for an 18-hole course might be something like 69.6. An average 18-hole golf course usually has a par of 72. So a course with a rating of 69.6 means it is slightly easier than par. A scratch golfer would be expected to shoot a 70 with a handicap of zero, Schmus stated. The other product the team computes is a slope rating, which is a measure of course difficulty for golfers who consistently shoot well over par for the course—aka bogey players.

For Holmberg Fairways, the team's measurements have resulted in a higher course and slope rating. In other words, the USGA has determined it's a more difficult course to play than before. The ratings for Kwaj are now 68.1 and 121, respectively. The Roi-Namur golf course's ratings slipped in the other direction, with the USGA determining it is an easier course to play than when it was last assessed 13 years ago. Those ratings are now 68.4 and 113, respectively.

Overall, neither Holmberg Fairways nor the Roi Golf Course are exceptionally difficult or exceptionally easy to play, the team said. The courses are more difficult in some areas and easier in others. Greens are the size of postage stamps but are surrounded by few bunkers. High wind speeds can be a menace, but neither course has much in elevation change, and so on, Schmus said.

USGA HANDICAP SYSTEM

Why are the course and slope ratings so important? They are integral in determining one's USGA Handicap Index, which practically all North American amateur golfers use to play against one another competitively. The more difficult a course is rated, the higher the handicap a bogey player will have on it, which results in more strokes subtracted from his total score. When playing competitively, less-skilled players with higher handicap indexes will get to knock off more strokes from their final scores than their more-skilled competitors.

The Kwajalein Hourglass

"Very much like bowling, where a less proficient bowler is spotted pins in competition," Schmus stated. "The bogey golfer is given a handicap based on an average of scores that have recorded."

"If you were a betting golfer, you could come out here and play with your 20 handicap against a player with a 6 handicap and have a chance of beating the lower handicapper," echoed MacDonald. "He would have to give you strokes to level the field."

The USGA course rating and handicap systems were developed by retired U.S. Naval Officer and statistician Dean Knuth in the early 1980s. The systems provide a means of checks and balances to prevent highly-skilled players from absolutely destroying nascent newbies on the links. But they also grant the golfer another major benefit: mobility. A golfer's handicap will travel along with him to whichever USGA-endorsed course he chooses to play on. A Roi bogey golfer, for instance, whose individual handicap index is determined by an average of a sample of golf rounds he has played on Roi, can play the Turtle Bay Palmer Course on Hawaii's North Shore and use his index there to take off the appropriate amount of strokes from his final score.

With these systems in place, the Roi golfer's chances at competing on an even keel vary little—no matter how good his competitor or how difficult the course.

RATED JUST IN TIME

A USGA-sanctioned team is to assess every USGA course every 10 years to maintain the course's accreditation. The courses on Kwaj and Roi were three years overdue. But thanks to funding via Bechtel National's and Leidos, Inc.'s Quality of Life Fund, Schmus, Church and MacDonald were flown out to update the courses' ratings before it was too late. Had the team not been able to assess the courses, golf on Kwaj and Roi would no longer have been supported by the USGA Handicap System. And players would have had to say goodbye to their handicap indexes.

The visit to USAG-KA was the team's 12th course rating trip in 2017. Schmus, MacDonald and Church all volunteer their time with the Hawaii State Golf Association to provide course rating data to the USGA on courses throughout the state of Hawaii and on U.S. military bases overseas in nations like Japan.

It was Church's first visit to the atoll and Schmus' second. For MacDonald, the trip was a homecoming of sorts: He lived and worked on Kwajalein in the 1980s as an active duty Army pilot and later as a civilian contractor pilot.

"It didn't take long for all the old memories to come back," MacDonald said on Kwajalein's Hole 6 green. "I mean, this is such a small place, as you know." 🌴



Hawaii State Golf Association volunteers visit USAG-KA to update USGA course ratings for the golf courses on Kwaj and Roi Nov. 14-17. From left: Joe MacDonald, Susan Church and Zeke Schmus. KRS Community Activities' Derek Finch joins the team at right.

U.S. Army photos by Jordan Vinson



1



2



3

GIRL SCOUTS SHARE JOY WITH EBEYE STUDENTS

FEATURE/JESSICA DAMBRUCH

By the time Ebeye Public Elementary and Middle School students had convened for morning classes Nov. 20 the air had wrapped Ebeye in a sticky, humid embrace. Warm silver sunlight poured into the lakes that early thunderstorms had made of the nighttime streets.

It was a gray Monday. As the students settled into their classes, they never suspected that Kwajalein Girl Scout Troop 801 would deliver a surprise to brighten their day.

Led by Daisy Troop leader Stephanie Sandige, scouts and parent volunteers hopped a morning ferry to Ebeye where they rendezvoused with school administrators Ricky Raymond and Deo Keju. The team spent the morning and afternoon visiting classrooms from kindergarten through eighth grade to deliver handcrafted party packs to students and teachers.

“Our journey this year focuses on the importance of community,” said Sandige of the project. “We just facilitate the effort. The girls get the credit for the idea.”

The Daisies devised the creative service project as a fun activity to share with other kids. Preparation for the event began in late October at a special meeting in the Commu-

nity Activities Center. The scouts chose gifts from a treasure pile of games, puzzles, snacks, treats and small toys purchased with proceeds from fundraising activities and loaded them into parcels for each grade level. The kits can be used to celebrate everything from birthdays to awards for good schoolwork.

On the trip, the scouts expressed enthusiasm for the surprises they were delivering and saw the impact of their handiwork. The happiness payoff was immediate: Cheers and laughter ensued as each scout stepped forward to present their colorfully wrapped boxes to teachers.

“Kommol tata!” the students shouted as they took photos with the visiting scouts.

All day the troop saw signs that acts of kindness and service to others bring joy. A special thank you came from the youngest students—children who were only beginning to learn the meaning of sharing. Outside of their classroom in the shade of a large tree, a kindergarten class gathered to sing the scouts a friendship song in Marshallese and English to honor their good deeds.

1) Anaya Read delivers a gift to a first-grade class on Ebeye. 2) Girl Scouts from Troop 801 pause for a photo with a teacher from Ebeye Public Schools. 3) Daisy Troop Leader Stephanie Sandige delivers gifts for a class. 4) Ebeye students pause for a photo with their cool party packs. 5) Scouts bearing gifts set out for Ebeye Elementary School. 6) Scouts from Troop 801 celebrate a good day's work on the Ebeye pier.



4



5



6

U.S. Army photos by Jessica Dambruch



1



2



3



4



5



6

1) Juliet Delisio prepares party packs for delivery to Ebeye students. 2) The CYS Lock-In crew takes a break from the fun for a group photo Nov. 18. 3) Senior Girl Scouts investigate the treats situation as they construct party packs for Ebeye. 4) Principal Deo Keju, Carl Read, Karen Read, Nikki Delisio, Stephanie Sandige and Justin Pace pause for a photo at Ebeye Public Elementary School Nov. 20. 5) MIT Lincoln Laboratory guest speaker Aaron Enes discusses science with Brett Crow's high school class Nov. 18. 6) Principal Ricky Raymond prepares to guide the Kwaj Girl Scouts on their surprise gift delivery to public schools on Ebeye.

U.S. Army photos by Jessica Dambruch

WEEKLY WEATHER OUTLOOK

RTS WEATHER STATION STAFF

WEATHER DISCUSSION: In the past few days we have experienced suppressed shower activity. Going into the holiday weekend Friday is expected to be a nice day with isolated showers. Saturday shower coverage will increase to widely scattered with possible scattered showers Sunday. Winds will generally be at ENE-ESE at 7-12 knots into Sunday.

The sub-tropical high around 25 north latitude is strengthening, increasing trade wind velocities. Expecting ENE trade winds to start increasing Monday and be near 20 knots by Tuesday. Kwajalein will be near our Small Craft Advisory conditions by Tuesday evening into Wednesday. Ocean waves could be near 8-10 feet but this occurring at neap tides and not expecting any shoreline impacts. Thursday and Friday trade winds will subside and showers may return.

SATURDAY/SUNDAY/MONDAY FORECAST: Shower coverage increases each day, isolated Friday, widely scattered Saturday, scattered for Sunday and back to isolated, for Monday. Winds ENE-ESE at 7-12 knots. Monday winds increase to 15-20 knots by the evening.

MID-WEEK FORECAST: Stray showers with northeasterly trade winds sustained around 20 knots for Tuesday and Wednesday. Winds subside Thursday and Friday with return of showers.



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

CW3 Dave Casbarra
SHARP Victim Advocate

Work: 805 355 3421 • Home: 805 355 1731
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



SEE SOMETHING – SAY SOMETHING

REPORTING SUSPICIOUS ACTIVITY

- Date and time activity occurred
- Where and what type of activity occurred
- Physical description of the people involved
- Description of modes of transportation
- Describe what you saw or heard
- Provide pictures if you took any

WHO TO REPORT TO

- Local law Enforcement and Security
- *911
- *5-4445/4443
- *usarmy.bucholz.311-sg-cmd.mbx.usag-pmo@mail



	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:46 a.m. 6:27 p.m.	12:32 p.m. -----	8:47 a.m. 2.3' 9:01 p.m. 2.9'	2:41 a.m. 0.8' 2:24 p.m. 1.2'
MONDAY	6:46 a.m. 6:27 p.m.	1:16 p.m. 12:38 a.m.	10:33 a.m. 2.3' 10:41 p.m. 2.8'	4:04 a.m. 0.9' 4:14 p.m. 1.4'
TUESDAY	6:47 a.m. 6:27 p.m.	2:00 p.m. 1:27 a.m.	12:10 p.m. 2.7' -----	5:37 a.m. 0.8' 6:06 p.m. 1.2'
WEDNESDAY	6:47 a.m. 6:27 p.m.	2:45 p.m. 2:16 a.m.	12:13 a.m. 3.0' 1:11 p.m. 3.2'	6:44 a.m. 0.5' 7:17 p.m. 0.7'
THURSDAY	6:48 a.m. 6:27 p.m.	3:31 p.m. 3:08 a.m.	1:18 a.m. 3.3' 1:57 p.m. 3.8'	7:35 a.m. 0.1' 8:09 p.m. 0.2'
FRIDAY	6:48 a.m. 6:28 p.m.	4:20 p.m. 4:01 a.m.	2:09 a.m. 3.6' 2:39 p.m. 4.3'	8:18 a.m. -0.3' 8:55 p.m. -0.3'
DECEMBER 2	6:49 a.m. 6:28 p.m.	5:12 p.m. 4:58 a.m.	2:55 a.m. 3.9' 3:18 p.m. 4.8'	8:59 a.m. -0.6' 9:38 p.m. -0.7'

Captain Louis S. Zamperini Dining Facility

*MENU CURRENT AS OF NOV. 23

LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday	Dec. 2
Sunday Chicken Fried Steak Roasted Chicken Mashed Potatoes	Cajun Chicken Roast Beef Ratatouille	Baked Fish Oregonata Chicken Parmesan Roasted Cauliflower	Sweet & Sour Chicken Kalua Pork Snow Peas & Peppers	Corned Beef Brisket Fried Fish w/Tartar Cabbage and Apples	Jerk Chicken Beef Burgundy Hopping John	Spicy Asian Spareribs Curried Chicken Tandoori Cauliflower
DINNER	Monday	Tuesday	Wednesday	Thursday	Friday	Dec. 2
Sunday Fajita Bar Spanish Rice Refried Beans	Oven Fried Chicken Baked Meatloaf Roasted Zucchini	Chicken Fried Steak Manicotti Honey Ginger Carrots	Steak Night BBQ Chicken Baked Potato Bar	Beef Stew Herbed Pork Loin Brown Rice Pilaf	Salmon w/Dijon Cream Teriyaki Chicken Roasted Red Potatoes	Roasted Turkey Spaghetti Stuffing w/Raisins

COMMUNITY CLASSIFIEDS



USPS RECOMMENDED HOLIDAY MAILING DATES

To ensure timely delivery of holiday wishes by Dec. 25, the U.S. Postal Service recommends that cards and packages be sent to and from military APO/FPO/DPO addresses overseas no later than the dates listed below.

Military Mail Addressed To & From	First-Class Mail Letters and Cards	Priority Mail Express Military Service
1. APO/FPO/DPO AE ZIPs 090-092	Dec. 11	Dec. 16
2. APO/FPO/DPO AE ZIP 093	Dec. 4	N/A
3. APO/FPO/DPO AE ZIPs 094-098	Dec. 11	Dec. 16
4. APO/FPO/DPO AA ZIP 340	Dec. 11	Dec. 16
5. APO/FPO/DPO AP ZIPs 962-966	Dec. 11	Dec. 16
USPS Retail Ground Nov. 6	Parcel Airlift Mail Dec. 4	Space Available Nov. 27

Interested in a position with DynCorp International LLC (DI)? Please apply at

<https://jobforms.extranet.dyn-intl.com/ka>

Contact Michael Thomas locally with any Questions. After normal work hours 5-2486 or michael.thomas@dyn-intl.com

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.

LOST AND FOUND

Found: One AAFES shopping bag with two items in it by the WWII sign in front of the post office on Nov. 18. Call Alan at 55074 to identify and claim your items.

COMMUNITY NOTICES

2nd Annual Pallet Tree Lot and Decorating Contest. Saturday, Nov. 25, 3-6 p.m. Grass field on the corner of 7th

and Lagoon. Come pick your pallet tree, form and paint! Decorate it on your own or with a group. Place your trees around the island and enter to win prizes! Call Community Activities at 53331 with questions.

AAFES Food Court will be closed to the public from Nov. 28 through Nov. 30. Weather permitting, KRS will replace air conditioning equipment inside the Food Court during that time. The Food Court will re-open to the public Dec. 1. Other food options: American Eatery at the Dock Security, hours 7 a.m.-7 p.m.

Santa's Arrival and the 50th Annual Kwajalein Tree Lighting Ceremony. Saturday, Dec. 2. 5:45, Santa arrives at the Atoll Terminal. 5:45, Santa parade to downtown. 6 p.m., Tree Lighting Ceremony (live entertainment, food and vendors). 7 p.m., Light the Tree! 7:15 p.m., downtown festivities. 7:15 p.m., The Hot Tamales Live! (Band sponsored by Quality of Life. Please contact Community Activities at 53331 with questions.

Christian Women's Fellowship Holiday Luncheon. Sunday, Dec. 3, 12:30-2 p.m. at the REB. Please join CWF for a special holiday event! Enjoy lunch, decorate holiday cookies and bring one small wrapped gift for a white elephant gift exchange. Contact Charissa with questions at 51889.

Visit with Santa. Sunday, Dec. 3 11:30 a.m.-1:30 p.m. at Grace Sherwood Library. Enjoy a visit with Santa, holiday

crafts and more! Parents, please bring your own camera. For questions, contact Community Activities at 53331.

The Hot Tamales, Live In Concert. Friday, December 1, Roi Outrigger, 7 p.m. Saturday, Dec. 2, Tree Lighting, 7:15 p.m. Sunday, December 3, Vet's Hall, 8 p.m. The Hot Tamales are a 5 piece acoustic-electric rock band playing the music of yesterday and today with a very spicy edge!

The Vets Hall will be closed Saturday, Dec. 2 in support of the Tree Lighting. Be sure to join us Sunday, Dec. 3 to enjoy the fabulous sounds of The Hot Tamales. Doors open at 7 p.m., show starts at 8 p.m. Questions, call Jan Abrams at 54440.

SAFETY/ENVIRONMENTAL

Safely Speaking: Per USAG-KA Regulation No. 190-5 3.9.b. Carrying passengers on bicycles is prohibited except when carrying a young child or infant secured in an infant pouch or permanent seat.

Safely Speaking II: When completing the JSA remember to think ahead and try to keep the steps as simple as possible so as not to overbear the end user of the JSA. The more complicated the JSA the less of a chance it will be followed in the field.

E-Talk: The KRS Environmental Policy expresses a commitment to conducting operations in a manner that protects human health and the environment.

UXO REMINDER. Remember the 3 Rs Recognize an item as possible Unexploded Ordnance (UXO) Retreat from the area of the UXO. Report suspected UXO immediately by notifying EOD (5-1433) or CPS (5-4445). Provide the following information: Location (building #, GPS, landmarks, etc). Size (compared to common items - football, scuba cylinder, etc). Treat UXO like you would treat dangerous sea creatures Look but do not touch. For a detailed refresher please attend the Island Orientation Briefing on the last Wednesday of every month.

Anyone in possession of ammunition or pyrotechnics, please deposit into one of the designated amnesty boxes located on Kwajalein or Roi, at Bldg. 902, the Kwaj Air Terminal, Bld. 8035, the Roi Air Terminal and at the Kwaj Small Boat Marina. If items are too large in size/quantity or if you have any safety concerns notify EOD at 5-1433/1550 to arrange for collection. Do not leave items outside of box. These boxes are not UXO collection points. For UXO, notify EOD. REMEMBER—DO NOT TOUCH!

the hot tamales

Spicy hot acoustic-electric rock from yesterday and today

Sponsored by Quality of Life
Friday, Dec. 1, Roi Outrigger, 7 p.m.
Saturday, Dec. 2, Tree Lighting, 7:15 p.m.
Sunday, Dec. 3, Vet's Hall, 8 p.m.

Café Roi

*MENU CURRENT AS OF NOV. 23

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Dec. 2
BBQ Pork Sparerib	Lemon Baked Chicken	Grilled Pastrami Sand.	Chicken Parmesan	Vegetable Quesadilla	Tuna Melt	Chicken Fajita Wrap
Chicken Ala King	Baked Fish	Spam Fried Rice	Roast Pepper Steak	Glazed Pork Loin	Country Meatloaf	Parker Ranch Stew
Sweet Potatoes	Couscous	Stir-Fry Noodles	Mashed Potatoes	Parsley Potatoes	Mac & Cheese	Sweet Corn

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Dec. 2
Spaghetti	Swiss Beef Steak	Beef Tacos	Roast Beef	Fried Chicken	Quiche	Grilled Mahi-Mahi
Chicken Alfredo	Pork Adobo	Enchilada Casserole	Coconut Chicken	Stuffed Cabbage/Peppers	Bacon & Sausage	Breaded Chicken Sand.
Roast Vegetables	Brown Rice	Spanish Rice	Baked Potato Bar	Mashed Potatoes	Pancakes	Tortellini Alfredo

UNITED CHECK-IN TIMES

Monday, United 155—3:30-4:45 p.m.
 Tuesday, United 154—11-11:30 a.m.
 Wednesday, United 155—2:30-3:45 p.m.
 Thursday, United 154—11:30 a.m.-Noon.
 Friday, United 155—3:30-4:45 p.m.
 Saturday, United 154—11-11:30 a.m.

ATI CHECK-IN TIMES

Early departures—7:45-8:15 a.m.
 All other departures—8-8:30 a.m.
 *Check with your ATI flight representative to confirm check-in and flight departure times.



The holidays are the peak season for home-cooked fires. Every year, firefighters and safety personnel are invited into homes during the holidays to fight fires and other avoidable domestic hazards.

According to the U.S. Fire Administration, meals are best with a pinch of fire safety. Read these tips to have an enjoyable, safe holiday season in the kitchen.

(Don't) Burn, Baby, Burn

Thaw everything. When a frying pan of hot oil meets icy turkey or veggies it will splatter. Also, to avoid exactly the wrong kind of excitement, always use a fryer out of doors. Turn pot handles towards the back of the stove to avoid burning yourself. Keep kids and pets at least three feet away from cooking area and watch for them to dart behind the chef.

Over-Watch

Whether you are boiling potatoes or baking acorn squash, keep an eye out for pots to boil over or splatter. When

your attention begins to drift, avoid carbonizing your food by using a timer to multi-task: Go [name of team]!

Just For Kids

Even if you are not old enough to use the oven yet, you can help your family stay safe in the kitchen.

- Listen and watch for signs of fire or smoke and warn your family or an adult if you detect a fire.
- Double check that your family has batteries for the fire alarm and flashlights in case your home loses power before dinner is done.

Only You Can Prevent Food Fires

It is easier to avoid fire and a mess by catching spills or hazardous conditions before they occur.

- Keep food preparation areas clear of flammable materials such as dish clothes and plastic lids.
- Keep a large pan lid or baking sheet handy in case you need to smother a fire. (Read that one again. To smother a fire—not visiting in-laws).
- Don't be a lazy cook: Wipe and sweep up spills as they occur and your clean-up is halfway done before you've sat down to dine.

Prepare your meal, enjoy your holiday and eat the food! Also, if the Kwajalein Fire Department does have to pay you a visit, save them a slice of pumpkin pie.

USAG-KA SPORTS

RESULTS LAST WEEK

NOVEMBER 13

Spartans I def. Don't Mess w/da OGs 25-19/25-22
 Good Golly Missed Volley def. We Dig The Beach 25-13/16-25/16-14
 Corder Pounder def. The Future 25-9/25/16

NOVEMBER 14

Serve's Up def. Ace Family 25-16/25-23
 Ohana Koa def. Net Ninjas 25-7/25-14
 No Name def. Block You Like a Hurricane 25-14/25-12
 Spartans II def. Wolf Pak 25-23/17-25/15-10

NOVEMBER 15

Block n' Roll def. 2 Legit 2 Hit 17-25/25-17/15-12
 Corder def. Sideout 26-27/25-22/15-13
 Corder Pounder def. The Future 25-17/25-20
 Don't Mess w/da OGs def. We Dig Up The Beach 25-22/25-22

NOVEMBER 16

Senior Wildcats def. Net Ninjas 25-17/25-14
 Wolf Pak def. Block You Like a Hurricane 25-11/25-17
 No Name def. A Motley Crew 27-25/25-19
 Spartans II def. Block Party 22-25/25-17/15-12

NOVEMBER 17

2 Legit 2 Hit def. Corder 25-23/21-25/15-12
 We Dig the Beach def. The Future 25-22/25-12
 Spartans I def. Don't Mess w/da OGs 25-23/16-25/15-12
 Good Golly Missed Volley def. Corder Pounder 25-27/30-28/18-16



VOLLEYBALL

A LEAGUE RECORDS

	Win	Loss
Corder	6	1
Good Golly	5	1
Spartans	4	1
Dig the Beach	2	4
OG'S	1	5
Future	0	6

B LEAGUE RECORDS

	Win	Loss
Spartans II	4	0
Block Party	3	1
Wolf Pak	2	3
Motley Crew	2	3
No Name	2	2
Hurricane	0	4

SCHOOL LEAGUE RECORDS

	Win	Loss
Senior	3	0
Block n'Roll	3	1
Ace Family	2	1
2 Legit	2	2
Corder	2	2
Ohana	1	2
Serve's Up	1	2
Net Ninjas	1	3
Sideout	1	3