

# THE KWAJALEIN HOURGLASS



**Capt. Bryan Mesey congratulates Bradley Walker for his promotion to Chief of Police. Walker is replacing Sissy Pinto, right. Lisa Belgrave, left, will take over Walker's position as facility manager. For more, see Page 3.**

Photo by Sheila Bigelow

Ad submissions for the *Hourglass* must be sent to the *Hourglass* via e-mail or paper submission by Wednesday at noon in order to make it into that Saturday's paper

Do you have news you would like to share about your club, private organization or work department? Do you have an interesting story and photos of a vacation trip? How about a scuba dive with great photos you took? Have you got a good fish story? The *Hourglass* welcomes submissions of news articles written by members of the community. You can submit articles to the USAKA Public Affairs Officer, Vanessa Peeden, at [vanessa.peeden@smdck.smdc.army.mil](mailto:vanessa.peeden@smdck.smdc.army.mil)

**Buckminster and Friends by Sabrina Mumma**



## THUMBS UP

To Laura Alves for all her hard work cleaning and organizing the Hobby Shop, we all appreciate it very much.



To submit a letter to the editor: Keep letters to less than 300 words, and keep comments to the issues. No personal attacks will be printed. Letters must be signed. However, names will be withheld if requested. We will edit for Associated Press style, grammar and punctuation and if you exceed the word limit, it will be edited for space. Limit one letter every 30 days. Send your letter to: *The Hourglass*, P.O. Box 23, APO AP 96555; or [hourglass@smdck.smdc.army.mil](mailto:hourglass@smdck.smdc.army.mil).



The Department of Health and Human Services Secretary and the Department of Agriculture Secretary, Co-Chairs of the Obama administration's food safety working group have unveiled a new consumer web-site. [www.foodsafety.gov](http://www.foodsafety.gov). This web site is designed to help consumers and families get the latest information on food safety and food recalls.

## 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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# Bradley Walker is named new Chief of Police for Kwajalein Police Department

Article and photos by Sheila Bigelow  
Associate Editor

After six years of dedicated service to the Kwajalein Police Department, 16 months of them as Chief of Police, Sissy Pinto is leaving Kwajalein and heading to Yuma, Ariz. to work in the civil service sector. Bradley Walker, former facility manager, was promoted into her position Oct. 21.

"Today is kind of a sad day and a happy day," said Paul Sefcik, Program Manager for Alutiiq. Sefcik is visiting from Huntsville, Ala. to oversee the change of command.

"She's (Pinto) done a super job, not only within the department, but within the community and within the command group," said Sefcik. "Certainly, she is a large loss to our organization and this installation, but luckily her replacement, Brad Walker, has also been here for quite a while and has also worked his way up through the ranks and will now assume the (chief of police) duties."

Walker moved to Kwajalein in 2001 from Melbourne, Fla. He lives here with his wife June and two children, Colette and Morgan. He has been in law enforcement since 1995. For the 16 months that Pinto was Chief of Police, Walker worked as the facility manager. He had the opportunity to work closely with Pinto during that time, making it an easier transition to take over her position now.

"I want to thank everybody for making this job really easy for me," said Pinto during her farewell address to the KPD. "There's no doubt in my mind that Brad is the best selection for this position. Along with his management team, they will lead this department in the right direction. They will bend over backwards for everybody in the department and for the community."

Sefcik asked Walker's wife and daughter to stand beside him as he repeated the Oath of Office.



Paul Sefcik, right, reads aloud the Oath of Office as Bradley Walker, new Chief of Police, repeats it back. Walker's wife, June, and daughter, Colette stand beside him.

"I, Bradley Walker, solemnly swear that I will faithfully, conscientiously and impartially enforce laws, rules and regulations governing the U.S. Army Kwajalein Atoll in addition to my other duties and responsibilities, to the best of my ability, so help me God."

"Bradley Walker is hereby promoted to the ranking position of Chief of Police effective this 21 October, 2009," Sefcik read aloud as he presented Walker with his Certificate of Promotion. "This promotion is predicated on the fact that you have distinguished yourself through hard work and dedication while employed by the Kwajalein Police Department, U.S. Army Kwajalein Atoll. In conjunction with this promotion you are hereby directed to carefully and diligently perform the duties associated with this rank." The certificate was signed by Sefcik and Brad Scofield, Director of Operations for the EMS/LE Division of Alutiiq in Huntsville, Ala.

Captain Bryan Mesey and Pinto performed the ceremonial pinning.

Once Walker was officially the new Chief of Police, he addressed his fellow KPD officers and other attendees.

"Thank you all for being here," said Walker. "It's been an interesting year and I promise you that I'm going to do my best to continue where Sissy left off."

Walker then introduced Lisa Belgrave as the new Facility Manager. She has been with the KPD for just over one year.

"She's proven herself to be a great asset," said Walker.

At the end of the ceremony, Sefcik invited all in attendance to shake hands with Walker, Pinto and Belgrave to congratulate them.



Kwajalein Police Department officers take turns congratulating Lisa Belgrave, Bradley Walker and Sissy Pinto during the change of command ceremony for Chief of Police Oct. 21.



Certified ham radio operator Robert Struppeck explains the digital station to Scouts Cameron Jones, left and Dawson Wiley, right, during the Jamboree-on-the-Air, Oct. 18, at the Ham Shack.

# Kwaj Cub Scout Pack 135 joins in the worldwide Scout Jamboree-on-the-Air

Article and photos by Dan Adler  
Media Services Manager

The Jamboree-on-the-Air is an annual scouting and amateur radio event sponsored by the World Scout Bureau of the World Organiza-

tion of the Scout Movement.

Cub Scout dens around the world visit a local amateur ham shack, Oct. 17-18, to communicate with Scouts in other countries who can be contacted via ham radio signals. Kwajalein Cub Scout Pack 135 joined in the Jamboree on Oct. 18 from the Kwajalein Amateur Radio Club Ham Shack.

This year, Kwajalein Cub Scouts heard operators from Australia, Japan, Alaska and El Paso, Texas.

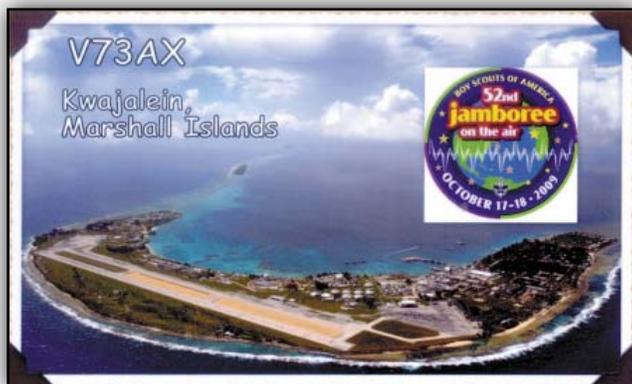
Corey Wiley, Pack 135 Den Master said, "It's a 24-hour time frame for Scouts to communicate all over the world. Our coordinator, Dawn Gray, scheduled the times so that we could try to communicate with the

largest group of Scouts in the United States."

He added, "We contacted the Aloha Council in Hawaii, gave them the Ham Shack's call sign and told them we would be on the air in this timeframe. Historically, we've been able to communicate with the Scouts on Oahu. They go to the ham radio station at the *USS Missouri* in Pearl Harbor. We've been able to talk to them throughout the years. We're trying to hook up again with them this year."

Wiley said that in addition to ham radio, the Jamboree has also been extended to include the Internet. A chat room put up by the Boy Scouts can be used to communicate with other Scouts around the world also.

"Kids get on the Internet all the time, but we're fortunate to have a ham radio station here," he said. "It's pretty interesting. The more the boys come here, the more they get inter-



A postcard commemorating the 52nd Jamboree-on-the-Air is filled out and mailed to Scouts around the world that Kwajalein Scouts are able to contact during the Jamboree.

ested in how the system works. After they do it a few times, they're not as apprehensive about jumping up and talking on the radio."

Wiley also said that ham radio operators Jack Bolen and Jack Carey assembled radio circuit boards and parts in the Shack that Scouts can check out and learn about electronics. That's important because in order to get an operator's license, a knowledge of radio electronics is required.

"They have a little project learning some Morse Code also because that's required for a license too," said Wiley.

While at the Jamboree, Scouts did indeed busy themselves with learning some Morse Code. Before it was figured out how to put voices on radio, the dots and dashes of Morse Code were the only way to communicate over radio. But these days, digital communications are quicker and more reliable than voice.

Struppeck showed the Scouts how the digital radio station deciphered the digital signals and showed them as text on the display screen. It lets the operator see the message as well as hear it.

During the Jamboree, radio contact with Scouts or operators in other countries was initiated by sending out the signal 'CQ Jamboree,' which basically means, "If anybody out there connected with the Scout Jamboree is picking up my signal, I want to talk," explained Struppeck who was donating his time and expertise to the event for the second year. Struppeck has been a ham radio operator for 13 years. His call sign on Kwajalein is V73RS. The Ham Shack call sign is V73AX.

After a CQ message is sent, operators wait for an answer which could come from anywhere in the world.

"The tradition we adopt is to take our initials and add them to V73 which denotes Kwajalein. V7 is the Marshall Islands and V73 is Kwajalein Atoll. By looking at people's call signs, you can tell which country they are in," said Struppeck.

Besides being a place for amateur radio operators, the Ham Shack was part of 'MARS,' which is an emergency system that would serve the important function of communication in case of a natural disaster or some other occurrence that might cause Kwajalein to lose all other means of communication.

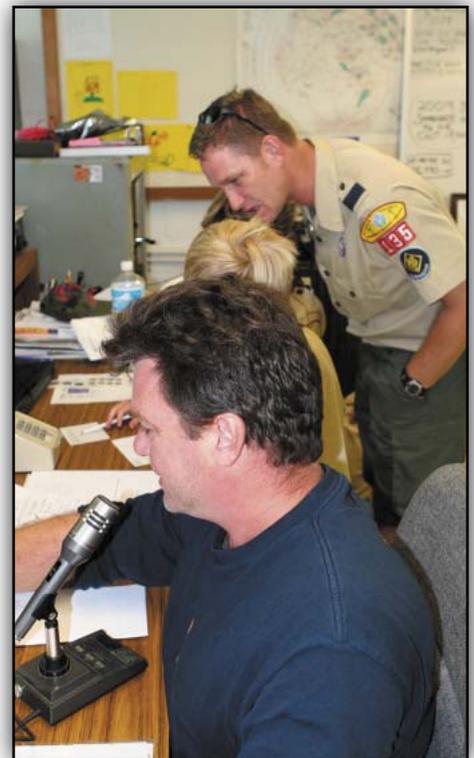
Some Kwajalein old-timers re-

member when the Ham Shack was the only way to communicate with someone back in the states. People who lived on Kwajalein would have to make appointments at all hours of the day and night to be able to talk to anyone. Apparently, everyone wants to contact Kwajalein because it's such an unusual place to talk to. It's considered a rare radio station.

Operators say the Ham Shack is great to use because the antennas on Kwajalein are very good and it's very quiet and there's no interference. Operators here can talk to other operators anywhere in the world.

Wiley said, "Due to Kwajalein's location, a lot of cruising yachts that go through the Pacific use the station here to transmit messages to family and friends in other locations around the world. It may be they're in distress or it may be just a communication."

Wiley hopes the Jamboree will show the Scouts the fun of Ham Radio. "Who knows, maybe the boys will pick up enough interest and we'll have another generation of ham radio operators," he said.



**Robert Struppeck, foreground, and Corey Wiley listen into a radio transmission.**



**Scouts check out some devices used to send Morse Code messages during the Scout Radio Jamboree Oct. 18.**



Front row, left to right, Olsen Lejjune, Joey Jelke and Dannio William are in training to become lifeguards. Back row, left to right, Slaughter Graham, Clanton Robert and Binton Felix have completed the course and are now certified lifeguards.

# Six Ebeye residents take lifeguard training to work at Kwaj pools, beaches

Article and photo by Dan Adler  
Media Services Manager

In March of this year, Sandy Lummer, KRS Pools and Beaches Coordinator, had a problem. She first came to Kwajalein on Dec. 26, 2008 to take up her job. By the end of January she noticed that, "If anything happened at the high school and my high school kids were involved, I wouldn't have any lifeguards. My staff was totally high school students. The kids are involved in so much here and volunteer their time for so many community activities that there was a real void."

She added, "The pool has to be open and I could only be in one place at a time. I couldn't be at the

beach and at the pool."

One of Lummer's co-workers suggested there were many young men on Ebeye who would be perfect for the job.

She started investigating the possibility and went to human resources and got some information on how to go about it from Romeo Alfred and Lisa Armstrong. Both agreed it was a good idea.

Through Marshallese who work at the Child Development Center and a Ri-Katak parent, she got the names of potential candidates.

Lummer is well-equipped to teach the skills needed for lifeguarding. She is certified as an American Red Cross instructor in lifeguard training, underwater safety, scuba diving and more. CPR and First

Aid are also part of the lifeguard training and Lummer has been an instructor in those two fields for many years.

Lummer's teaching of the American Red Cross course is intensive. Candidates must be able to swim 12 lengths (300 yards) of the family pool as a pre-requisite. The two strokes used are the front crawl and breast stroke. Those are American Red Cross specifications.

"If someone can't swim the strokes or the 12 lengths, they can't get in the lifeguard training program," Lummer said.

The first thing that became necessary was for Lummer to train the students in American swim strokes. There are no Red Cross instructors on Ebeye. "I put my time

in on Thursdays which is my day off. I have them swim for two hours before I start the lifeguard portion of class. I have to be sure they have the endurance and the strokes. We work on a tread crawl and treading water. We work on whip-kick because that's used on rescues. I have to teach them the American style of anything that's used in the lifeguard program.

Lummer said, "They have to be able to pass every water skill 100 percent. There's no halfway with it. It has to be done properly. They have to know how to put people on a backboard, how to handle unconscious people, people who aren't breathing and people whose hearts aren't beating."

In addition to the swimming and other skills, she said the candidates must pass three written tests with scores of at least 85 percent on each. Those tests aren't easy.

"Even our high school students don't make 100 percent on these tests," said Lummer. "And for the Marshallese, there's the additional language and vocabulary barriers they have to overcome."

To help mitigate that problem, she travels to Ebeye once or twice

a week to help the trainees with words in the course material they might not know or understand until she is sure they have a good knowledge of them.

She desired that the Marshallese lifeguards be above the standards. She has pushed them to swim longer distances in order to build better endurance and hone their skills.

"I push them to swim nearly twice the qualifying length. That's a 1,200 yard swim," Lummer said.

Her reason behind pushing the trainees is simple. "I want them to excel and I don't want anyone to question the training level of the people I bring from Ebeye."

At the present time, there are three young men who have passed the course and are fully certified as lifeguards. They are Slaughter Graham, Clanton Robert and Binton Felix. Three others are currently in training and they are Olsen Lejjune, Joey Jelke and Dannio William.

The six range in age from 18 to 24. Some of them are married and the extra source of income is welcome. However, while they are in training, they receive no pay. It is only when they have passed the course and have been certified that

they are eligible to be employed as part-time lifeguards by KRS.

Lummer said she has gotten a lot out of teaching the Marshallese. She loves learning their culture and the way they welcome her into their homes. "It's been a real learning experience for me. I know what Americans do — I want to know what other people do," she said.

Lummers tells the lifeguards that her return for training them is that they make an effort to 'pay it forward.' "I help you out, you help someone else out," she said.

The six RMI citizens agree with that philosophy. They said they wanted to become lifeguards in order to help people, especially those on Ebeye. There are no lifeguards there and not many people know any lifesaving skills such as CPR and First Aid. They all agree that being trained to save lives is well worth the effort of passing the lifeguard course. They are very appreciative of Lummers' efforts and the time she has given them.

Lummer said that coming to Kwajalein has been a "super adventure and it has broadened my horizons by meeting people from the other side of the world."

*Marshallese Trade Fair*

*6th Annual*

**MONDAY, OCTOBER 26TH 9:00AM - 2:00PM AT THE CRC**

FRESH FISH & PRODUCE ~ COOKED FOODS ~ DRESSMAKERS  
MARSHALLESE HANDICRAFTS ~ COCONUT LOTION & OILS

# Kwaj Open Golf Tournament held Oct. 11-19 at Holmberg Fairways

Article and photos by Sheila Bigelow  
Associate Editor

The Kwaj Open isn't just any golf tournament, it is a 10-day long, fun-filled golfing extravaganza. Regular tournament play takes place on Sunday and Monday of each weekend while the weekdays are full of an array of golfing challenges and games for fabulous prizes.

The 39th annual Kwaj Open golf tournament took place Oct. 11-19 at Holmberg Fairways this year with over 60 Kwajalein and Roi residents in participation.

The weather was surprisingly clear and sunny both weekends, helping some, but not all, golf some of their best games ever.



Jon Jahnke practices his short game during the putting competition held Oct. 14 as part of the annual Kwaj Open Golf Tournament.

Newcomers and temporary duty personnel gave some seasoned veterans of Holmberg Fairways a run for their money this year. Jon Robello and Dave Gibbons swept the top two finishes for the Men's C Flight.

The Kwaj Open challenges golfers in every aspect of their game. Special events during the week help to tweak and improve their skills. A putt-putt course is set up to test them on their short game. The One Club tournament lets a player choose only one club for the entire hole; they must tee off and putt with the same club, so choose wisely. The horse races are always fun, challenging golfers to rely on their teammate to make it through a hole.

The 10-day long Kwaj Open always ends with a tasty banquet to recognize winners and more importantly, hand out prizes. This year's banquet was held at the Pacific Club and food was provided by KRS Retail Services. Door prizes like Scuba Club and Bar Open t-shirts, massages, AAFES gift certificates and six-month green fees gift certificates were given away. The big ticket door prize this year was two Continental Airline tickets to Honolulu, Hawaii. The big winners this year were Tina Bean and Dave Gibbons. The top five finishers in all men's flights and top two in the women's were awarded specialty golf bags. Recognition was given to Dave Gibbons for having the lowest net score for the tournament. His name will be added to the Sam Garland plaque for this year.

Congratulations to all golfers for a great tournament.

## 2009 Kwaj Open Golf Tournament Results

**Women's A Flight 1st place:** Nancy Grant (135)

**Women's A Flight 2nd place:** Tina Bean (137)

**Women's B Flight 1st place:** Gloria Cassiday (137)

**Women's B Flight 2nd place:** Cindy Ehart (138)

**Men's A Flight 1st place:** Andy Frase (132)

**Men's A Flight 2nd place:** Pat Dowell (134)

**Men's A Flight 3rd place:** Larry Cavender (138)

**Men's A Flight 4th place:** Paul Allas (139)

**Men's B Flight 1st place:** Nate Goynes (131)

**Men's B Flight 2nd place:** Helbert Alfred (133)

**Men's B Flight 3rd place:** John Finley (135)

**Men's B Flight 4th place:** Glenn Hibberts (136)

**Men's B Flight 5th place:** Anthony Porras (137)

**Men's C Flight 1st place:** Dave Gibbons (125)

**Men's C Flight 2nd place:** Jon Robello (126)

**Men's C Flight 3rd place:** Ross Gilchrist (128)

**Men's C Flight 4th place:** Normen Sablas (131)

**Men's C Flight 5th place:** Brent Peterson (135)

**Men's D Flight 1st place:** Doug Peters (130)

**Men's D Flight 2nd place:** Darryl Mathieson (131)

**Men's D Flight 3rd place:** Jeff Sudderth (134)

**Men's D Flight 4th place:** Mike Savage (134)

**Men's Low Net:** Dave Gibbons

**Women's Low Net:** Nancy Grant

**Men's Low Gross:** Andy Frase (144)

**Women's Low Gross:** Pam Frase (179)



Left to right, Kenny Leines, Nancy Grant, Bob Allard and Eric Lindquist tee off during the Kwaj Open golf tournament held this year Oct. 11-19 at Holmberg Fairways.

## 2009 Kwaj Open Special Events Results

### **One Club Tournament (Oct. 12):**

**1st place:** Burt Wood  
**2nd place:** Husbon Jokas

### **Mixed Horse Race (Oct. 13):**

**1st place:** Jeremy Gideon/Nancy Grant  
**2nd place:** Jon Robello/Tina Bean  
**3rd place:** Andy Estacion/Cindy Ehart

### **Men's Horse Race (Oct. 15):**

**1st place:** Eric Lindquist/Dale Mayo  
**2nd place:** Flynn Gideon/Dave Gibbons  
**3rd place:** Brent Peterson/Burt Wood

### **Chipping (Oct. 14):**

**Women's 1st place:** Cindy Mathieson  
**Men's 1st place:** Jeff Wase  
**Men's 2nd place:** Jeremy Gideon

### **Putting (Oct. 14):**

**Women's 1st place:** Judy Curnow  
**Men's 1st place:** Jeff Jones  
**Men's 2nd place:** (3-way tie) Jeff Wase,  
 Fraser Rdailul, John Finley

### **Long Drive (Oct. 14):**

**Women:** Cindy Mathieson (227 yards)  
**Men:** Eric Lindquist (327 yards)

### **Match Play Putting (Oct. 17):**

**1st place:** Andy Estacion  
**2nd place:** Larry Cavender  
**3rd place:** Mike Savage  
**4th place:** Pam Frase

### **Long Drive (Round 1):**

**Women:** Barbara Macdaid  
**Men:** Pat Dowell

### **Straightest Drive (Round 2):**

**Women:** Beth Coyne  
**Men:** Victor Burnley

### **Closest to the Pin:**

**Round 1 Women:** Cindy Ehart  
**Round 1 Men:** Jon Jahnke  
**Round 2 Men:** Eric Lindquist





Art teacher Jane Christy-Woundy teaches a collage making class at Kwajalein High School Tuesday morning.

# Art Mama

## Kwajalein art teacher believes in letting her students march to their own drum

Article and photos by Dan Adler  
Media Services Manager

“I had pressures in college,” said Jane Christy-Woundy, Kwajalein schools art teacher. “If you didn’t do it exactly the way they wanted it, then you got a bad grade. I hated it. Art should not be that way. That’s hindering a student’s creativity. I

told myself that if I ever got to be a teacher, I wasn’t going to be like that.”

This is Christy-Woundy’s tenth year teaching art on Kwajalein. She holds classes for both the elementary school and the high school. It was her first job out of college.

Her interest in art started early in life. “When I was a little girl, I got some new crayons and tried them out on my bedroom walls. That wasn’t a go with my mom.”

She added, “I couldn’t wait to make something fun and new. I loved art class.”

Her approach to teaching art is to allow her students freedom of expression so a child’s creativity can flourish. Her classes include painting, drawing, sculpt-

ing, collage, jewelry work, mosaics and even weaving. Once a month, she holds an art career day. Students are sometimes surprised to find out that architecture and engineering are forms of art that can be used in various career choices. Students will sometimes ask questions such as, “You mean I can get paid for decorating rooms?”

To teach art to students, “I like starting with what they already know,” she said. “When’s the last time you had an art class? What do you enjoy? What are your interests? If you find things they enjoy already, it’s easier to integrate that into different types of art.”

She continued, “I ask them what it is they want to learn and what places they want to ‘travel’ to. Then I come up with different ideas and the kids sort of pick and choose from those ideas. I add in different elements of design, culture, art history from different time periods and



Left, art teacher Jane Christy-Woundy helps Johanna Dye with an art project.

different artists. That works pretty well and the kids get excited about it.”

Christy-Woundy incorporates lots of culture into her teaching and she says the students are excited to do that ‘traveling,’ even if it is just painting a picture or making a mosaic. That aspect stirs their curiosity. As an example, she said, “We go into Greek mosaics and Roman mosaics and what the differences are. I show them on a world map where that art can be found and where it originated. If they can’t leave island, then I try to bring the world to them because I’ve been to some of those places.”

Her students have art ‘passports’ in which they keep photos of the artwork they’ve done depicting other countries and cultures. Along with the photos are notes as to when they did the work, what country is represented, what they learned about the country and so forth.

To Christy-Woundy, art can be found in anything. “Art is different to everybody,” she said. “If it’s pretty, great and if it’s ugly, that’s good too. Nothing says art has to be pretty. I always want my kids to have their own vision of things.”

She added, “Someone might say, ‘Paint me a picture of Emon Beach.’ Kids will have completely different styles of how they paint. Some are choppy, some are smooth. Some kids want the sky to be hot orange — hey, great. I tell them I know what I want mine to look like, what do you want yours to look like?”

She said, “It’s all different perceptions and when these kids are more open to looking at things in a different light, that will make it easier for them when they leave island and meet new people and go to college. It makes them more accepting of differences. I tell my kids to give people a chance and to try new things.”

One can’t speak with Christy-Woundy for very long and not see the passion she has for what she does. There is great emotion in her voice when she speaks about her students.

“I try to encourage a child to be creative and that makes them happy,” she said. “I let them know that it’s all right to march to the beat of your own drum. It’s okay to be different. I want them to be

excited about their ideas. I tell them just because they see it differently, it’s not wrong, it’s just different. Picasso did things differently, Van Gogh did things differently. If everything was the same, if everything was vanilla-flavored, it would be a really boring world.”

If art is dropped from a school’s curriculum, Christy-Woundy strongly feels that “You would have a lot of stressed out kids. Many kids take art just to blow off steam. Some kids need to have that ‘right brain’ activity. Being creative reduces stress and calms them. Dropping art is an injustice to kids. How can they appreciate culture and different art when they get older and they get a chance to travel? If they go to Italy, are they going to fully appreciate the art they’ll see there? The more you learn about your world, the more you will appreciate it. It’s not always a pretty place, but art can help you find what’s beautiful.”

On another level, Christy-Woundy knows, “It’s hard enough growing up. Who among us would want to go through junior high or high school again? It’s not always a fun place and if I can make it a little more fun or create a safe, happy spot in art class every day, then that’s what I want to do.”

Putting things simply, Christy-Woundy loves her students. “I’ve been here for 10 years and most of them have been with me all of that time. They’ve made up a third of my life. Sometimes I’ll see them struggling with personal problems and I’ll just have a talk with them and let them know somebody cares.”

She added, “Being a teacher is a privilege. It’s a chance to leave a legacy in a way. We are the facilitators of dreams.”

Sometimes, students give teachers nicknames. Sometimes they are complimentary and sometimes they’re not.

But every now and then, kids give a nickname to a teacher out of love. Christy-Woundy’s art students have bestowed upon her the nickname of ‘Art Mama.’

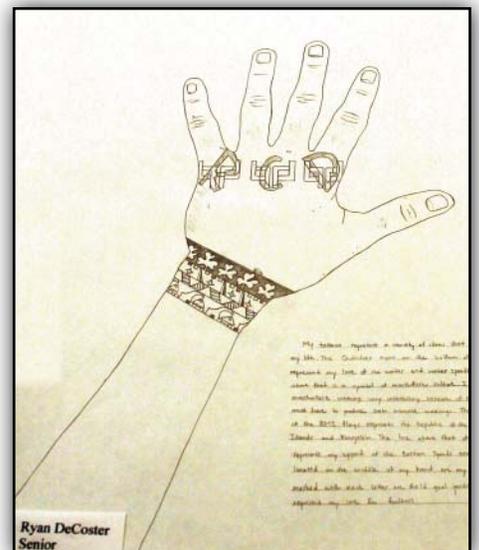
With tears glistening in her eyes, she said, “I wear that title proudly.”



Some of the mosaics done by Jane Christy-Woundy’s art students.



A version of Picasso by student Mariah DeVille.



A depiction of the Marshallese culture of tattooing by senior Ryan DeCoster.

# Nine servicemembers die in Iraq, Afghanistan

Four Soldiers died Oct. 15 in Kandahar Province, Afghanistan of wounds suffered when enemy forces attacked their vehicle with an improvised explosive device. They were assigned to the 569th Mobility Augmentation Company, 4th Engineer Battalion, Fort Carson, Colo. Killed were: **Staff Sgt. Glen H. Stivison, Jr.**, 34, of Blairsville, Pa.; **Spc. Jesus O. Flores, Jr.**, 28, of La Mirada, Calif.; **Spc. Daniel C. Lawson**, 33, of Deerfield Beach, Fla. and **Pfc. Brandon M. Styer**, 19, of Lancaster, Pa.

**Sgt. Christopher M. Rudzinski**, 28, of Rantoul, Ill., died Oct. 16 near Kandahar, Afghanistan, of wounds suffered when enemy forces attacked his vehicle with an improvised explosive device. He was assigned to 293rd Military Police Company, 385th Military Police Battalion, 16th Military Police Brigade (Airborne), Fort Stewart, Ga.

Two Soldiers died Oct. 16 in War-

dak Province, Afghanistan of wounds suffered when enemy forces attacked their vehicle with an improvised explosive device. The soldiers were assigned to the 143rd Infantry Detachment, Texas. Killed were: **Staff Sgt. Chris N. Staats**, 32, of Fredericksburg, Texas and **Spc. Anthony G. Green**, 28, of Matthews, N.C.

**Spc. Michael A. Dahl Jr.**, 23, of Moreno Valley, Calif., died Oct. 17 in Argahndab, Afghanistan, of wounds suffered when enemy forces attacked his vehicle with an improvised explosive device. He was assigned to 1st Battalion, 17th Infantry Regiment, 5th Stryker Brigade, 2nd Infantry Division, Fort Lewis, Wash.

**Pfc. Daniel J. Rivera**, 22, of Rochester, N.Y., died Oct. 18 in Mosul, Iraq, of injuries sustained in a motor vehicle accident. He was assigned to the 3rd Battalion, 8th Cavalry Regiment, 3rd Brigade Combat Team, 1st Cavalry Division, Fort Hood, Texas.

**Lance Cpl. David R. Baker**, 22, of



*"It is foolish and wrong to mourn the men who died; rather, we should thank God that such men lived."*

— **Gen. George S. Patton**

Painesville, Ohio, died Oct. 20 while supporting combat operations in Helmand province, Afghanistan. He was assigned to 1st Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Camp Pendleton, Calif.

# Residents urged to get flu vaccine

## Hourglass Reports

Senior leadership of USAKA and Kwajalein Range Services urges all residents to take advantage of the availability of flu vaccine. At the present time, Kwajalein Hospital has seasonal flu vaccine in stock. The vaccine is given in shot or nasal spray form depending on an individual's age and other factors. The vaccine is free to all residents and is given at the hospital between 1:30 and 4 p.m., Tuesdays, Wednesdays, Thursdays and Saturdays. During a briefing for school teachers in August, Dr. Don Shu-warger, Chief Medical Officer at Kwajalein Hospital said that those most at risk for H1N1 flu are children under five years of age, pregnant women and those 60 and older. Also at risk are persons with chronic

asthma, bronchitis or any significant medical problems such as diabetes and persons on chronic steroids and those with HIV.

A wave of H1N1 hit Kwajalein this summer and leadership expects another wave to hit at some point this winter.

Until the vaccine is available on island, Shu-warger stressed hygiene such as washing hands frequently with warm water and soap or with an alcohol-based hand sanitizer and covering coughs and sneezes. The doctor said he hopes everyone take the flu threat seriously and gets vaccinated for the seasonal flu and H1N1 flu as soon as the vaccine is available. He noted that while getting vaccinated is optional, it is hoped that everyone recognizes the health benefits to the entire community of everybody being vaccinated.



## If it isn't moving, it shouldn't be running

Vehicle engines left idling waste fuel and money and could create a safety hazard. If vehicles are not being driven, engines should be shut off.

# Five-a-day, flaxseed, fat consumption affect breast cancer

Submitted by Cheryl Robinson-Stewart  
MEd. R.D., L.D.

What do these three things have in common? They may help in lowering the risk of breast cancer. Joy Bauer, Nutritionist with NBC's "Today Show" suggests "aiming for colorful produce, at least five servings daily." Vegetables known to inhibit the growth of breast cancer cells are from the cruciferous family and include broccoli, brussels sprouts, kale, bok choy, cauliflower, collards and cabbage. Flaxseed, which is

high in the phytoestrogen lignan also inhibits the growth of some breast cancer cells and acts as an antioxidant as well. Not only is flaxseed high in omega-3 essential fatty acids, it is also an excellent source of soluble and insoluble fiber.

Other sources of lignan include pumpkin seeds, rye, soybeans, broccoli, and some berries. Lastly, fat intake should be limited to less than 30 percent of daily calories to help prevent breast cancer. Other recommendations include limiting alcohol consumption to no more

than 1 serving per day (5 oz. of wine or 12 oz of beer or 1.5 oz. distilled spirits). Increasing consumption of calcium rich foods like Vitamin D fortified cheese, yogurt, and milk and adding curcumin to foods may also protect against breast cancer.

For more info about nutrition and breast cancer go to <http://www.msnbc.msn.com/id/21564819/>. For more info about flaxseed or flaxseed recipes go to [www.flaxrd.com](http://www.flaxrd.com) or go on Google to check the benefits of flaxseed.

Soccer  
Season



2009

## **Wednesday, Oct. 14** **Spartans Boys vs. Boys 2 Men**

FINAL SCORE: 5-0

Josh DeBrum (Spartans): 1 goal  
Devin Vinluan (Spartans): 1 goal  
Leroy Denham (Spartans): 1 goal  
Shawn Brady (Spartans): 2 goals

## **Friday, Oct. 16** **K.A.T. vs. Spartans II Coed**

FINAL SCORE: 2-3 (OT)

Annie Hepler (Spartans II): 3 goals  
Sheila Bigelow (K.A.T.): 1 goal  
Yael Beals (K.A.T.): 1 goal

## **Tuesday, Oct. 16** (Playoff game 1) **K.A.T. vs. Spartans II Coed**

FINAL SCORE: 3-1

Annie Hepler (Spartans II): 1 goal  
Sheila Bigelow (K.A.T.): 2 goals  
Casey Schuh (K.A.T.): 1 goal  
Alex McGlenn (K.A.T.): 1 assist  
Laura Price (K.A.T.): 2 assists

## **Tuesday, Oct. 16** (Playoff game 1) **Green Flash vs. Spartans I**

FINAL SCORE: 4-0

Christina Sylvester (Green): 3 goals  
Krystal Peterson (Green): 1 goal

## **Wednesday, Oct. 14** **FC Swell vs. Ek**

FINAL SCORE: 2-4

Brendan Greene (Ek): 3 goals  
Paul McGrew (Ek): 1 goal  
Kenny Leines (Swell): 1 goal  
Ron Tanner (Swell): 1 goal

## **Friday, Oct. 16** **Green Flash vs. Spartans I**

FINAL SCORE: 3-0

Lynn Leines (Green): 1 goal  
Heidi Rowell (Green): 1 goal  
Christina Sylvester (Green): 1 goal

## **Friday, Oct. 16** **Boys 2 Men vs. Ek**

FINAL SCORE: 3-1

Jeff Sudderth (Ek): 2 goals  
Brendan Greene (Ek): 1 goal  
Scott Swanby (Boys 2 Men): 1 goal

### **Team Standings**

(as of Oct. 16)

WOMEN'S LEAGUE		MEN'S LEAGUE	
K.A.T.:	7-2-1	Ek:	8-0-0
Green Flash:	7-2-1	FC Swell:	6-2-0
Spartans I:	3-7-0	Spartans Boys:	3-6-0
Spartans II Coed:	2-8-0	Boys 2 Men:	0-9-0

**HELP WANTED**

**KRS and CMSI Job Listings for On-Island Positions will be available at the Kwajalein, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board by the Continental Travel Office, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job Listings for Contract Positions will be available at [www.krsjv.com](http://www.krsjv.com), on the bulletin board by the Continental Travel Office and on the Roi-Namur/Post Office bulletin board. Full job descriptions and requirements for Contract openings are located online at [www.krsjv.com](http://www.krsjv.com).**

NEED EXTRA MONEY? KRS employment applications are continually accepted for Casual Positions in the Community Services Departments, Medical Department and the HR Temp Pool. Some of the Casual positions are: Recreation Aides, Medical Office, Media Services Specialist, Substitute Teacher, and HR Temp Pool Office Support. Questions? Call 54916.

OFFICE AUTOMATION ASSISTANT, GS-0326-04/05/06. Closes Oct. 26. Limited to four years. Open to applicants on Kwajalein island only. Anyone who previously applied to the support service assistant position needs to reapply to this announcement. Applicants apply online at <https://cpolwapp.belvoir.ar.my.mil/public/> Duties: The incumbent may perform at the developmental or full performance level, a variety of clerical and administrative support duties. Receives phone calls and visitors. Maintains supervisor's calendar and schedules appointments. Establishes and maintains a variety of files. Reviews incoming correspondence and determines the action required and its priority. Routes and distributes mail to appropriate individuals. Establishes and maintains suspense files to ensure timeliness of actions. Reviews outgoing mail for procedural and grammatical accuracy. Maintains and orders office supplies. Prepares time and attendance data for appropriate supervisory endorsement. Makes necessary arrangements for travel by supervisor and his staff, preparing travel orders, arranging schedules of visits, making reservations, notifying organizations and officials to be visited, and deals with security issues. Composes correspondence on administrative support or clerical functions or the office as requested.

**WANTED**

HOUSE CAT or kitten, kid friendly, healthy. Call 50545.

**FOUND**

TWO SOFT TOYS at Marshallese Cultural Center on Manit Day. Call Sue Ellis at 54364.

**PATIO SALE**

TODAY, 3-6 p.m., Quarters 137-D, in the back yard. Baby clothes 18 months and younger, baby items, maternity clothes, household items and more.

**FOR SALE**

LAZYBOY LOVESEAT with pullout bed, \$350; three matching bookcases and TV stand, \$25 each; TV, 27

inch, \$150; Medela backpack style breast pump, \$100; small steam cleaner, \$40; baby bottle warmer, \$5 and sterilizer, \$8. Call 55006.

FLOOR-TO-CEILING adjustable wall shelving, \$100; wood TV armoire with doors, \$250; large folding-door computer armoire, \$450 and closet armoire with shelves, \$150. Call 52725 before 8 p.m. please.

COLUMBIA MARK II SAILBOAT, 26 feet, in water on new mooring, new 2009 10HP kicker, sails are in great shape, new head sail, EPIRB, dinghy/5hp motor, boat shack, new lines, four anchors, galley sink, toilet works great, CD/radio stereo, VHF radio, new cushion covers, trailer and more, \$16,000. Call Ryan Vahle at 52222 or 52590.

POWER BOAT, 27 feet, ready to fish, twin 3.0L I/O engines, 130 gallon fuel tank, spacious cabin, aluminum trailer, \$30,000. View at boat lot #8 or call 53698.

RCA HDTV Rear-Projection TV, 52 inch, in good condition, has minor problem with color on occasion but still useable, \$250 or best offer. Daytime call 55678, evenings call 52715.

POSTUREPEDIC ELITE plush mattress and box spring, queen size, \$180. Call 54200.

ADULT DANCE SHOES, size 9, like new: tap shoes, beige; dance sneakers, black; dance shoes, beige and black and ballet slippers. Call 55176.

CARPET, 12x15, deep mauve color, \$25. Call 51129.

WATERBOYZ SURFBOARD, seven feet, two inches long, \$300; HP printer \$10; Sun bike frame, men's, yellow, \$50; waterproof housing for iPod Nano, second generation, \$20 and camping utensils set, new, \$20. Email [briannew1@hotmail.com](mailto:briannew1@hotmail.com).

INVERSION MACHINE, relieves muscle aches, back pain and stress, \$100. Call 59424.

HALLOWEEN COSTUME, Indian Girl, child size medium, brand new in bag, very lightweight, includes dress, waist sash, headband with feather, wrist bands and shoulder smock, \$20. Call 51596 if interested.

FAUX WOOD BLINDS, for 400 series housing, two inches wide, \$200; Whirlpool dishwasher, \$200; bike trailer, \$20; patio table, \$20; TV stand, black, \$75; bookshelf, \$30 and queen size futon cover, \$10. Call 52658 after 5 p.m. or on weekends.

PEBBLES FLINTSTONE Halloween costume, brand new in the package, adult size regular, paid \$35, sell for \$25. Call 54168.

**COMMUNITY NOTICES**

COMMUNION SERVICES will be held at Island Memorial Chapel at 5:30 p.m. tonight, 9:15 a.m. on Nov. 1 and 5:30 p.m. on Nov. 8.

KWAJALEIN YACHT CLUB meeting will be tonight. Happy hour starts at 5:30 p.m. and the meeting and dinner will be at 6:30 p.m. Please contact Monte if you have any questions at 52165.

**Religious Services**

Catholic

Saturday Mass, 5:30 p.m., in the small chapel.

Protestant

Sunday

8 and 10:45 a.m., on Kwaj and Roi-Namur service at 4 p.m.

Baptist

9:40 a.m., Sunday, in elementary school music room.

Latter-day Saints

10 a.m., Sunday, in

Corlett Recreation Center, Room 3.

Jewish services

Last Friday of the month in the Religious Education Building. Times will vary. Contact the Chaplain's office, 53505, for more information.

KWAJALEIN SCUBA CLUB Underwater Pumpkin Carving will be from 2-4 p.m., Oct. 26, at the Emon Beach scuba pavilion. This is a free event for KSC divers and prizes will be given away for winning designs. The club has already purchased 20 pumpkins for the carving event so dive-buddy pairs must register ASAP to secure a pumpkin. You may also bring your own and join the fun. Call or email John Pennington to register for a free club provided pumpkin, 53290.

YOKWE YUK WOMEN'S Club cordially invites all residents to its annual Silent Auction at 7 p.m., Nov. 15, in the high school MP room. Enjoy wine and cheese as you bid on unique baskets with all proceeds benefitting the outer islands. Tickets cost \$15 and will be sold on the PX porch downtown from 10 a.m.-noon on Oct. 19, Oct. 26 and Nov. 2. Tickets will also be available during normal Mic Shop business hours, at the Craft Fair on Nov. 9 or by calling Lauren Traweck at 55558.

VOLLEYBALL LEAGUE team registration is Oct.15-31. The season is Nov. 3-Dec. 16. \$50 per team. Call 53331 for details or to register.

YOUTH FLAG FOOTBALL, free recreational league open to boys and girls, grades 4-6. Signups open Oct. 20-31. League dates are Nov. 10-Dec. 19. Contact 52158 for registration information.

MARSHALLESE LANGUAGE CLASS, sponsored by the Marshallese Cultural Society, will be held at 6 p.m., Wednesday evenings, Oct. 21-Nov. 25 in the Elementary school music room. For more information or to reserve a place in the class, please call Judy at 51444.

MANDATORY ISLAND orientation is at 12:45-4:30 p.m., Oct. 28, in CAC Room 6, Bldg. 365. It is required

*Café Pacific*

**Lunch**

<b>Sunday</b> Carved top round of beef Cajun crab cakes Roast duck Grill: Brunch station open	<b>Monday</b> Pork cutlet Wheat pasta with herbs Huevos rancheros Grill: Brunch station open	<b>Tuesday</b> Porcupine meatballs Apple glazed chicken Ratatouille casserole Grill: Chili dogs	<b>Wednesday</b> Country fried steak Kung Pao chicken Cajun vegetable grill Grill: Green chili burrito	<b>Thursday</b> Kwaj fried chicken Beef tips in burgundy Vegetable stir-fry Grill: Coney Island hot dog	<b>Friday</b> Mousaka Bombay chicken Vegetable ragu Grill: Greek sandwich	<b>Oct. 31</b> Grilled pork chop Surf burgers Baked penne Grill: Calzones
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**Dinner**

<b>Tonight</b> Breaded pork chops Spicy chicken curry Red beans in broth	<b>Sunday</b> Roast pork butt Spicy buffalo wings Vegetarian casserole	<b>Monday</b> Teriyaki beef steak Sweet & sour chicken Stir-fried vegetables	<b>Tuesday</b> Herb baked chicken Beef curry Tofu/pineapple stir-fry	<b>Wednesday</b> Carved flank steak Pasta ala pesto Texas BBQ chicken	<b>Thursday</b> Salisbury steak Chicken stew Mac and cheese	<b>Friday</b> Stir-fry to order 5 Spice pork roast Huli huli chicken
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# Check out the new items at Surfway this week.

for all new island arrivals. The island orientation is not recommended for dependent children under the age 10. Questions, call KRS ES&H at 51134.

KWAJALEIN ATOLL International Sportfishing Club monthly meeting will be held Oct. 28 at the Pacific Club. Food and beverages served at 6:30 p.m. Meeting will start at 7 p.m. All anglers welcome to attend! Questions, contact Trudy at 55987.

SOCCER ATHLETIC AWARDS ceremony will be at 7 p.m., Oct. 30, in the MP Room for all high school soccer players and their families.

HALLOWEEN COSTUME party at the Vet's Hall on Oct. 31. Calling all goblins, ghosts and freaks of the night! Creep, float or crawl on over to enjoy games, food and prizes. Enjoy live music by The Insane Gecko Posse.

RETAKE/MAKEUP PHOTOS for the schools will be held Nov. 5. Parents wishing a photo redone should e-mail him at [rob@robclaytonphotography.com](mailto:rob@robclaytonphotography.com) to let him know the name and grade/teacher of the child(ren) they would like redone. He would also like to know briefly what it is that they do not like about the photo. Questions or concerns, please feel free to contact the school or Lora Kendrick at 52011.

GEORGE SEITZ ELEMENTARY school will be holding our second annual Used Book/Game Fair in February 2010. We are looking for donations of used books, games and educational DVD's. All donations can be dropped off at the school or a member of the PTO will be happy to pick them up from you. All types of books, paperback, hardback, fiction, non-fiction, young readers, etc. If you have any questions or need items to be picked up please call Stacey at 54991.

WEIGHT LOSS/MANAGEMENT class will be held at 4:30 p.m., every other Friday beginning Oct. 2 in the hospital conference room. Questions, call 55362.

FIBROMYALGIA/CHRONIC PAIN support group meets at 4:30 p.m., every first Thursday of the month in the hospital conference room. There is no charge. If you have questions, please call 55362.

AA MEETINGS on Roi-Namur are now being held at 1:30 p.m., every Wednesday, in the KEAMS Training Room at the Terminal Building. Call Bill, 52338 or Marion, 55362.

In anticipation of the fall influenza season, and with the ongoing spread of H1N1 virus, it is critically important that we continue our efforts to protect the USASMDC/ARSTRAT's workforce and ensure the continuity of operations. The key to being prepared for this season is educated Soldiers, DOD civilians, contractors and their family members. The following links provide a wealth of information to educate and prepare you and your family in order to minimize the health effects of a pandemic and the resulting consequences to the Command. Copy the links below, open Internet Explorer and paste the url in the address block to access these sites.

- USASMDC/ARSTRAT Pandemic Influenza Knowledge Site: <https://commandnet.smdc.army.mil/G3/PI.html>
- Center for Disease Control and Prevention - 2009 H1N1 Flue Site: <http://www.cdc.gov/h1n1flu/>
- US Army Civilian Personnel Online Human Capital Information and Human Resources Guidance for H1N1 Influenza <http://cpol.army.mil/library/emergency/2009-H1N1flu.html>

All USASMDC/ARSTRAT employees should review the information provided, educate yourself and your family and take necessary precautions to prevent the spread of influenza.

## National Breast Cancer Awareness Month



October is National Breast Cancer Awareness Month . Since the program began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined.

This is exciting progress, but there are still women who do not take advantage of early detection at all and others who do not get screening mammograms and clinical breast exams at regular intervals.

The key to mammography screening is that it be done routinely – once is not enough.

The mammography program is alive and well here on Kwajalein. Kwajalein hospital received a provisional FDA/ACR certificate in February 2009 and our three year certificate in May 2009. The FDA was here in August for their annual survey/audit. Sharon Skalko and Deborah Douthat are both registered technologists in mammography as well as x-ray and ultrasound. They are here to be of service to the community.

## Café Roi

### Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 31
Garlic roast beef	Grilled chicken & ribs	Beef/sausage lasagna	Reuben on rye	Malibu chicken sandwich	Fiesta Taco Bar	Pulled BBQ pork
Chicken marsala	Salmon filets	Tortellini/maranara	Chicken fricassee	Pot roast	Chicken chilaquiles	Blackened chicken
Alaskan whitefish pastry	Eggs mornay	Spinach/mushroom lasagna	Baked ziti	Fish of the day	Oaxacan roast pork	Penne/broccoli

### Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 31
Beef ragu with pasta	Tai beef with veggies	Chicken/champagne sauce	Broiled flank steak	Roi fried chicken	Beef pastichio	Roast chicken
Chicken breast/veggies	Crispy garlic chicken	Beef shoulder	Chicken ala picatta	Grilled pork cutlet	Chicken, lemon & olives	Shortribs
Creamy polenta	Szechuan fried noodles	Chickpea stew	Seared mahi mahi	Baked beans/franks	Fish Plaki	Veggie kebabs

# Tombstone Design Contest

Awards will be given for



- Most creative
- Creepiest
- Cutest



Open to all adults—it's time to get creative! Submit your tombstone to the Community Activities office (Bldg 805) by 4 p.m., Oct. 30. Prizes will be awarded at the Country Club Halloween Party. Call 53331 for details.

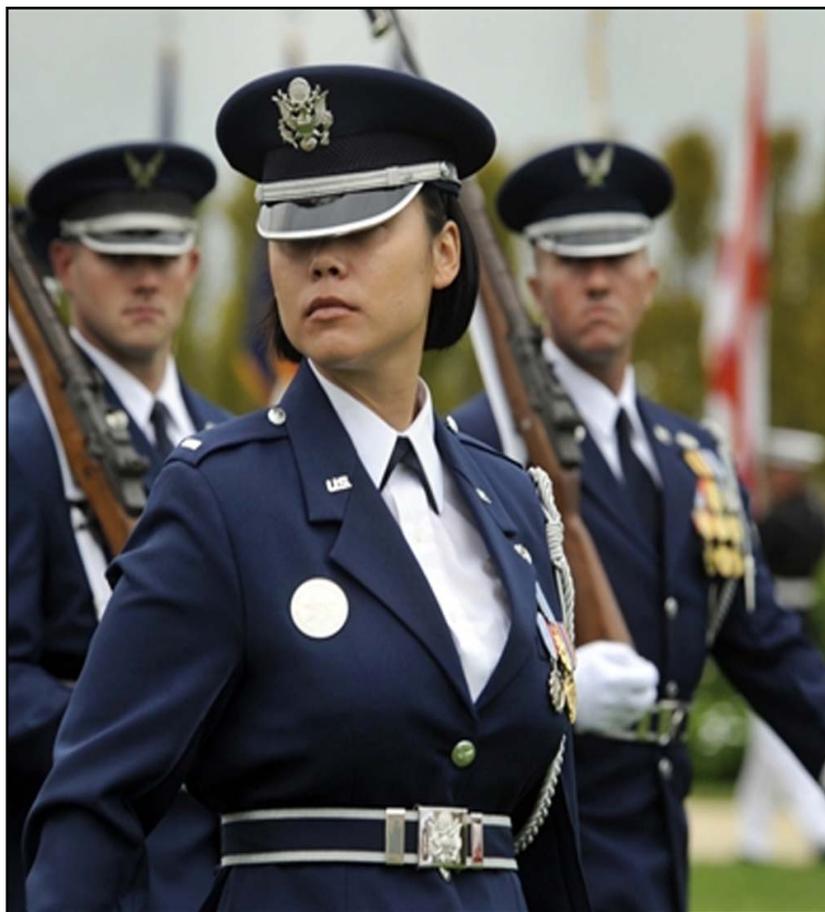
# Halloween Hoopla

8 p.m.-2 a.m., Oct. 31

Parties at both the Ocean View & the Country Club

Bus service will be provided between the two

Costume Contest, Games, Drinks & Ghoulish Surprises



# Kwajalein veterans

The *Hourglass* wants to honor your service to America. We would like to take your photo and get your branch of service and years that you served. Your photo will be published in our Veterans Day issue. Please stop by our office in the AFN studio (upstairs next to the library) in Building 805. Our hours are 7:30-11:30 a.m. and 12:30-4:30 p.m. Once again, thank you for your service.

## Weather courtesy of RTS Weather

Sunday: Partly sunny, 20 percent showers. Winds: E-ESE at 8-14 knots.  
 Monday: Mostly sunny, 10 percent showers. Winds: E at 6-12 knots.  
 Tuesday: Partly cloudy, 20 percent showers. Winds: ENE-ESE at 5-10 knots.  
 Wednesday: Partly sunny, 20 percent showers. Winds: ENE-ESE at 5-10 knots.  
 Thursday: Partly cloudy, 10 percent showers. Winds: E at 6-12 knots.  
 Friday: Mostly sunny, 10 percent showers. Winds: NE-E at 6-12 knots.  
 Oct. 31: Mostly sunny, 10 percent showers. Winds: NE-E at 6-12 knots.

Annual total: 50.99 inches  
 Annual deviation: -27.03 inches

Call 54700 for updated forecasts or visit [www.rts-ux.com](http://www.rts-ux.com).

### Sunrise/set Moonrise/set High Tide Low Tide

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	6:37 a.m./6:29 p.m.	1:03 p.m./12:14 a.m.	7:35 a.m., 2.1' 8:04 p.m., 2.8'	1:57 a.m., 0.9' 1:07 p.m., 1.1'
Monday	6:38 a.m./6:28 p.m.	1:44 p.m./1:01 a.m.	9:21 a.m., 1.8' 9:59 p.m., 2.6'	3:25 a.m., 1.2' 2:21 p.m., 1.5'
Tuesday	6:38 a.m./6:28 p.m.	2:24 p.m./1:48 a.m.	11:37 p.m., 3.1'	5:42 p.m., 1.5'
Wednesday	6:38 a.m./6:28 p.m.	3:02 a.m./2:33 p.m.	12:08 a.m., 2.7' 1:20 a.m., 2.6'	6:59 p.m., 0.9' 7:04 a.m., 1.2'
Thursday	6:38 a.m./6:28 p.m.	3:40 a.m./3:18 p.m.	1:10 p.m., 3.0' 1:52 a.m., 3.1'	7:36 p.m., 0.5 7:48 a.m., 0.7'
Friday	6:38 a.m./6:27 p.m.	4:20 a.m./4:04 p.m.	1:51 p.m., 3.3' 2:20 a.m., 3.6'	8:06 p.m. 0.2 8:24 a.m., 0.3"
Oct. 31	6:38 a.m./6:27 p.m.	5:02 a.m./4:52 p.m.	2:25 p.m., 3.6' 2:48 a.m., 4.0'	8:34 p.m., 0.1' 8:58 a.m., 0.1'