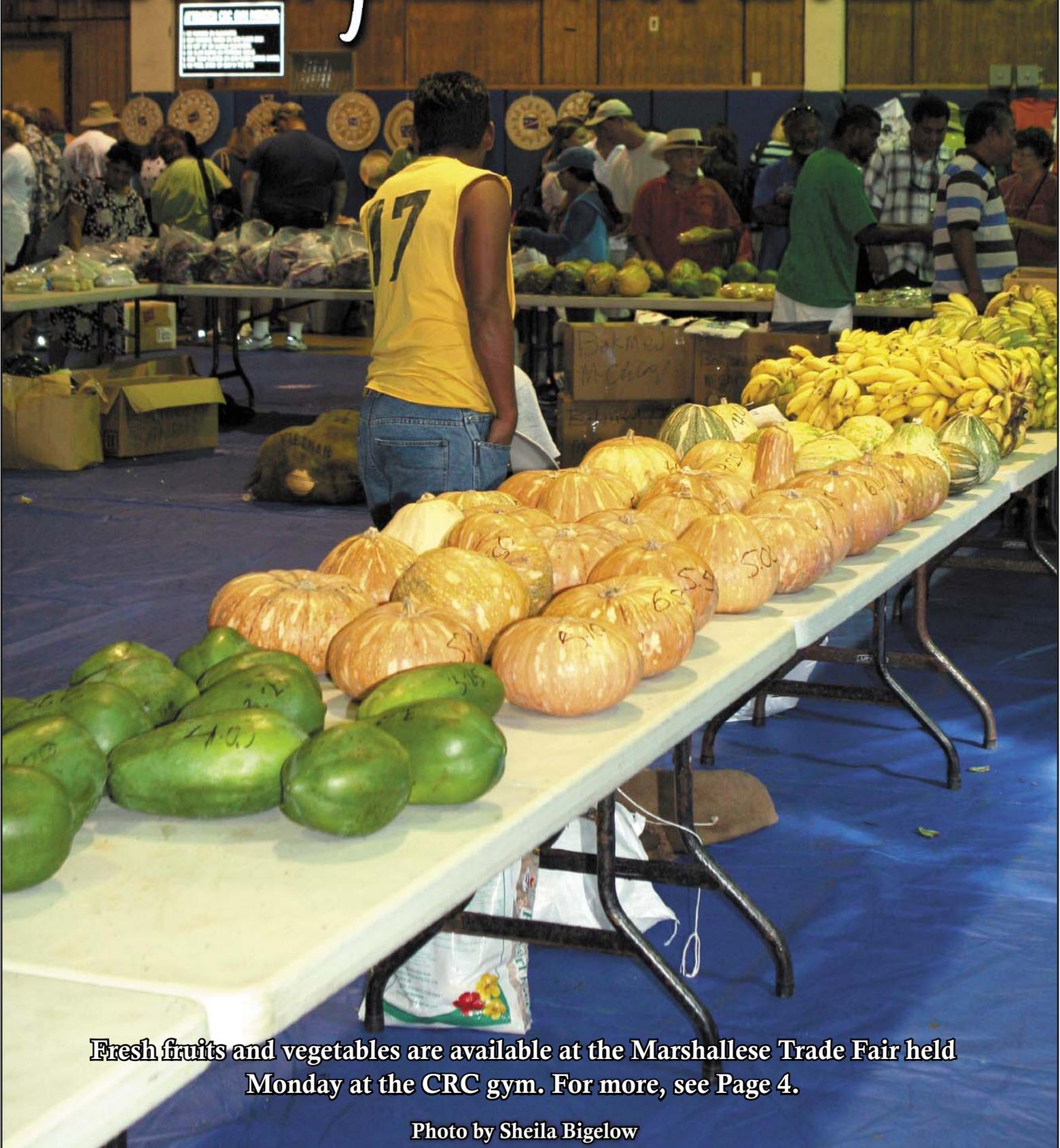


# THE KWAJALEIN HOURGLASS



**Fresh fruits and vegetables are available at the Marshallese Trade Fair held Monday at the CRC gym. For more, see Page 4.**

Photo by Sheila Bigelow

The flags of the Republic of the Marshall Islands and the U.S. are flying at half-mast until Nov. 1 in honor of the late RMI Senator Hemos A. Jack.

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)

## Military trivia

The term '4F' that is used to describe personnel who are medically disqualified to serve in the military comes from the Civil War. The Union Army required that enlisted personnel have at least four front teeth (two on the top and two on the bottom). The teeth were necessary as the soldiers had to use them to tear open black powder cartridges for their muskets. If they did not have the four front teeth (4F) then they were medically disqualified.

*Source : American Dental Association Journal as per Dr. Monte Junker*



## THUMBS UP

To the youngsters who use proper personal protection equipment at the Skate Park.

## THUMBS DOWN

To those youngsters who don't use personal protection equipment at the Skate Park.

### Buckminster and Friends by Sabrina Mumma

**CHAPTER 58 : JULIA FINDS CREATIVE WAYS TO DETER "TRICK OR TREATERS" RATHER THAN EXPLAIN WHAT HAPPENED TO ALL OF THE CANDY.**



## THE KWAJALEIN HOURGLASS

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

The *Kwajalein Hourglass* is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Kwajalein Atoll. Contents of *The Hourglass* are not necessarily

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# Small Boat Marina holds GPS briefing

## *Range extension increases responsibility for captains*

Article and photo by Dan Adler  
Media Services Manager

More than two dozen licensed B-boat operators attended a briefing given by Small Boat Marina Manager, Paul McGrew, the evening of Oct. 23. on the new GPS six-mile range extension.

"You can see from the map [below] that this will greatly increase our fishing range," McGrew said. "It's taken a year [to get approved] but here we are."

McGrew added, "This is huge, guys. Imagine that five years ago, we could only go out a mile and a half from the reef. Then we got GPS on the boats and boaters had the safety of knowing their exact location. We also got better boats with more reliable engines. Then we could go out to three miles. In some ways, the extra distance can be safer. If you're in a heavy rainstorm, you're away from the reef and not running into it."

He said, "We have eight waypoints. Under the old rules, boaters could go three miles from each of the eight waypoints. With the new extension, boaters will be allowed to go six miles from three of the waypoints. They are South Kwaj, SAR Pass and South Pass. That increases the area 30-40 percent."

He stressed that while the new six-mile extension increases the fishing area, it also increases the responsibility for captains to safely operate the boats. "You



Paul McGrew, Small Boat Marina Manager, right, holds a briefing on the recent GPS range extension for licensed B-boat operators, Oct. 23, at the Small Boat Marina.

guys are out there," McGrew said. "Six miles out is far. If you can't swim in from three miles out against the current, you're not going to make it from six miles," he said. "Always stay with your boat."

He added, "You need to follow the rules — no breaking them. This is your warning."

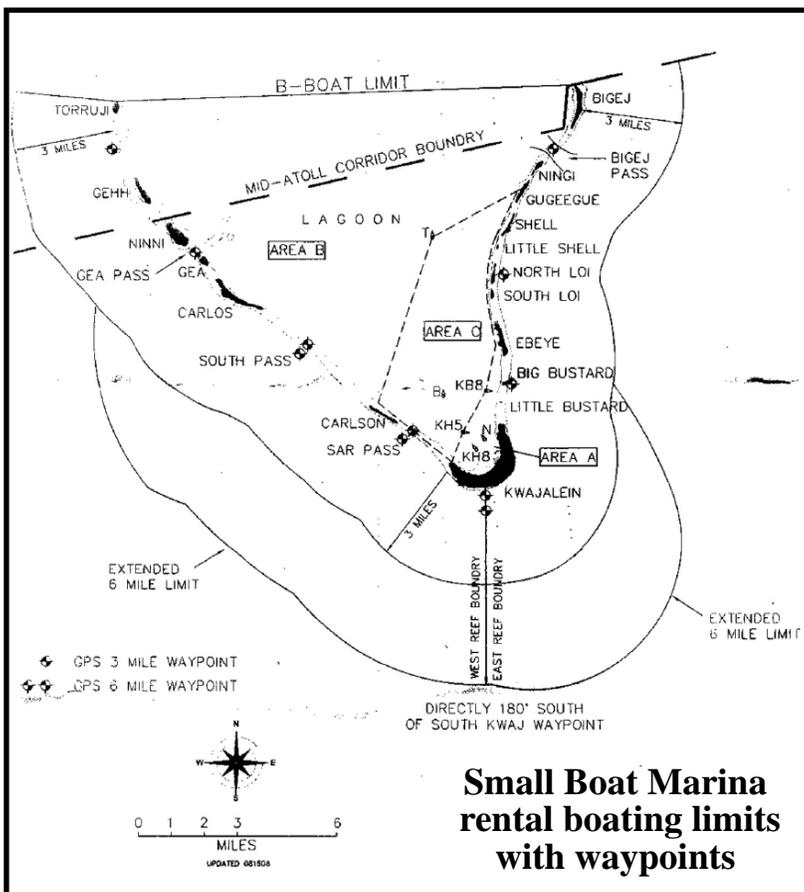
McGrew stressed to the boaters what they can and can't do with the GPS. "You can't change the waypoints and you can't turn it off — it has to be on. If it shuts off, you must come back in. What you should be looking at on GPS is the nearest waypoint. It's going to show you which ones are nearest to you. If it's South Kwaj, SAR Pass or South Pass, the limit is six miles. If it's any of the others, it's three miles. It really needs to be under that distance," he said.

He told them that GPS is their navigational tool. "It's pretty simple. It's going to tell you where you can be and where you can't be. You know how to use GPS, so it shouldn't be complicated," he said.

He told the boaters what the consequences of not following the rules would be. "If you are outside the boundaries, it will be an immediate suspension. That applies not only to the captain, but to the crew as well. So if you are in a crew and the captain is doing something wrong, you need to speak up. Everybody on the boat is responsible. I get some creative excuses, but seriously, I want you to be responsible captains."

In addition, McGrew said that if a GPS is tampered with, boaters will lose their license.

McGrew reminded the boaters of other safety concerns such as making sure the radio is working before going out. "Do a radio check before you leave. The radio needs to be on and





Two re-entry vehicles streak through the night sky as seen from Roi-Namur.

*File photo*

# Glory Trip-200 coming soon

## *Missions help keep America's missile arsenal operational*

**By Dan Adler**  
Media Services Manager

All Kwajalein residents, with the exception of some new arrivals perhaps, have heard the expression,

'Glory Trip.' But not all residents know what that means.

Glory Trip or 'GT' is an Air Force designation given to tests of Minuteman III intercontinental ballistic missiles that are capable of carry-

ing nuclear warheads. They are the backbone of America's nuclear deterrent. The missiles are scheduled to be in operation until 2020, but upgrades may keep them in service until 2030.



**Kwajalein Mission Control Center is the focus of activity during missions.**

*Photo courtesy of Reagan Test Site*

Kwajalein and Reagan Test Site are invaluable to the GT tests due to the strategic geographical location and the instrumentation at Kwajalein Atoll. The instrumentation includes precision metric and signature radars, optical sensors, telemetry receiving stations, and impact scoring assets. RTS's state-of-the-art Kwajalein Mission Control Center and 40 years of testing experience are able to optimize ballistic missile and ballistic missile interceptor testing.

Within KMCC, the console room is the focal point for control of range operations. Within this area are a variety of displays that

allow mission control operators to make real-time decisions based on the status of the flight as per the information provided by the RTS sensors.

For the GT flights, the missiles are launched from Vandenberg Air Force Base in California towards a splash down in Kwajalein lagoon's mid-atoll corridor approximately 28 minutes after lift-off.

Instead of carrying nuclear warheads however, the missiles are fitted with special 're-entry vehicles' that are equipped with special instruments that send information on the flight of the missile to Reagan Test Site's sensors and radars which are located on islands in the atoll. They are:

- **Illeginni.** Assets include a fixed camera tower and telemetry for post-impact.

- **Legan.** Assets include a Super RADOT (Recording Automatic Digital Optical Tracker) and ballistic cameras.

- **Kwajalein.** Assets include Metric radars and FAA radar, meteorological sounding system, a defense satellite communications earth station, and the *KMRSS Worthy*.

- **Roi-Namur.** Assets include:

- KREMS (Kiernan Re-Entry Measurements Site).

- ALTAIR (ARPA Long-Range Tracking and Instrumentation Radar).

- TRADEX (Target Resolution and Discrimination Experiment).

- ALCOR (ARPA Lincoln C-Band Observables Radar).

- Super RADOT

- Ballistic cameras

- Four telemetry antennas and a meteorological sounding system.

- **Gagan:** Super RADOT and four fixed telemetry antennas.

- **Omelek** is a missile launch site for SpaceX.

- **Meck** is an anti-ballistic missile launch site and interceptor target launch site.

The locations of the islands and the test equipment on those islands allows for excellent triangulation of test results and weather diversity.

In addition, safety is vital to all GT testing and RTS maintains a fully redundant flight safety system with remote command destruct transmitters for contingency actions. Missiles fired by Vandenberg for the GT tests are equipped with special destruct equipment that



A Minuteman is launched. *U.S. Air Force photo*



A Minuteman missile in a silo. *U.S. Air Force photo*



The array of radars and sensors on Roi-Namur. *File photo*

allows safety officers at Vandenberg to destroy the missile should it malfunction or veer off course.

The information garnered from the tests are used by the Air Force to make sure the missiles are in proper working condition and to see if any modifications are needed. Testing done on the Minute-

man III by Reagan Test Site helps keep America's nuclear deterrent operational.

The next test is designated GT-200 and is scheduled for lift-off from Vandenberg at 10:01 p.m., (local time), on Nov. 18. Impact time is approximately 10:28 p.m. (local).



Fresh fruit is just one of the many wonderful things sold at the Marshallese Trade Fair held Monday at the Corlett Recreation Center Gym.

## Marshallese Trade Fair held Monday at CRC

Article and photos by Sheila Bigelow  
Associate Editor

Marshallese handicrafts, jewelry, fruit and more filled dozens of tables lined up in the Corlett Recreation Center Monday morning. The Marshallese Trade Fair is in its sixth year here on Kwajalein and is just in time for Kwajalein residents to stock up on Christmas gifts, whether it be for themselves or to send to loved ones.

There was an incredible assortment of products to look at; once around the CRC gym was not enough to truly survey the array of Marshallese handicrafts offered.

There were all sizes of baskets, purses, flowers, hats, fans, ornaments and coasters. There was a wide selection of necklaces, bracelets, earrings and other jewelry. Wall hangings similar to those found in the Micronesian shop were for sale, some unique and different than any seen on island before. Woven catamarans and other handicrafts were available, some made with beautiful cowries.

Coconut oil and lotions were also for sale. Marshallese dresses, t-shirts, linens and other clothing were displayed for sale as well.

One table was selling RMI mugs, shot glasses, post-



Janette Bishop, left, shops for Marshallese handicrafts at the Trade Fair Monday morning.



**Shoppers try on and look at an array of beautifully handcrafted jewelry and other goods while at the Marshallese Trade Fair Monday morning.**

cards, CD's of Marshallese music and t-shirts.

One booth provided some background information about their products. Elefa Handicrafts is a family owned business in the Marshall Islands. Their handicrafts have long been part of the Marshallese tradition. They help keep that tradition alive by not only producing handicrafts, but also offering daily classes for anyone who wishes to attend and learn.

The Marshallese women who make these handicrafts are considered the finest and most productive weavers in Micronesia. Their handicrafts have evolved since World War II to accommodate economic pressures and demands and have since become a pivotal part of the outer island economy.

Many Marshallese handicrafts are carefully and individually made using pandanus leaves, split and bleached young coconut palm leaves, the midrib of the coconut frond, hibiscus fibers and shells. These crafts are made and mostly marketed towards tourists, but they also reflect the Marshallese past. Events like the Marshallese Trade Fair give vendors like Elefa Handicrafts the opportunity to share their past and culture with the rest of the world.

Six long tables in the middle of the CRC were filled with fresh fruit from Laura Farm in Majuro. There were limes, bananas, squash, papayas, pumpkins,



**Kwajalein residents and their children shop at the Marshallese Trade Fair Monday.**



**Residents wait in a long line to pick out their fresh fish.**

fish jerky and more for sale. The fruit was very fresh and inexpensive. Many residents enjoyed munching on some while they shopped.

Outside, there was a long line around a tent out front. It made you curious to see what was being sold under there since people started standing in line well before the booth even opened. Finally, you realized it was just the line to purchase fresh fish and lobster. Kwajalein residents waited patiently for their turn to pick out their very own fresh fish like yellow fin tuna.

The Bank of the Marshall Islands set up a table so that shoppers could easily cash checks and keep shopping for Marshallese goods.

The Republic of the Marshall Islands Ministry of Resource and Development teamed up with the U.S. Army Kwajalein Atoll Host Nation office and Kwajalein Range Services' Shipping and Receiving, Supply, Community Activities, the Electric Shop, the Marine Department and Kwajalein Police Department in order for the Trade Fair to take place.

The Trade Fair was held from 9 a.m.-2 p.m. and there was no shortage of unique and beautiful handicrafts or delicious fresh fish. It was a very successful event, not only for the Marshallese vendors, but for the shoppers as well.



Lt. Col. John Eggert lets the rockets rip during the Cub Scouts Pack 135 Space Derby held Monday in the multi-purpose room. The track and rocket kits were graciously donated by SpaceX.

# Cub Scouts Pack 135 holds Space Derby

Article and photos by Sheila Bigelow  
Associate Editor

Kwajalein Cub Scouts Pack 135 held a Space Derby Monday in the multi-purpose room. Lack of supplies and equipment necessary to put on a good race for the Scouts has kept them from holding the derby in the past few years, but this year they were lucky enough to receive donated supplies. SpaceX donated the rocket kits and also the A-frame aluminum race track and timer system. The rockets themselves were made of hollowed out balsa wood. There were three large rubber bands that ran down the inside of the rocket and were connected to a propeller. The rubber bands acted as the rocket's 'motor' so Scouts had to wind their rubber bands 100 times either manually or using a power drill to aid them in order to get their rockets to 'fly.'

The derby was formatted so that four Scouts' rockets raced at once. Each Scout would race their rocket four times, each time on a different lane and against different rockets. This way, all rockets would be raced fairly. Results were tabulated in race management software. The software generated the race roster and organized the results to determine the winners.

The derby started with the reciting of the Pledge of Allegiance, led by Ben Jahnke, Cameron Jones and Dawson Wiley. Corey Wiley, Cub Master, welcomed the parents and Scouts to the derby.

"I want to take my hat off to all the families that

helped get everything together here, especially our coordinator, Dawn Gray," said Wiley. "She's the one that was instrumental in getting everything together for the Space Derby. She and Donna Grimes were the committee members so I want to thank them. I'd like to compliment the boys on a lot of hard work and let's have some fun!"

After a few adjustments to the track and some last minute touch ups to rockets, the derby began. Lt. Col. John Eggert, Reagan Test Site Director, and Tim Hall from MIT began the races with a countdown and then let the rockets rip.

Cameron Jones wowed the crowd with his lightning fast rocket named 'Smiley Shockwave.' Corey Wiley and some other members of the crowd jokingly asked him what his secret was and whether it was really battery powered. Jones assured everyone that he had just built a really fast rocket.

There were 10 races held to allow the Scouts to race in every lane against all the other rockets. While Eggert and Hall judged the Scouts' rockets, the boys' siblings had a chance to race the rockets they had made. Four siblings participated and the winners were:

- 1st place: Ella Wiley with 'Rocket Girl'
- 2nd place: Wyatt Jones with 'Rampaging Rainbow'
- 3rd place: Aaron Seelye with 'White Cabin'
- 4th place: Jenna Gray with 'Super Star'

Jenna Lundberg built a rocket to compete with but made a last minute decision to sacrifice her rocket's



Jon Jahnke helps Cub Scout Evan Rowell turn the rubber band 'motor' of his rocket 100 times before it raced in the Space Derby.



Corey Wiley, Cub Master for Pack 135, cheers on the rockets as they cross the finish line at the Space Derby. The track and timer system were generously donated by SpaceX.

propeller so that her brother Andrew could use it for his rocket since his broke right before the race. Eggert awarded Jenna with the 'Best Effort' ribbon for being so gracious towards her brother.

At the end of the day, Eggert, Hall and Wiley announced all the winners of the Scouts' rockets.

- Best Rocket Design for siblings: Jenna Gray
- Judge's Choice: Dawson Wiley
- Most Out of this World: Matt Grimes
- Best Name: 'Space Case' by Andrew Lundberg
- Best Design: Ben Jahnke
- Best Paint Job: Carson Rowell
- Most Creative: Lanston Rowell
- Best Sportsmanship: Hunter Gray

Overall speed winners were:

- 1st place: Evan Rowell
- 2nd place: Cameron Jones
- 3rd place: Jared Scofield

Corey Wiley recognized Eggert and Hall for volunteering as judges and beginning the races for the boys.

"Cub Scouting is all about leadership and it's a way to mold these young gentleman into becoming the next leaders for this generation, and we couldn't do that without all the volunteers, and we want to show appreciation for your efforts."

Wiley presented Eggert and Hall with a 'You Make a Difference' coin from the Boy Scouts of America and personally from Pack 135.



Hunter Gray is awarded the 'Best Sportsmanship' ribbon by Lt. Col. John Eggert for his performance in the Cub Scout Space Derby held Monday afternoon.



'Mad doctor' Aisa Kapahu operates on 'patient' Mary McPhatter in the Haunted House Oct. 25, at the Youth Center.

# Costume carnival, haunted house are big hits with Kwajalein children

Article and photos by Dan Adler  
Media Services Manager

Spooky noises, creepy music, screams and laughter filled the Youth Center from noon to 5 p.m., Oct. 25, as young and young-at-heart enjoyed a costume party and haunted house.

The fun was the result of hours of work by members of the Kwajalein High School Keystone Club (grades 9-12) and the Torch Club (grades 7-8). The clubs are part of the Boy's and Girl's Clubs of America. The club members covered the Youth Center with Halloween-themed decorations and transformed one side of the building into an elaborate haunted house.

The 'house' was complete with a mad doctor and his victim, a ghostly piano player, a graveyard, a menu that included sweet-and-



The cookie station is very popular.



Children join in the costume parade on the high school field during the Costume Carnival at the Youth Center.

sour eyeballs and ‘things’ that go bump in the night waiting to scare anyone who dared to enter.

From the screams of the poor souls who went in behind the closed doors of the haunted house, it appeared the spooky residents were doing a good job of being scary.

In addition to the thrills of being frightened in the haunted house, there was a storytelling station where youngsters could be entertained by Halloween stories and a cookie station where children could ‘paint’ their own Halloween-style cookies. Other activities included coloring and drawing.

There were also ‘pumpkin walks’ throughout the day for the children where they could choose a pumpkin from the ‘Great Pumpkin Patch.’

And of course, there was the big costume parade. Dozens of children and parents filled the Youth Center throughout the day and enjoyed all there was to see and do.

Guests included Wonder Woman, Tin Man, Cowardly Lion, Dorothy, The Flash, various vampires, princesses, firefighters, pirates, bumble bees, kitty cats and mice.



Children and parents join in a pumpkin walk.

**See HALLOWEEN, Page 19**

# Shaving Cream Social gets children in a lather



**Article and photos by Sheila Bigelow**  
Associate Editor

The air was filled with the fresh scent of shaving cream and the shrills and shouts of children the afternoon of Oct. 24 as all ages of Kwaj kids participated in the annual Shaving Cream Social at the 'Rich Ravine,' kicking off Halloween festivities that weekend.

The Water Department and the Fire Department teamed up to turn the 'Rich Ravine' into the most fun puddle you've ever seen.

Community Activities organized the fun event, providing hundreds of cans of shaving cream to the children of Kwajalein to play with during the social.

Children were divided into different age groups and were each given 20 minutes to play in the water, chasing and spraying each other with shaving cream.

All children were required to wear goggles and safety instructions were given by Kim Scruton-Yarnes before they were allowed to begin. Rules included no spraying each other in the face and no rough horseplay.

High school lifeguards were posted around the 'Rich Ravine' to be sure all children remained safe during the festivities. They were also nearby with a water hose to rinse the children off afterwards. It seemed they had just as much fun being rinsed off by the hose as they did playing with the shaving cream.

No one was safe from being 'creamed.' Parents and other spectators were targeted just as much as the other kids in the water. Not even the lifeguards were spared.

This was a great event that really allowed the children to let loose and have some good old-fashioned fun together.

**Elias Peterson was covered from head to toe in shaving cream by the time he left the Shaving Cream Social.**



No matter how fast the children try to run from one another, they can't escape getting covered in shaving cream.



Team K.A.T. are the women's league soccer champions for 2009. Back row, left to right: Anna Sanders, Sheila Bigelow, Annie Robinson, Elizabeth Forsyth, Anne Jahnke, Jane Premo and Coach Bill Williamson. Bottom row, left to right: Yael Beals, Alex McGlenn, Laura Smith, Laura Price, Kathy Ann Funk, Christi Cardillo, Jana DeVille and Casey Schuh. Missing from photo: Hande Busby.

## K.A.T. and FC Swell are soccer champions

Article and photos by Sheila Bigelow  
Associate Editor

Soccer season this year was anything but boring. Each week the stands were filled with fans to watch the men's and women's teams battle it out for the bragging rights of 'Soccer Champions.' In the end, it was K.A.T. in the women's league and FC Swell in the men's league that claimed the title.

The women's league seemed predictable early on in the season. The two adult teams, K.A.T. and Green Flash were clearly out-playing the Spartans I and Spartans II Coed teams. It seemed by the end of the season, it would come down to those two teams only for the championship. But then Spartans II Coed defeated Green Flash in their second game against each other, crushing them 3-0. In their final game against each other, Green Flash squeezed out a victory by only one goal in overtime. Clearly, Spartans II Coed had become a team to worry about. Their final game against K.A.T. claimed them another victory, winning 3-2 in overtime. For the first round of the playoffs, they had K.A.T. very worried. The Spartans II Coed team had just defeated them only days beforehand and they knew it was going to be a tough game. In the end, K.A.T. proved victorious, but it wasn't easy.

The Spartans II Coed team, coached by Rick Funk, definitely deserves the title of 'Most Improved Team' and their star forward Annie Hepler deserves the title

of 'Most Outstanding and Jaw-Dropping Player of the Year.' Her speed, agility and ball handling skills are awe-inspiring for her age. She outplayed opponents that were twice or three times her age and had been playing soccer that much longer as well. Hepler scored a whopping 17 goals throughout the season.

Spartans I, coached by Lynn Leines and Nancy Grant, played a great season and were definitely one of the most aggressive teams. Unfortunately, they lost one of their top offensive players early on in the season to an injury, but Leimamo Wase, C.C. Brady and Mary Doerries did an amazing job keeping their offense alive throughout the season.

In the end it came down to K.A.T. and Green Flash for the title. They had played each other three times throughout the season; each team had defeated the other once and they had also tied once. It was anyone's chance for the championship title.

The star player for Green Flash was Krystal Peterson, scoring nine goals throughout the season. She was quick, agile and had amazing endurance, not to mention incredible ball handling abilities. Her skills combined with superior coaching by Tyler Shields and Bill Eisele helped to make Green Flash virtually unstoppable. Messina McCollum, Nancy Grant and Beth Coyne didn't make it easy for any players to get past their defensive wall. Green Flash played with cohesion and unity like they'd been a team for years.

It took a few games for K.A.T., coached by Bill Wil-



**Team FC Swell are the men's league soccer champions for 2009. Back row, left to right: James Hall, Brandon Price, Chad McGlenn, Greg Moore and Kenny Leines. Front row, left to right: Jared Johnson, Joe Logan, Michael Turner and Ron Tanner. Missing from photo: Mike Saltzman and Patrick Gorman.**

liamson, to meld into a powerful team. The beginning of the season was a little rocky, but by the end, they were a force to be reckoned with. Sheila Bigelow racked up 16 goals throughout the season, playing right wing. Elizabeth Forsyth, Jane Premo and Hande Busby were a solid defensive wall, their speed and big kicks keeping the ball away from their defending goal for most of the season. Laura Price and Alex McGlenn impressed with their mid-field playing skills, especially when it came to throw-ins. Goalie Anna Sanders, only 5'2", proved that height doesn't matter when she's in the goal.

The final championship game for the women was on Oct. 23. The teams were relatively even, but Green Flash took control early in the game, out-passing K.A.T. for most of the first 30 minutes. The score was 0-0 at halftime and K.A.T. came back in the second half, determined to leave victorious. A handball outside of Green Flash's 18-yard line made for a quick goal by Bigelow. Green Flash came back only 10 minutes later with a sweet corner kick by Krystal Peterson

right to Lynn Leines at the top of the 18. Leines' power shot couldn't be stopped and tied the game 1-1. With only 10 minutes left in the championship game, a long throw from Price landed right at Bigelow's feet in the middle of Green Flash's penalty box. A quick kick to the corner of the goal put K.A.T. ahead 2-1. K.A.T. kept the lead and ended the game as the women's league champions.

The men's league was much more predictable than the women's league. The two adult teams, Ek and FC Swell were veteran players compared to the other two teams.

Spartans I, coached by Jared Johnson and Brendan Greene, were a young team this year and next year should be a powerful opponent. Josh DeBrum led his team in goals with 11 for the season. They played with a lot of heart and definitely had the most team spirit in the men's league. The whole team even shaved their heads into mohawks for the playoffs this year.

Boys 2 Men was a mixture of younger high school players not old enough to play for Spartans I and men that were part of the free

agent list compiled by Community Activities. Keith Brady and Scott Swanby were the team's high-scorers with two goals each throughout the season. The whole team really improved by the end of the season, fine-tuning their skills and learning more about strategy. In one of their last games they played the number one team, Ek, and kept the score tied until halftime. That alone was a huge triumph for Boys 2 Men.

Injuries and off-island players led to a few upsets and tough games during the season, but in the end it was Ek and FC Swell that faced off in the championships on Oct. 23. Throughout the season, Ek had defeated FC Swell every time they played. But this was the championships, and FC Swell wasn't going to let the past get in their way of bragging rights for an entire year. Their heads stayed high and their intensity didn't let up, even when the star forward for Ek, Brendan Greene (who had scored 23 goals throughout the season) made a quick goal just minutes into the

**See SOCCER, Page 16**

game. Finishing out the first half, a cannon of a shot from the corner; stopping it. At halftime, Ek was up “The white team (Ek) looks really tonight,” commented Elizabeth Forsyth while observing the game. “This game is really intense.”

FC Swell must’ve had one heck of a halftime pep talk because they came back and played with nothing but passion the second half. Two quick goals early in the second half by Ron Tanner and Jared Johnson tied up the score. Kenny Leines, Chad McGlinn and Johnson worked side by side with precision passing to take the ball down through Ek’s defense time and time again. But they had a hard time getting past Rick Funk, Ek’s center defensive player. Power shots and near misses had the crowd going wild. Ooohs and aaaaahs echoed across the field, along with air horns and cowbells, getting louder as the game got more and more intense. In the second half, Ek lost two of their top offensive players, Cardillo and Paul McGrew, to injuries. This gave FC Swell the chance they needed to pull ahead. Two amazing goals by Jared Johnson added to his total of 14 for the season, and put FC Swell ahead where they stayed to become the men’s league champions.

One player and spectator noted that he hasn’t seen



*Photo courtesy of Jareci Johnson*  
**The Spartans Boys team shows off their team spirit by rocking mohawks for their first playoff game against FC Swell.**

the men’s and women’s adult teams play so well together in years. He observed a lot more passing and quality play this year compared to others. “It wasn’t just boot ball,” he said. All teams played quality soccer and should be proud of their developed skills.

Players would like to issue a special thank you to all the referees. The players all understand that this year was on a completely volunteer basis and we appreciate you giving up your time to referee games to help keep all players safe and the games enjoyable.

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*Soccer  
Season*

**KWAJ SPORTS**

*2009*

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**Wednesday, Oct. 21** (Playoff game 1)  
**Ek vs. Boys 2 Men**

FINAL SCORE: 7-1

- Scott Swanby** (Boys 2 Men): **1 goal**
- Jeremy Gideon** (Ek): **1 goal**
- Brendan Greene** (Ek): **3 goals**
- Dante Roccatani** (Ek): **1 goal**
- Jeff Sudderth** (Ek): **2 goals**

**Friday, Oct. 23** (Championship game)  
**Ek vs. FC Swell**

FINAL SCORE: 2-4

- Jared Johnson** (Swell): **3 goals**
- Ron Tanner** (Swell): **1 goal**
- Brendan Greene** (Ek): **1 goal**
- TC Cardillo** (Ek): **1 goal**

**Wednesday, Oct. 21** (Playoff game 1)  
**FC Swell vs. Spartans Boys**

FINAL SCORE: 7-2

- Josh DeBrum** (Spartans): **1 goal**
- Chris Saunders** (Spartans): **1 goal**
- Kenny Leines** (Swell): **2 goals**
- Ron Tanner** (Swell): **1 goal**
- Chad McGlinn** (Swell): **1 goal**
- Jared Johnson** (Swell): **1 goal**
- Joe Logan** (Swell): **1 goal**
- Brent Peterson** (Swell): **1 goal**

**Friday, Oct. 23** (Championship game)  
**K.A.T. vs. Green Flash**

FINAL SCORE: 2-1

- Sheila Bigelow** (K.A.T.): **2 goals**
- Lynn Leines** (Green Flash): **1 goal**

# Pregnant Women and the Flu

This 2009–2010 influenza season, there are two different types of flu to avoid— 2009 H1N1 (“swine flu”) and seasonal flu. If you are pregnant, the flu can be very serious for both you and your baby. Some pregnant women sick with H1N1 flu have had early labor and severe pneumonia. Some have been hospitalized and some have died.

**Signs and symptoms of the flu.** Symptoms include fever (100°F or higher), cough, or sore throat. Other symptoms include runny nose, body aches, chills, headache, fatigue, and occasionally diarrhea and vomiting.

**The best way to prevent the flu.** Get vaccinated for both H1N1 flu and seasonal flu. Both flu shots are safe. Both protect your newborn from getting the flu. Babies younger than 6 months old cannot get the flu shot.

**If you think you have the flu.** If you have flu symptoms, take it very seriously. Contact your pregnancy care provider immediately so that flu medications can be started and further instructions given by your provider. If you have a fever, you should begin taking acetaminophen (Tylenol®) right away and follow instructions from your pregnancy care provider.

Go immediately to the emergency room if you have any of these signs:

- You have difficulty breathing.
- You have pressure or pain in your chest, other than pain when you cough.
- You are unable to keep liquids down.
- You were recovering from the flu and are now sicker.
- Others think you are becoming confused or less alert.
- You are dizzy when standing.

**If you come in close contact with someone who has the flu.** Contact your pregnancy care provider right away. You may need medicine to reduce your chances of getting the flu.

**How to prevent getting sick.** Wash your hands often with soap and water. If soap and water are not available, use alcohol-based hand rub. Avoid touching your nose, mouth, or eyes. Cough or sneeze into a tissue or sneeze into your sleeve. Throw the tissue in the trash. Stay away from sick people. Have a plan for someone else to take care of a sick family member.

Additional information and updates regarding pregnant women and the flu are available at:

## ACOG

[http://www.acog.org/departments/dept\\_notice.cfm?recno=20&bulletin=4866](http://www.acog.org/departments/dept_notice.cfm?recno=20&bulletin=4866)

## CDC

<http://www.cdc.gov/h1n1flu/pregnancy>

## AMA

[www.amah1n1info.org](http://www.amah1n1info.org)

October 20, 2009 The American College of Obstetricians and Gynecologists  
The American Medical Association



The American College of  
Obstetricians and Gynecologists



## Safety of Flu Vaccines

Some pregnant women are concerned about the safety of the 2009 H1N1 flu and seasonal flu vaccines. Both flu vaccines are safe. Vaccination is one of the most important things that you can do for yourself and your baby. Vaccination is safe for you and your baby. Both shots protect your baby from getting the flu. Your baby cannot get the flu shot until 6 months of age. The seasonal flu vaccine has been given safely to millions of pregnant women over the past 45 years. Flu shots have not been shown to cause harm to pregnant women or their babies. The 2009 H1N1 flu vaccine is made the same way as the seasonal flu vaccine. The type of mercury used in some vaccines has not been shown to be harmful to a pregnant woman or her unborn baby. Mercury has not been found to cause autism. However, if you are still concerned, there is an H1N1 shot without mercury [may or may not be available in your area]. The risk for a pregnant woman and her unborn baby of getting sick with the flu is far greater than being vaccinated.

If you did not get the flu vaccines during pregnancy, you should still get them even if you are breastfeeding. This will help prevent you and your baby from getting the flu.

### Who Should Not Be Vaccinated

*There are some people who should not get any flu vaccine without first consulting a physician. These people include*

- *people who have a severe allergy to chicken eggs.*
- *people who have had a severe reaction to an influenza vaccination.*
- *people who developed Guillain-Barré syndrome within 6 weeks of getting an influenza vaccine previously.*
- *children younger than 6 months of age (influenza vaccine is not approved for this age group).*
- *people who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated).*

# Every month should be food safety month

By Cheryl Robinson-Stewart  
Med., RD, LD

While National Food Safety Month was in September and this year's theme was *Food Safety Thrives When You Focus on Five*, every month should be food safety month. The five recommendations that both food service establishments and everyone that prepares food should focus on to keep food safe include: only purchasing foods from safe sources; cooking food adequately; holding foods at correct temperatures; not using contaminated equipment (which can include chipped pots and pans) and practicing good hygiene.

According to Kinley Goodman, a Kwajalein Range Services Food Safety and Sanitation Inspector and Registered Environmental

Health Specialist, "Food safety affects everyone whether you eat at home or at a food establishment." Goodman, who has 18 years experience in food safety, strongly believes that "the single most effective thing people can do to protect food is to frequently wash their hands." Current recommendations are to wash with warm water and soap for 20 seconds or more. Keeping surfaces, counters, cutting boards, knives and sponges clean and sanitized are critical to food safety too. A few other food safety pointers that Goodman pointed out were to "not allow ready-to-eat foods to come in contact with raw foods or items which have touched raw foods (cross-contamination), without washing those items first; and when reheating foods, reheat quickly but not in a crock pot."

Food safety tips from the Ameri-

can Dietetic Association reminds consumers to thaw meats properly in a refrigerator set below 40 degrees F, or defrost in a microwave setting or in a kitchen sink under cold running water. Another reminder from ADA is to use a meat thermometer to ensure food is thoroughly cooked. Goodman suggests a metal stem probe type thermometer. For more tips about marinating meats safely, the "two-hour-rule", or safe use of cutting boards to prevent cross contamination, visit [www.commissaries.com](http://www.commissaries.com) (click on healthy choices then food safety) or go to [www.foodsafety.gov](http://www.foodsafety.gov). Since food safety begins from the time food is grown or produced on a farm to reaching the plate on a consumers table, every month is food safety month, and food safety is a daily concern.



Kinley Goodman also stated that "keeping hot foods hot (140 degrees F or above), cold foods cold (40 degrees F or below) and frozen foods at 0 degrees F or below is important as well." Safe temperatures for cooking some foods include:

Food	Temperature	Food	Temperature
Chicken/turkey (pieces or ground)	165 degrees F	Casseroles, custards, sauces	160 degrees F
Fish	145 degrees F	Leftovers	165 degrees F
Ground beef/pork	160 degrees F	Vegetables	145 degrees F

## GPS from Page 3

turned up so you can hear me if I need to talk to you. I should always be able to get in contact with you. There's no excuse for you not to hear me. If there's a small craft advisory, I need to be able to tell you. If a boat is in distress, you may be the closest to it. Ignorance is not an answer. You need to know what you're supposed to be doing."

McGrew said that in a month or two, Kwajalein will start getting trade winds and the east reef may be shut down more often. "I may close the east reef, but leave the six-mile open — it depends on how rough it is."

He continued, "But it's really up to you guys as captains to make that decision to go out further or not to go out. I don't go out there every morning to see how

the weather is. I get the weather from the weather station. I'm riding my bike to work and look at the sky. I have a good idea of what the weather is like."

McGrew said, "It's a subjective call. But if you're out there and it's rough, you need to make the call as a captain. You are responsible for the safety of your crew. It's on you. It depends on how your crew is, what boat you're on, how comfortable you are out at sea and what the sea state is — you make the call."

He said jokingly, "If you've got a 500-pound marlin hooked and your boat is going under, you either need to get rid of the marlin or throw your crew overboard. You are the captain. You decide what to do. I can't emphasize that enough."

**HALLOWEEN, from Page 11**



**Karen Brady, right, puts makeup touches on Ryan DeCoster for the haunted house.**



**'Good witch' Lexi Yurovchak greets children at the Youth Center door.**



**Firefighter Michael Dover and pirate Scott Dover make their appearance.**



**Left to right, Savannah, Brenna and Kelly Burnham enjoy the party.**



**'Bad cheerleader,' Abbie Warren, left, and sister, 'The Cat,' Kendal join the fun.**



**Eva Seelye makes a sign leading the way to the haunted house.**



**'Tin Man' Leroy Denham, left, and 'Cowardly Lion,' Justin Ferguson enter the costume party.**



**Ava Moore, left, and Kiana Landers share a Halloween hug.**

# Skaters asked to abide by skate park rules



## Hourglass Reports

Community Activities would like to remind skaters that even a small wipeout at the skatepark can make someone realize:

- That I was glad that I had on my safety equipment,
- That everyone should always wear their safety equipment in the park
- That I have an obligation to the safety of skaters to make sure they wear their safety gear

Skaters and parents of skaters are asked to read and abide by the skatepark rules. Skaters already have strikes against them from several incidents in the past of youths not wearing the proper safety equipment and/or misusing the facility. Another infraction will be strike three and the skatepark will be closed for a week. Skaters can avoid that by following skatepark rules. Community Activities wants the facility used, but safely.



*Photo by Vanessa K. Peeden*

**Rick Funk, left, and Al Robinson serve as judges for the Kwajalein Scuba Club underwater pumpkin carving contest Monday.**

# U.S. seeks military relations with China

By Jim Garamone  
American Forces Press Service

Breaking the cycle of “on-again, off-again” military-to-military relations between the United States and China is of primary importance to the two nations, Defense Secretary Robert M. Gates told his Chinese counterpart here today.

Gates met with Chinese Gen. Xu Caihou, the vice chairman of the Central Military Commission of the People’s Liberation Army, for more than an hour at the Pentagon. Pentagon Press Secretary Geoff Morrell called the meetings “good and productive.”

The two men spoke about the course of U.S.-Chinese relations, the progress made on military-to-military relations and the military-to-military goals for 2010.

Gates emphasized that the military-to-military relationship is key to the overall relationship between the two countries, Morrell said. He listed a number of areas where the United States and China cooperate and operate together. These include humanitarian operations, disaster relief, maritime security, counter-piracy, counter-proliferation and counter-narcotics.

“[Gates] also said there is a need to break the on-again, off-again cycle of our military-to-military relationship,” Morrell said.

This often happens as military leaders “make strides, have a good visit, agree to cooperate on certain things and then there will be a hic-



*DoD photo by R. D. Ward*

**U.S. Defense Secretary Robert M. Gates, right, escorts Chinese Gen. Xu Caihou, left, vice chairman of the Central Military Commission, Chinese People’s Liberation Army, through an honor cordon into the Pentagon, Oct. 27, for security talks.**

cup that causes a suspension in mil-to-mil relations,” he continued. “[Gates] said that cycle has to end.”

Xu said the two countries need to increase cooperation and military exchanges particularly in education opportunities for junior officers and senior noncommissioned officers.

The visit paved the way for the secretary to make a reciprocal visit to China early next year. Navy Adm. Mike Mullen, the chairman of the Joint Chiefs of Staff, also will visit his Chinese counterpart in the coming months.

The secretary praised efforts aimed at transparency in military affairs, Morrell said. The Chinese recently issued a White Paper, which — in part — explains the justification for the Chinese military build-up.

The two defense leaders discussed Iran, North Korea, Afghanistan and Pakistan.

“The take-away is that there was broad agreement on the importance of and how to deal with the situation in Afghanistan and Pakistan, and

**See CHINA, Page 22**

# 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 Shuwarger, 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, Shuwarger 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 takes 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.



Photo by Maj. Edwin Cruz, Puerto Rico National Guard

Members of the Puerto Rico National Guard's 215th Engineer Detachment work to contain the fires that engulfed 21 of the 40 fuel tanks at the Caribbean Petroleum Corporation (COPECO) over a 72-hour period in Puerto Rico. The unit deployed to Iraq in 2004 and credited that experience as key to their quick response.

# Guard responds to oil refinery fire

By Army Sgt. 1st Class Jon Soucy  
National Guard Bureau

More than 300 Puerto Rico National Guardsmen responded to a massive fire that burned throughout much of the weekend at the Caribbean Petroleum Corporation's refinery near San Juan, Puerto Rico. Army Maj. Gen. Antonio J. Vicens-Gonzalez, the adjutant general of Puerto Rico, was appointed by the governor to serve as the incident commander. He was responsible for coordinating the response efforts by local first responders as

well as the military. Members of the Army Guard's 215th Firefighting Team and the Puerto Rico Air National Guard worked with local firefighters to contain the blaze said Army Lt. Col. Millie Rosa, a public affairs officer with the Puerto Rico National Guard.

Puerto Rico's 22nd Civil Support Team worked with the 23rd Civil Support Team from the Virgin Islands National Guard to monitor air quality in and around the incident site.

Representatives from the local government and response agencies

were also flown over the fires in UH-60 Blackhawk helicopters from the Puerto Rico Army National Guard.

According to reports, more than 14 fuel tanks have been damaged or destroyed in the blaze and more than 300 residents in the surrounding areas were evacuated.

The blaze has now been extinguished, according to National Guard Bureau reports. Most National Guard personnel are scheduled to be released from fire duty however, many will remain on duty to assist with clean-up operations.

## CHINA, from Page 21

the need to work together to create a more stable and secure environment in both those places," Morrell said.

There also is an appreciation for the United States and China to work together to prevent Iran and North Korea from pursuing nuclear weapons and proliferating. The Chinese encouraged engagement and diplomacy for these countries.

Gates thanked the Chinese for their help in recovering the remains of U.S. personnel from previous wars.

"We've seen increased cooperation lately, and

that was appreciated and noted and the secretary shared that with General Xu," Morrell said.

Tomorrow, Xu will travel to Fort Benning, Ga., and then move on to Offutt Air Force Base, Neb. The general will visit Nellis Air Force Base, Nev., on Oct. 29 and then will travel to San Diego where he will tour the USS Ronald Reagan on Oct. 30.

The general will tour U.S. bases in the Pacific region.

# Exercise strengthens bonds with India

By Sgt. Crista Yazzie  
U.S. Army, Pacific Public Affairs

Despite a diversity of equipment and missions, Indian and U.S. Army Soldiers found common ground while training together during Exercise Yudh Abhyas 09, an annual bilateral multi-echelon battalion-level exercise with a focus on peacekeeping operations.

This year's participating Soldiers are from the Indian Army's 7th Mechanized Infantry Battalion, 94th Armored Brigade, 31st Armored Division and the U.S. Army's 2nd Squadron, 14th Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division.

"It's been a good experience," said U.S. Army Staff Sgt. Kyle O'Leary, who is assigned to Troop A, and who was also embedded with the Indian Army during part of the exercise. "Even with the language barrier and some

Indian soldiers having only limited English, we were still able to get past it and communicate."

Platoons and individuals from both armies exchanged knowledge of tactics, techniques and procedures, demonstrations of assigned weapons, vehicles and equipment, and much more.

"For one mission, we went on a little raid, a challenge between their two companies, to try and sneak in through their security," said O'Leary. "It was fun."

From the Boyevaya Machina Pekhoty, or BMP, a Soviet-era amphibious tracked infantry fighting vehicle to the Stryker, the Insas Sniper Rifle to the M24, both Indian and U.S. Armies tested out one another's equipment and vehicles while embedded with their counterparts during YA 09.

"We swapped equipment, we let them use one of our PVS-14s [a form of night vision monocular], we rode on their BMPs with them," said O'Leary. "Somehow they fit anywhere from eight to 10 people in the back of the BMP. With all of our gear, and we are a little bit bigger than they are, we can fit six,



Indian Army soldiers from the 7th Mechanized Infantry Regiment, and U.S. Army Soldiers from the 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, from Schofield Barracks, Hawaii, receive instructions for maneuvering together during range training at Exercise Yudh Abhyas 09, a bilateral exercise involving the Armies of India and the United States.

and it's pretty tight and cramped. The BMP, especially for those of us coming in prior to 9-11, who were trained to fight the BMP, along with other Soviet vehicle recognition that we learned, now actually being able to ride inside the same vehicles is an experience in itself."

Sgt. Maj. Edward Dunn, squadron operations sergeant major, worked directly with an Indian Army corporal who was responsible for the daily operations and responsibilities of the Tactical Operations Center during the exercise.

"Corporal Dan Kamal performed duties like a United States Army corporal would perform his duties, with little guidance, professionalism, and motivation as he consistently made things happen that enabled the U.S. and Indian Army mission to be a world class event," said Dunn.

From officer to noncommissioned officer to Soldier, reports of camaraderie and findings of similarity between Soldiers were common.

"From the battalion command partnership to the individual Soldier partnerships, across the range of formal to informal, we are all just Sol-

diers and that remains the common thread that has allowed the bonding and partnership to flourish to what I believe is truly better classified as a friendship," said Squadron Executive Officer Maj. Tom Anderson. Dunn stated that by the time Kamal prepared to leave, the two had found a bond more like family. "I had realized how our relationship had grown over three weeks and how important our mission was in regards to not only maneuvering, but establishing lifelong friendships," said Dunn.

Anderson concurred with this sentiment among the Soldiers of Yudh Abhyas 09. "We have shared stories of assignments, deployments, and families, played sports that were never directed, but it just happens as you put two Soldiers on break between ... classes, at the range waiting to fire, during operations or wherever two or more Soldiers came together," Anderson said.

"We overcame the language, cultural, rank, and religious barriers and bonded on a level understood only by the Soldiers that will depart this exercise with a new found respect for one another as a country, army, unit, soldier and comrade."

# Eight servicemembers die in Iraq, Afghanistan

**Spc. Kyle A. Coumas**, 22, of Lockeford, Calif., died Oct. 21 in Kandahar Province, 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 Combat Team, 2nd Infantry Division, Fort Lewis, Wash.

Two Soldiers died Oct. 23 in Afghanistan, of wounds suffered when enemy forces attacked their vehicle with an improvised explosive device. The soldiers were assigned to the 569th Mobility Augmentation Company, 4th Engineer Battalion, Fort Carson, Colo. Killed were: **Spc. Eric N. Lembke**, 25, of Tampa, Fla. and **Pfc. Kimble A.**

**Han**, 30, of Lehi, Utah.

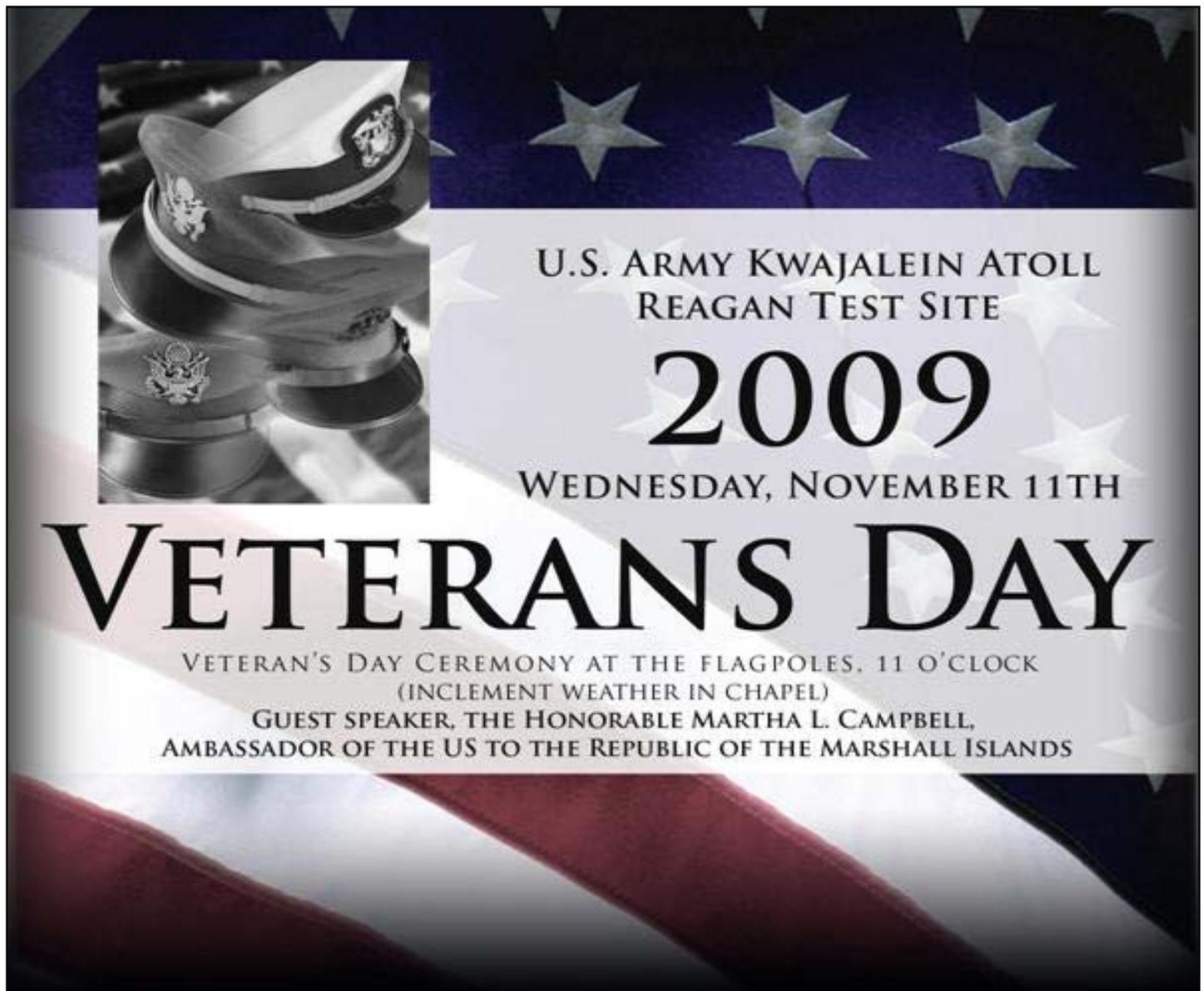
Four Marines died Oct. 26 while supporting combat operations in Helmand Province, Afghanistan. Killed were: **Cpl. Gregory M.W. Fleury**, 23, of Anchorage, Alaska; **Capt. Eric A. Jones**, 29, of Westchester, N.Y.; **Capt. David S. Mitchell**, 30, of Loveland, Ohio; and **Capt. Kyle R. Van De Giesen**, 29, of North Attleboro, Mass.

**Maj. David L. Audo**, 35, of Saint Joseph, Ill., died Oct. 27 in Baghdad, Iraq, of injuries sustained from a non-combat related incident. He was assigned to Headquarters and Headquarters Detachment, 22nd Military Police Battalion, 6th Military Police Group, Fort Lewis, Wash. The incident is under investigation.



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

— Gen. George S. Patton



U.S. ARMY KWAJALEIN ATOLL  
REAGAN TEST SITE

2009

WEDNESDAY, NOVEMBER 11TH

VETERANS DAY

VETERAN'S DAY CEREMONY AT THE FLAGPOLES. 11 O'CLOCK  
(INCLEMENT WEATHER IN CHAPEL)

GUEST SPEAKER, THE HONORABLE MARTHA L. CAMPBELL,  
AMBASSADOR OF THE US TO THE REPUBLIC OF THE MARSHALL ISLANDS



## Another day at the office

U.S. Marines with Bravo Company, 1st Battalion, 5th Marine Regiment provide security for fellow Marines during a security patrol in the Nawa district of the Helmand Province, Afghanistan on Oct. 20. Marines conduct security patrols to decrease insurgent activity and gain the trust of the Afghan people. The 1st Battalion, 5th Marine Regiment is a combat element of Regimental Combat Team 3, which conducts counterinsurgency operations in partnership with Afghan National Security Forces in southern Afghanistan.

*DoD photo by Cpl. Artur Shartsberg, U.S. Marine Corps. (Released)*

**HEALTH BENEFITS ALERT!:** The 2010 OPEN ENROLLMENT period for KRS/Chugach/Berry Aviation, Inc. employees is November 3 to November 17. Please check your mailbox on 10/31 for your KRS 2010 Open Enrollment packet. If a packet is not in your mailbox by 11/3, please stop by Human Resources, Bldg. 700 or call Health Benefits at 1-805-355-0939 or 1-805-355-1888. This information is also available on the USAKA Intranet (HR webpage).

Open Enrollment Informational Meetings will be held as follows;

Place	Day, Date	Location	Begin Time	End Time
Kwajalein	Thursday, 11/5/09	Elem. School-Coconut Rm	3:30pm	4:15pm
			5:30pm	6:15pm
ROI	Friday, 11/6/09	TRADEX	9:30am	10:15pm
			10:30am	11:15am
			Bldg C	12:45pm
Kwajalein	Saturday, 11/7/09	REB	8:00am	8:45am
			9:00am	9:45am

**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.

**CHILD, YOUTH & SCHOOL SERVICES** is currently seeking a part-time Program Assistant to work afternoon and evening hours at the Youth Center. It is a great opportunity to make a positive impact in the lives of the youth in our community. Apply at KRS Human Resources today. High school diploma required.

**WANTED**

**HOUSE FOR SITTING** from Dec. 3-10. Former Kwaj family of five coming for a visit and would like to sit for your house. Loves cats, dogs, fish and plants. If you are going to be off island and would like someone to watch your house, call Amy at 52681.

**ITALIAN LANGUAGE TUTOR** for basic to intermediate skill level. Will pay reasonable rates. Contact Jeremy, 52434.

**LOST**

**CHILD'S RAZOR SCOOTER**, colored silver and has the name Morgan Dethlefsen prominently printed on the handlebar stem. Call 51668 or drop it by Quarters 495-B.

**PATIO SALE**

**MONDAY, 7-9 a.m.**, Quarters 435-B. PCS sale. Patio table, dishwasher, carpet, dive gear, bookshelf, TV, TV stand and household items.

**MONDAY, 8 a.m.-noon**, tent outside of Sands bachelor

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

quarters, by the hospital. Clothes, appliances, luggage, Sun bike frame, DVDs, VCR tapes, dishes, laundry shelf, storage containers and baskets, scale and more. No early birds.

**FOR SALE**

**CHALLENGER JET boat/Boat house** Lot 311. Call Mike or Sandy, 54152 or 58990.

**BRAND NEW ALUMINUM crank** for Nexus 4 bike, paid \$38, asking \$15. Call 58856.

**ADULT DANCE SHOES**, size nine, like new: black dance sneakers, beige and black dance shoes, and ballet slippers, child's black tap shoes, size 12, and big screen TV stand. Call 55176.

**PLAYSTATION 3, \$300.** Call 59253.

**CARPETS**, two Berber area rugs, six-feet x nine-feet, (brand new), one off-white, one beige, \$40 each; two five-feet x eight-feet non-slip rug cushions (brand new), \$10 each; five-feet x eight-feet rug with non-slip backing (used for five weeks), dark, neutral colors, \$20; window coverings, sage celadon natural woven roller shade, 34 x 72 (brand new), \$30; tie-up black-out shade, burgundy, 42 x 62 (brand new), \$30; roman shades, color red spice, three - 39 x 64; one - 31 x 64 (all for 400 series housing), all four shades for \$120. Call 51129, after 5 p.m.

**VARIOUS RUGS, \$10 each**; six new seat cushions, \$25 for all; three telescopes, \$300 for all; indoor/outdoor r/c car, \$50; am/fm/sw receiver, \$40 and Ipod nano, 16 gb, new in original box, \$130. Call 55987.

**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.

**COMMUNITY NOTICES**

**MARSHALLESE LANGUAGE CLASS**, sponsored by

**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.

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.

**HALLOWEEN COSTUME party** at the Vet's Hall tonight. 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.

**SMALL BOAT MARINA** will begin winter hours on Nov. 1. Winter hours of operation will be 1-6 p.m. on Thursday and 7:30 a.m.-6 p.m., Friday-Monday. Questions, call Paul McGrew at 53643.

**JOIN LEXI YUROVCHAK** at 7 p.m., Nov. 4, in the elementary school Coconut Room as she presents her National Youth Leadership Forum for Law and Crime Scene Investigation experience.

**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.

**Zooks Reunion Concert** at 8 p.m., Nov. 8, at the Country Club. Bus will run from the Ocean View to the Country Club from 7 p.m.-midnight. Drinks and pupus for sale by KRS Retail Services. Come rock out to some great tunes.

**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

*Café Pacific*

**Lunch**

<b>Sunday</b> Carved sauerbraten Chicken schnitzel Bratwurst/Sauerkraut Grill: Brunch station open	<b>Monday</b> Chicken fried steak Rosemary roast chicken Garlic herb penne pasta Grill: Brunch station open	<b>Tuesday</b> Spaghetti Eggplant parmesan Cheese manicotti Grill: Monte Cristo wrap	<b>Wednesday</b> Braised short ribs Indonesian pork Breaded polluck Grill: Hot dog and chili	<b>Thursday</b> BYO Burrito & tacos Beef tamales Chorizo enchiladas Grill: Mexican Fiesta	<b>Friday</b> Super bird meatloaf Local Boy chicken stew Vegetable stir-fry Grill: N/A	<b>Nov. 7</b> Sweet & Sour pork Chicken cordon bleu Pepperoni/cheese pizza Grill: Ranchero burger
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**Dinner**

<b>Tonight</b> Short rib stew Fajita chicken Chef's choice entree	<b>Sunday</b> Minute steak Sauteed salmon Chicken Sukiyaki	<b>Monday</b> Cajun roast beef Island jerk chicken Garbanzo beans	<b>Tuesday</b> Roast pork Tai chicken Lumpia	<b>Wednesday</b> Carved top round Chicken Bhuna Masala Baked pot/condiments	<b>Thursday</b> Beef lasagna Spinach/mush lasagna Veal alfredo	<b>Friday</b> Pancake supper Fried chicken Beef/broccoli stir-fry
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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 Traweek at 55558.

KWAJALEIN DRUM CIRCLE will "Drum Down the Sun" at 6:30 p.m., Nov. 15, at Emon Beach. Bring your drum, cowbell, tambourine or water bucket to join in on a fun filled night of percussion. You don't have to be a drummer to join the fun, just bring something to beat on. Beach chairs recommended, dancers welcome. For more information contact Bill Williamson at 53068. Rain out date is Nov. 16.

STUDENT MUSIC RECITAL, 7 p.m., Nov. 18, in the Davye Davis Multi-Purpose Room at the high school. Piano teachers who would like students to perform should contact Dick Shields to obtain registration forms.

CALLING ALL MASONS, Shriners and Eastern Stars, let's meet upon the level! If you're interested in helping form a Masonic group on island or reviving the Kwaj Shrine Club, please call 52819 or 51481, or email at [txokmason@verizon.net](mailto:txokmason@verizon.net).

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.

CONTINENTAL AIRLINES has changed their checked baggage allowance. Effective for passengers traveling on Continental after Oct.26. One Pass Platinum/Gold Elite and Star Alliance Gold members may check up to three bags at a maximum of 70 pounds each. First Class passengers may check two bags at a maximum of 50 pounds each. One Pass Silver Elite and Star Alliance Silver may check two bags at a maximum of 50 pounds each. Questions, contact the Continental Ticket Office at 51013 or 51014, or the Commercial Services team at 52660 or 52659.

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.

KRS ENVIRONMENTAL reminds shop personnel to decrease air emissions from painting by substituting latex or low VOC paints in place of flammable high VOC paint; ensure there are no open floor drains in paint storage areas; avoid using paints containing toxics such as metal flakes; mix only enough paint to complete the job; use a single solvent for cleanup and paint thinning and use cleaning solvents multiple times before disposing of them.

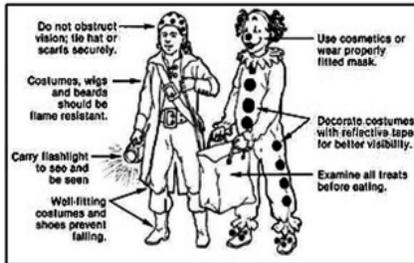
## USASMDC/ARSTRAT Safety Office Safety Tip **Halloween**

Most people think of Halloween as a time for fun and treats. However, **roughly four times as many children aged 5-14 are killed while walking on Halloween evening compared with other evenings of the year**, and falls are a leading cause of injuries among children on Halloween.

### Safety Tips

Parents of trick-or-treating kids can get so caught up in the fun themselves that they might forget some simple safety ideas that could save everyone some trouble. Having a fun and safe Halloween will make it all worth while.

- Teach children their home phone number and to how call 9-1-1 (or their local emergency number) if they have an emergency or become lost. Remind them that 9-1-1 can be dialed free from any phone.
- Know the route your kids will be taking if you aren't going with them.
- Help your child pick out or make a costume that will be safe. Make it fire proof, the eye holes should be large enough for good peripheral vision.
- Make sure that if your child is carrying a prop, such as a scythe, butcher knife or a pitchfork, that the tips are smooth and flexible enough to not cause injury if fallen on.
- If you set jack-o-lanterns on your porch with candles in them, make sure that they are far enough out of the way so that kids costumes won't accidentally be set on fire. Review with your children the principle of "Stop-Drop-Roll", should their clothes catch on fire.
- The best bet is to make sure that an adult is going with them. If you can't take them, see if another parent or a teen aged sibling can go along.
- Know what other activities a child may be attending, such as parties, school or mall functions.
- Make sure you set a time that they should be home. Make sure they know how important it is for them to be home on time.
- Take extra effort to eliminate tripping hazards on your porch and walkway. Check around your property for flower pots, low tree limbs, support wires or garden hoses that may prove hazardous to young children rushing from house to house.
- Many parents overestimate children's street-crossing skills. The pedestrian skills of children are limited by several factors related to their physical size and developmental stage. For instance, young children may lack the physical ability to cross a street quickly, and their small size limits their visibility to drivers. Children are likely to choose the shortest rather than the safest route across streets, often darting out between parked cars. In addition, young children do not evaluate potential traffic threats effectively, cannot anticipate driver behavior, and process sensory information more slowly than adults.



**Tricks**

Explain to children the difference between tricks and vandalism. Throwing eggs at a house may seem like fun but they need to know the other side of the coin as well, clean up and damages can ruin Halloween. If they are caught vandalizing, make them clean up the mess they've made.

For more information, contact Jim Walter, 51340 or 58889.

## Café Roi

### Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 7
London broil	Roast chicken/stuffing	Sausage pizza	Patty melt	Teriyaki chicken roll-ups	Sausage on roll	Chicken sandwich
Korean BBQ chicken	Mahi mahi	Chicken cacciatore	Beef stew	Glazed meatloaf	Beef Stroganoff	Boiled brisket
Eggs Parisienne	Creole sausage	Beef tortellini	Tofu/veggie stir-fry	Pasta primavera	Panko fish filets	Pinto beans

### Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 7
Seafood pasta	Kal bi chicken	Pork ribs	Grilled steaks	Szechuan chicken	Buffalo burgers	Roast chicken
Cabbage rolls	Ginger beef	Turkey/sausage casserole	Broiled chicken	Beef curry	Chicken breasts	Shortribs
Eggplant Napoleons	Sautéed noodles	Chickpea and yam stew	Pasta del Giorno	Stir-fried tofu	Homemade chili	Veggie kebabs



# Calling all Kwajalein veterans

*(by close of business Nov. 4.)*

**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.**

## Holiday Arts & Crafts Fair



HOLIDAY ARTS AND CRAFT FAIR will be from 10 a.m.-2 p.m., Nov. 9, in the CRC gym. Vendors who wish to participate must fill out a Vendor Application form located between the Mic Shop and Continental Office. Applications must be received by mail to KAG P.O. Box 119 by Nov. 3. Vendors must hold a current Approved Commercial Vendor's License and Non-profit organization must obtain approval letter for fund-raising event. When filling out the application please indicate 1st, 2nd, and 3rd choices for tables. Vendors are required to help set-up or clean-up, for those who wish to set-up, please show up on Nov. 8 at 3 p.m.

### Weather courtesy of RTS Weather

Sunday: Mostly sunny, 10 percent showers. Winds: ENE-ESE at 10-15 knots.  
 Monday: Mostly sunny, 10 percent showers. Winds: ENE-ESE at 10-15 knots.  
 Tuesday: Partly cloudy, 10 percent showers. Winds: E-SE at 8-14 knots.  
 Wednesday: Partly sunny, 20 percent showers. Winds: E-SE at 7-12 knots.  
 Thursday: Mostly cloudy, 30 percent showers. Winds: ENE-ESE at 8-14 knots.  
 Friday: Partly cloudy, 20 percent showers. Winds: NE-E at 10-15 knots.  
 Nov. 8: Mostly sunny, 10 percent showers. Winds: NE-E at 10-15 knots.

Annual total: 53.18 inches  
 Annual deviation: -27.43 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	6:38 a.m./6:27 p.m.	5:02 p.m./4:52 a.m.	2:58 a.m., 3.8'	9:02 a.m., 0.4'
Monday	6:39 a.m./6:27 p.m.	5:48 p.m./5:42 a.m.	3:17 p.m., 4.4'	9:31 p.m., 0.4'
Tuesday	6:39 a.m./6:27 p.m.	6:38 p.m./6:37 a.m.	3:30 a.m., 4.0'	9:31 a.m., 0.6'
Wednesday	6:39 a.m./6:27 p.m.	7:33 a.m./7:35 p.m.	3:48 p.m., 4.7'	10:05 p.m., 0.7'
Thursday	6:39 a.m./6:26 p.m.	8:33 a.m./8:36 p.m.	4:04 p.m., 4.0'	10:01 p.m., 0.7'
Friday	6:39 a.m./6:26 p.m.	9:35 a.m./9:38 p.m.	4:19 p.m., 4.9'	10:40 p.m., 0.8'
Nov. 7	6:40 a.m./6:26 p.m.	10:37 a.m./10:38 p.m.	4:38 a.m., 3.9'	10:33 p.m., 0.6'
			4:53 a.m., 4.9'	11:18 a.m., 0.7'
			5:14 p.m., 3.7'	11:06 p.m., 0.5'
			5:30 a.m., 4.8'	11:58 a.m., 0.5'
			5:53 p.m., 3.4'	11:42 p.m., 0.2'
			6:10 a.m., 4.5'	
			6:55 p.m., 4.2'	12:23 p.m., 0.1'
			7:31 a.m., 2.6'	1:37 a.m., 0.2'