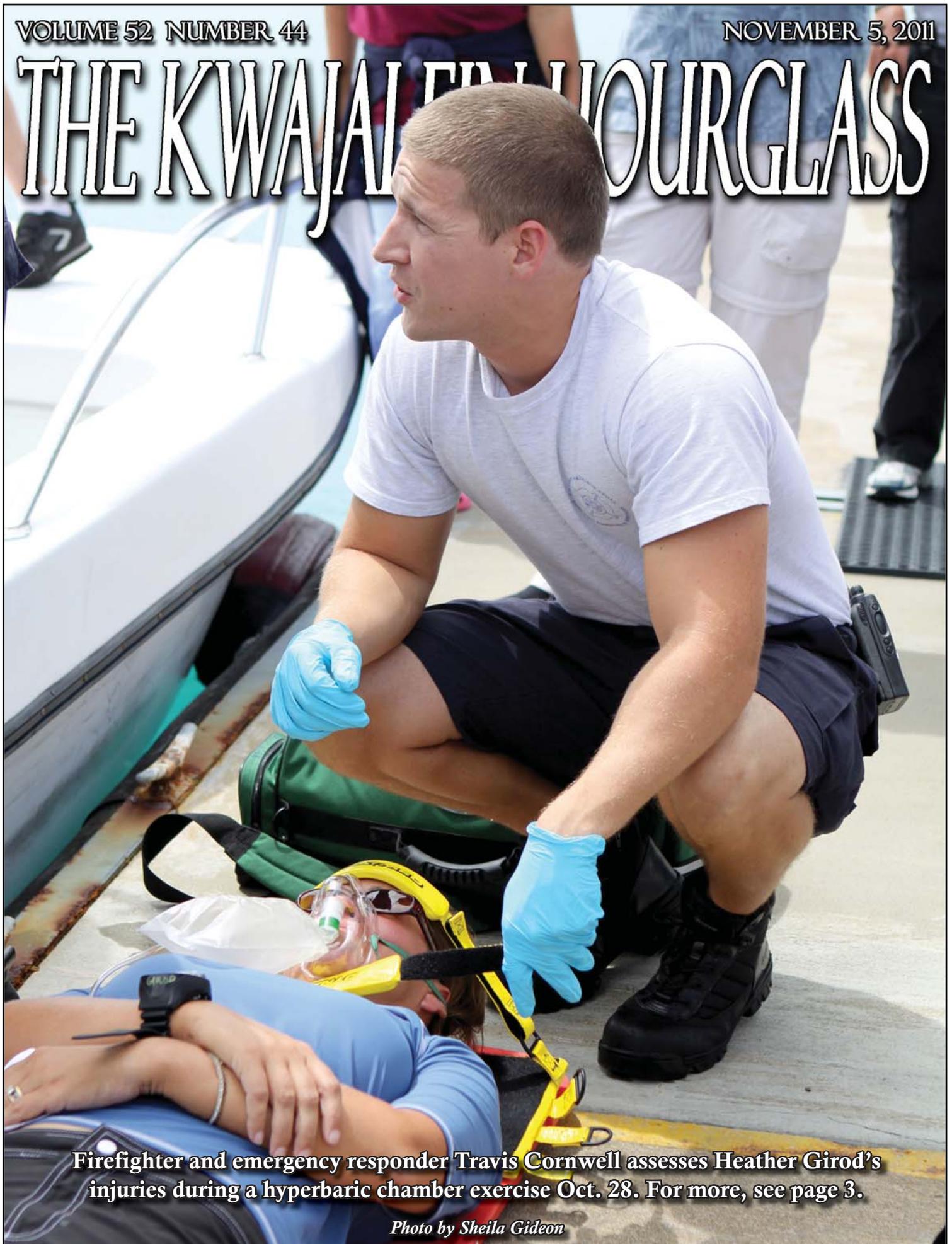


VOLUME 52 NUMBER 44

NOVEMBER 5, 2011

THE KWAJALEIN HOURGLASS



Firefighter and emergency responder Travis Cornwell assesses Heather Girod's injuries during a hyperbaric chamber exercise Oct. 28. For more, see page 3.

Photo by Sheila Gideon

MANIT MINUTE

Could you guess how many different Marshallese words refer to the coconut tree? There are dozens of words in Marshallese that refer to coconuts in various stages and the byproducts of the coconut fruit and tree. Here are a few examples of the most common forms in use today.

- Green drinking coconut or juice - Nii
- Coconut starting to turn brown - Man
- Brown coconut - Waini
- Coconut "apple" (spongy inside of a coconut) - Ju
- Coconut milk (most often used for cooking) - Eal

Thank you to everyone who helped make the 2011 outdoor soccer season a huge success. It really took a lot of effort by so many different people and everyone who volunteered did an outstanding job. Thank you to Mark Long, Jim Stepchew and Steve Gauthier who volunteered to lead the officials clinic. Also, I want to thank all of our volunteer officials. All the officials did a great job in helping maintain the integrity of the league and making play safe and fun for everyone. Finally, soccer wouldn't have been complete without the assistance of all of our coaches and managers. Your interest, your efforts and your support were greatly appreciated.

The success of this year's season was all due to the efforts of everyone who volunteered. So again, thank you SO much! We could not have done it without you. Congratulations to FC Swell and K.A.T., who were this year's champions. I look forward to the 2012 season and hope it will be just as much fun and perhaps our best season yet!

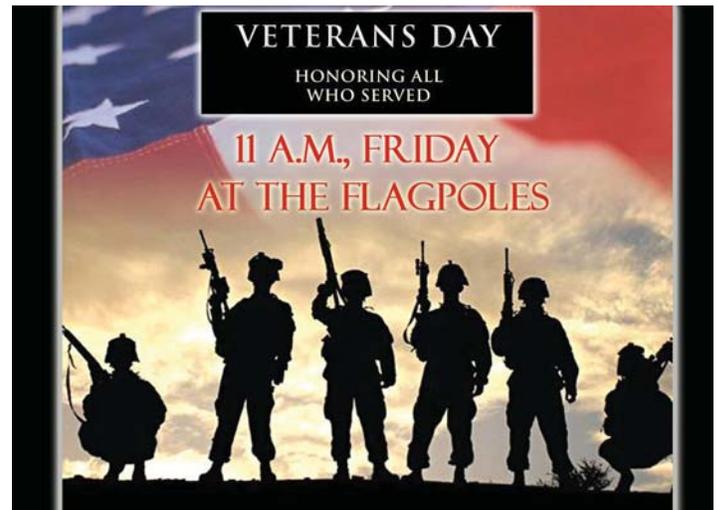
-Mandie Morris, Recreation and Programs Manager

Thumbs Down!

... to the person(s) who removed the pitchfork and broomstick Halloween decorations from our front yard. We try to decorate for all to enjoy and our kids were really disappointed to see their things go missing.

Thumbs Up!

... to Surfside Salon for expanding their services to include manicures, pedicures and waxing. It's great to look forward to a little pampering!
... to Mike Eder for making the best salsa we've ever tasted.



THE RUMOR MILL



Col. Joseph Gaines addresses circulating rumors head-on. Rumors can earn from one to five ears. One ear is an unfounded rumor, while a rumor earning five ears is the truth.

Rumor: What happened to the AAFES dividend? Did it get lost? IMCOM-Pacific's Morale Welfare and Recreation has confirmed that the first year's equipment for 2011 was purchased and is now in the process of being shipped out here, which admittedly could take months. Requested items included boat motors, replacement lawn mowers, replacement canopies, lounge chairs for the pools and other items. Separate from the Exchange dividend money, IMCOM-Pacific MWR has also included USAKA in a bulk buy of gym equipment. The 21 pieces of strength equipment for the fitness centers are above and beyond the Exchange dividend and should be on-island within 3 months.



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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Hyperbaric chamber exercise trains medical staff to treat “the bends”

Article and photos by Sheila Gideon
Managing Editor

With the high number of avid divers living on Kwajalein and Roi-Namur, it is necessary for medical staff to be prepared to treat any diving injuries. One of the most critical injuries is decompression sickness, commonly known as “the bends.” The condition arises from dissolved gases coming out of solution into bubbles inside the body if the diver resurfaces too quickly.

Last week, a training team visited Kwajalein and held a week-long class on hyperbaric medicine. Dr. Bob Sanders, a physician who has years of experience in dive accident management, and Karl Huggins, who has his masters of science in diving physiology, taught the course. Members of the class included Kwajalein Hospital staff and Bill Williamson as a representative from the Kwajalein Scuba Club.

The course culminated Oct. 28 during a training exercise involving hospital, fire department, small boat marina and dive chamber staffs. The premise was a boat calling into the marina warning of a



Allen “Ray” Sturdevant, nurse anesthetist, checks “patient” Heather Girod’s breathing at the Kwajalein Hospital. The exercise was part of a training course on hyperbaric medicine.

patient showing symptoms of decompression sickness. Medical services were alerted and met the patients at the dock.

Emergency responders immediately assessed volunteer “patient” Heather Girod’s injuries. Boat cap-

tain Betina Dodd explained that Girod had been on multiple dives and was in and out of consciousness on the boat ride back.

Girod was transported to the Kwajalein Hospital. Dodd, who also showed possible symptoms of decompression sickness in the scenario, was also transported.

Once at the hospital, a doctor and nurse team was assigned to each patient. As each team assessed injuries, Sanders prompted them on what to look for and how to proceed, just as they had learned in the course.

When it was determined both patients were suffering from varying degrees of decompression sickness, they were immediately transported to the hyperbaric chamber.

The doctors and nurses learned from each patient’s dive computer how many dives they had taken and how deep they had gone. Using that information, the dive chamber operator was able to adjust the settings appropriately for treatment.

While we hope there is never a need to use the knowledge, the course was useful information for all. As Williamson put it, “I wish half the island could take this course.”



Dr. Nancy Batts, left, listens to the breath sounds of Betina Dodd, a volunteer “patient” during the hyperbaric chamber exercise Oct. 28.



Firefighter and emergency responder Greg Gale helps transport patient Heather Girod into the decompression chamber.



MARSHALLESE TRADE FAIR



Hourglass Reports

An assortment of produce, fish, handicrafts and more was available at the 8th annual Marshallese Trade Fair, which kicked off 9 a.m. Monday and lasted until 2 p.m.

Almost 40 vendors participated this year and Lt. Col. Christopher Mills, director of Host Nation activities, estimated that several hundred residents came through the CRC during the course of the day.

The trade fair allows USAKA resi-

dents access to goods that are not normally sold on Kwajalein and gives vendors another market for their products. More importantly, the fair helps strengthen the relationship between the U.S. Army and its host nation partner here.

“We are fortunate to have such a wonderful opportunity and hope that the residents of USAKA can

learn more about Marshallese goods by attending today’s trade fair,” Col. Joseph Gaines, USAKA commander, said in his opening remarks.

Doug Carey, deputy chief of mission at the U.S. Embassy in Majuro, and Minister Mattlan Zackhras, from the RMI Office of Resources and Development, were also in attendance at the fair.



Photos and graphic design by Catherine Layton



Scouting report: group tackles Bigej

By Maj. Stephen M. Parrish Sr.
Webelos Den Leader

As some of you may know, the Kwajalein Boy Scouts of Troop 314 and Webelos of Cub Scout Pack 135, including Tiger Cub Isaiah Parrish, decided Halloween weekend would be a good time to do a two-night campout on Bigej. Supervised by Scoutmaster Corey Wiley and led by senior Scouts Stephen Parrish Jr. and David Sholar, this trip allowed the Scouts an opportunity to complete several merit badge requirements, while also allowing the Webelos to complete many requirements they needed for advancement. What some of you may not know is a few days before the trip a brewing storm east of Majuro threatened to cancel the campout. Fortunately, the storm fizzled out and left the Scouts with a 50 percent chance of getting really bad weather. The weather guys were right.

After a dinner of chili, steak and cheeseburgers, the rain and wind began. Huddled in the kitchen area under a protective tarp, the Scouts stayed mostly dry until the rain stopped about two hours later. It was the kind of rain we are used to here on Kwaj – enough to fill



David Sholar prepares to begin the ceremony of lowering the flag Monday morning.



Photos by Corey Wiley

The Boy Scouts and Cub Scouts don't let the rain dampen their spirits during their two-day campout on Bigej last weekend. Here, they huddle together under a tarp to stay dry.

buckets in a few minutes – and the kind of rain we are used to on Boy Scout campouts. A few tents had come down but were stood back up once water was removed; the Scouts were ready for bed around 10 p.m.

It wasn't long after that you could hear thunder in the distance and the rushing sound of high wind and rain slapping the ocean surface. The tents flapped, the rain fell hard, lightening clapped and it literally didn't stop until morning. It was a long night and the Scouts were soaking wet by sunrise; but with almost no sleep, the Scouts showed the kind of spirit that makes Scouting so great. The Scouts cheerfully got up, hung their gear to dry in the sun and fed their gnawing hunger with eggs and bacon, prepared by Chief Warrant Officer 4 Rich Rowell and Tony Jones. With Wiley leading the Boy Scouts and Maj. Steve Parrish leading the Webelos, all the Scouts went about learning and practicing various tasks from first aid to swimming proficiency. The activity was enough to attract the curiosity of four pigs, affectionately named "Pork," "Bacon," "Bacon Jr." and "Chili," a green chicken, and a skittish brown mutt.

After some free time to play in the wave action on north point and explore the island jungle, a group of Scouts headed along the lagoon to the village where they met with locals and delivered a few dry goods.

To show his appreciation, one young man shimmied up a palm tree and quickly delivered about two dozen fresh coconuts, enjoyed by most of the Scouts. After a few minutes of visiting, the Scouts headed to the oceanside of the island and then back to camp. With a few more tasks accomplished, the Scouts prepared and enjoyed another fine meal of vermicelli with marinara sauce and coal-fired garlic bread. For dessert, there were smores for all. It was the perfect meal to end a perfect day. Exhausted from the long night prior and a day filled with activities, the Scouts hit their beds with a thud and soon drifted off to sleep. Morning came quickly and with it the promise of a short ride home. By noon, all Scouts and gear were home and the trip complete.

This trip took a lot of planning and preparation and seemed to end in the blink of an eye. Although the trip is over, the fond memories of two days in the RMI backcountry will last with the boys and dads forever. The night spent soaking wet and the days spent working to achieve requirements are what molds boys into men. The spirit of the Boy Scouts and the lessons learned are what make boys into men of character. This particular trip was a great experience and I am thankful not only that I was able to go, but that my boys could go, could learn and could grow. Until the next adventure...



K.A.T. and FC Swell named champs

By Shawn Brady
Media Specialist

As the soccer season came to a close last week, it seemed that one thing was apparent; the adults of Kwajalein had taken the league by storm. Both the men's and women's adult teams were on top of their respective divisions.

The men's league this year was the "Kwaj normal" – competitive and often times a little rough. The high school boys were outmatched this year in both size and fundamental skill. Spartans II, led by their top scorer Keith Brady, left the gates with full-ahead steam, defeating both FC Swell and USAKA in their first appearances. They ended up winning two games and losing seven, but gave the league a scare in the early days of the season. Senior forward Jake Jahnke and the defending champs Spartans I hoped for a repeat of last year – getting off to a dismal start and winning when the playoffs came around; but that never happened. Spartans I finished the year with a record of 3-6, coming up short of another championship win. The USAKA team played well, anchored by midfielder Travis Cornett, but couldn't seem to finish when the games were on the line. They ended the year at 3-7, but were a constant threat nonetheless. The Locals seemed to be the team to beat this year. From the start

of the season, it was evident their powerful offense would be difficult to stop. Their team totaled 42 goals in the season, 6 more than any other team. The Locals did not have just one offensive threat, they had three main scorers. This made them hard to defend, which is why they ended up with the best record of 8-1. It was FC Swell, however, who proved to be the dominant team. FC Swell forward, Chad McGlenn, was the league leader with 17 goals. Their speed up front combined with all-star goalie Pat Gorman in the back made them an all-around solid team.

The men's season ended with a bang. The Locals and FC Swell squared off in the championship game. Unlike the trend of the regular season, the final game was very defense-oriented, and it was center defenders Travis Gilbertson of the Locals and Jon Jahnke of FC Swell that kept the game close. The game was extremely close but FC Swell came out on top for the second time in three years.

The women's league followed the same pattern as the men's and most games were filled with excitement. Spartans II, led by ninth grader Molly Premo, was winless this season; however, the girls put forth a great effort. Spartans Co-Ed was a mixture of seventh and eighth grade boys and girls. They went 4-6 during the season and were by far the most improved

team. Spartans I went 5-4 this year with Annie Hepler leading the team in goals. Hepler scored 13 goals over the course of the season and is only in her sophomore year. The two adult teams in the league this year were Go Green and K.A.T. Go Green had the second-best record overall going 6-3-1. Go Green's Pam Melinauskas was the most feared player on the field. Melinauskas played division 1 soccer at Eastern Illinois University. Despite Go Green's top weapon, K.A.T. wound up on top with the best record of 8-1-1, only losing once to Go Green. K.A.T. was led by their three strikers Laura Callaway, Kristen Hosek and Anne Jahnke, scoring a combined total of 19 goals; but it was midfielder Laura Price who tied the team together. Price was the "facilitator," assisting both on defense and offense.

The championship game came down to K.A.T. and Go Green. The game was tied 1-1 almost the entire game. With five minutes left, it looked as though the game would go into overtime, but K.A.T.'s Melissa Shonitsky saved the day, putting them up by one. The game ended giving K.A.T. their second championship in three years.

The Kwajalein soccer season was close to a mirror image of the 2009 season with both K.A.T. and FC Swell regaining titles in their respective leagues.

WOMEN'S LEAGUE

Tuesday, Oct. 25 (Playoff game #1)

Spartans Co-Ed vs. Spartans II - 3-1

Dayna Hepler (Spartans Co-Ed): 1 goal
Thomas Greene (Spartans Co-Ed): 1 goal
Jared Wase (Spartans Co-Ed): 1 goal
Molly Premo (Spartans II): 1 goal

Tuesday, Oct. 25 (Playoff game #2)

Go Green vs. Spartans I - 4-3

Pam Melinauskas (Go Green): 3 goals
Neimelu Bolkheim (Go Green): 1 goal
Mary Doerries (Spartans I): 1 goal
Annie Hepler (Spartans I): 1 goal
Logan Cornett (Spartans I): 1 goal

Thursday, Oct. 27 (Playoff game #3)

K.A.T. vs. Spartans Co-Ed - 3-0

Laura Price (K.A.T.): 1 goal
Anne Jahnke (K.A.T.): 1 goal
Anna Sanders (K.A.T.): 1 goal

Friday, Oct. 28 (Championship game)

K.A.T. vs. Go Green - 2-1

Melissa Shonitsky (K.A.T.): 1 goal
Defensive Goal (K.A.T.): 1 goal
Pam Melinauskas (Go Green): 1 goal

MEN'S LEAGUE

Wednesday, Oct. 26 (Championship game)

FC Swell vs. Locals - 1-0

Rob Ewbank (FC Swell): 1 goal

Team Standings

WOMEN'S LEAGUE

K.A.T.:	8-1-1
Go Green:	6-3-1
Spartans I:	5-4
Spartans Co-Ed:	4-6
Spartans II:	0-9

MEN'S LEAGUE

FC Swell:	8-2
Locals:	8-1
Spartans I:	3-6
USAKA:	3-7
Spartans II:	2-7

(Final standings)

Dengue fever reported in Majuro

No cases traced back to islands in Kwajalein Atoll

By Ruth M. Quigley
USAKA/RTS Public Affairs Officer

The Marshall Islands Ministry of Health has confirmed an outbreak of dengue fever on Majuro.

Since Oct. 21, more than 75 cases have been reported, according to a statement released by the U.S. Embassy in Majuro.

"There have been no confirmed cases on Kwajalein or Ebeye," said Dr. Jim Morrow, Kwajalein Hospital's chief medical officer.

By comparison, the Center for Disease Control and World Health Organization estimate infections worldwide to be between 50 and 100 million each year.

Dengue fever is a mosquito-borne infection that can be found throughout the world in tropical and subtropical regions, according to information found on the World Health Organization website.

"There are four strains of the disease. One strain seems to be associated with the worse outcomes of this disease, but has not been found on Majuro," Morrow said.

Transmission of dengue is through the bite of an infected mosquito. Uninfected mosquitos can also get dengue by biting an infected human. The four dengue viruses that cause dengue fever are not known to jump directly from human to human.

Because dengue is transmitted through mosquito bites, the recommended control methods are use of repellent and reducing the mosquito population in an area.

Morrow cautioned that the most effective forms of repellents are those containing 30 percent diethyl-metatuamide, which he said "can be safely administered to patients over the age of 2 months." DEET is also in spatial repellants, commonly seen as coils or plug in devices.

Reducing the mosquito population is another method of

controlling transmission of dengue. KRS Pest Management is asking residents to remove standing water and regularly emptying containers that collect water. Thick vegetation should also be thinned out and leaves raked and bagged. Vegetation and debris harbor adult mosquitos.

Pest Management recently sprayed for mosquitos; however, this method of control kills the adult insects only. Larvae need moist environments to thrive. Eliminating sources of standing water at home and work will help control larvae, said USAKA's Environmental Engineer Anthony Hoover.

Symptoms of dengue include pain behind the eyes, high fever, extreme fatigue, tension headaches, and muscle and joint pain. These flu-like symptoms can be accompanied by skin rash in some cases, said Morrow.

"Kwajalein Hospital has sufficient supplies to treat any cases that may arise, but you must use common sense and seek treatment early if you experience any of the symptoms. Remember, if you don't take a temperature, you can't find a fever," Morrow added.

There is no vaccine or specific medication for the treatment of dengue infections or fever. Morrow recommends acetaminophen, not ibuprofen or aspirin, to combat a fever and possible fluid replacement if necessary.

Radio New Zealand International reported teams from the CDC and WHO were enroute to the Marshall Islands to assist in combating further transmission of the disease.

Secretary of Health, Justina Langidrik said that the CDC and WHO will be working with the Ministry of Health to look at breeding sites.

Langidrik cited an unusually high amount of rain as a possible cause for the rise in dengue fever.

The CDC website for dengue fever, www.cdc.gov/dengue, has links to more information about dengue, an interactive map and travel/outbreak notices.



Thoughts
from the
Atoll

What is your favorite part of Halloween?



Masina McCollum
"Pippi Longstocking"

"The creativity and thought process of chosen Halloween costumes. I love how excited people get about their own costumes and when they see other people's costumes!"



Tonya Thompson
"Thing 2"

"The creativity! And of course the candy!"



Brynn Munoz
"Egyptian Princess"

"The candy is definitely the best part of Halloween."



Kim Yarnes & Sheila Gideon
"Zombies"

Kim: "Handing out candy to the kids and watching them get spun up on sugar."
Sheila: "All the scary movies on TV."



DISPATCH FROM ROI

Roi Rats get creepy for Halloween

Article and photos by **Laura Pasquarella-Swain**
Roi Community Activities Manager

Roi residents gathered at the Outrigger for their Halloween party on Sunday evening. Some party-goers came dressed in creative costumes. There was plenty to do on that hallowed night. "Rocky Horror Picture Show" played throughout the evening. Party-goers got to partake in a game of "spoon eyeballs" around an obstacle course and also got to bob for apples and cool off a bit. Plenty of fun, dancing, music and spookiness filled the air on the frightful Halloween Eve.



DJ Castle shows off his best mad scientist look.



Gene Littlefield and Sandra Garrison get their pirate on.



Jim Thomson, Laura Pasquarella-Swain, Mark Swain and Shelley Easter have a little fun.



Happy Birthday Sergeant Major

Sgt. Maj. Hohn Wolf takes aim at the candles on his surprise birthday cake Tuesday in USAKA headquarters. Anonymous sources said that if the correct number of candles were on his cake, the fire department would need to be on-site as a precaution.

Photo by Ruth Quigley

Haunted View from Kwaij

Submit your own photo! E-mail it to hourglass@smcck.smdc.army.mil.



From Catherine Layton



From Sheila Gideon



From Catherine Layton



From Kevin Osterbauer



From Kathy Skinner



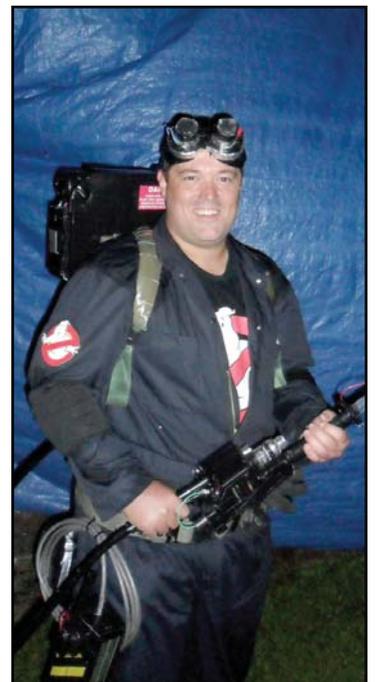
From Sheila Gideon



From Sheila Gideon



From Sheila Gideon



From Michael White

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, on the bulletin board by the Continental Travel Office and on the Roi-Namur Terminal/Post Office bulletin board. Full job descriptions and requirements for contract openings are located online at www.krsjv.com.

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 aid, medical office, substitute teacher and HR temp pool office support. Questions, Call 54916.

FOUND

EYEGLASSES on oceanside dirt road behind dome homes Oct. 29 evening. Glasses are black and slight clear and appear to be for distance. Call 55391 or 54579 to pick up.

LOST

RAZOR SCOOTER, silver and red. Taken from elementary school. If found call 52680.

TAN CAMO HAT and black sunglasses Sunday, possibly at marina. If found call 51984.

TDY PERSONNEL LOST prescription eyeglasses with alligator case on Oct. 27 while site seeing around the island. If found, contact Floyd Corder III at 54420 or Auntie at 52170.

WANTED

HOUSE FOR visiting father Jan. 3-16. Call 54125.

FOR SALE

OVERSTUFFED LOVE SEAT, \$125; office chair, \$20; corner computer desk, \$45; small Rubbermaid storage cabinet, \$20; floor lamp, \$5; custom-made full size laundry room wall shelving unit for new housing, \$50; bamboo vertical blinds, four panel, for new housing patio door, \$45; Hampton Bay 5-blade indoor fan with light, \$40; women's Sun bike with rear bike baskets, \$95; three-shelf, white wood end table, \$10; assorted prom dresses, \$20-50; Scuba Pro Lady Hawk BC, \$250; Scuba Pro Mark 25/X650 regulator set, just serviced, \$300; Atomic fins, size medium, \$60; men's XXL, .5 mil suit, \$20; men's XXL, 3 mil shortie, \$30; Scuba Pro Classic BC, \$75; assorted masks, \$10 each; Ben Hogan golf club set, \$50; Cuisinart thermal carafe coffee maker, \$10; wall-mounted corner desk/shelf, white laminate, \$25 and Stoneware dishes, four place set, new, \$45. Call 52479.

XBOX BATTLEFIELD 3, new condition, \$40. Call 51984.

PCS SALE. Boat K-342, 27-foot Crownline with Mercruiser 350 engine, 15 HP Honda outboard kicker, with trailer at lot 309, price negotiable; two fishing rod and reel combos with Penn International 80s, \$475 each and high boat cover on lot 309, \$300. Call 59662.

ASSORTED BASKETS, \$3 each; new Fuji digital camera model S2700HD, \$100; bathroom shelves, \$20; deck, free; expandable kitchen cabinet shelves, \$5 each; microwave, \$40; wine rack, \$5; size 11 dive booties, \$10; 7-inch digital picture frame, \$25; vacuum, \$20; bionic wrench set, \$15; new 3-speed shifter, \$10; ironing board and iron, \$5; large custom pantry, \$100; Andy Griffith show seasons one and two on DVD, \$20; Jeep carry-on roller luggage, \$20 and recliner, \$50. Call 54299 or 54784.

LENOX 8-inch silver plated vase, \$10; "SIMPLE" brand bike, \$80; large-wheeled duffel bag, \$10; roller blades, men's size 10 with pads and extra wheels, \$10; Waterford 10-inch vase, \$20; HP Deskjet printer, \$10 and area chair with ottoman, \$20. Call 51889.

BLACK METAL shelving units, \$35 each; Rubbermaid storage unit, \$75; four-foot tower fans, \$20 each; office chair, \$25; two black, glass TV stands, \$50 each; water exercise weights, large, \$10; dehumidifier, \$80 and assorted outdoor chair cushions. Call Tom at 54535 and leave a message.

HCT BD/DVD player, like new, \$40; US Robotics 802.11g wireless router, \$5; video card ATI Radeon 9200SE (92SEAD128B), \$5; Olympus underwater housing PT-021, fits Olympus C360z/D575 or D580 camera, \$40; Cannon Powershot A570 with underwater WP-DC12 case, new, \$280; Play Station II games, \$6 each; MS Plus for Windows XP, \$3; 802.11g wireless card bus adapter, \$5 and Sherwood Brut Regulator/Genesis Octo/Genesis SPG with bag, \$180. Call 51081.

HEAVY DUTY hand-pulled garden cart, \$60; binoculars, \$8 and hand-held marine radio, \$85. Call

Bryan at work, 51433, or evenings, 52036.

SOFA, \$75 and JBL control monitor speakers, \$200 or best offer. Call 51815.

PRE-LIT WISCONSIN pine Christmas tree, 6.5 feet, used once, \$35 and large computer work station, closes and locks, \$35. See both at quarters 412-A. Call 55269 or drop by after 5 p.m.

BEACH AND CAMP CHAIRS, \$5 each; assorted plants, \$5 each; scuba gear, women's small Libra, with dive computer, \$600; king-size waterbed with decorative headboard, mirror, lights and storage drawers, \$200; recliner with massage unit, \$70; bookcases, \$15 each and under-the-bed rolling storage containers, \$5 each. Call 52200.

LADIES LARGE BC, Aqua Lung Diva XLT with air source (no octopus needed), in excellent shape, \$225. Call 54365 or 52099.

COMMUNITY NOTICES

LIVE CHRISTMAS TREES are being pre-sold at the high school office for \$70. The shipment is very limited, so the trees will be sold on a first-come basis until they are sold-out. The trees are high-quality and long lasting. Delivery by the high school students will be free to your home around the first week in December. If you have friends who are off-island and think they want a tree, help them out by purchasing one for them too. Please call the high school office at 2011 with questions.

CYSS OPEN REC Photo Scavenger Hunt will be from 6-7:30 p.m., Nov. 9, in the SAS room. Registration ends today. Open to all CYSS registered children in K-6th grade. Visit CYSS central registration to sign up.

SATURDAY NIGHT FEVER will be at 8 p.m., tonight, at the Ocean View Club. Music by DJ Panama.

THE VET CLINIC will be closed today until Dec. 7. Animal emergencies should be directed to the hospital at 52223.

CWF MONTHLY LUNCHEON will be at noon, Sunday, in the Religious Education Building. Join us for lunch, bible study and fellowship.

SUNDAY NIGHT STEAK dinner at 6:30 p.m. at the Vet's Hall. Dinner will include a good-sized ribeye, fully loaded baked potato, vegetable, dessert and a water or soft drink of your choice. Tickets are \$20 and all proceeds will go to veterans charities.

KARAOKE on Sunday night at the Ocean View Club.

HOLIDAY ARTS AND CRAFTS SHOW, featuring the creations of local artists, crafters and vendors will take place 10 a.m.-2 p.m., Monday, in the CRC gym.

CHRISTMAS WREATH SALES will be Monday at the Holiday Craft Fair. Come support Kwajalein Cub Scout Pack 135 and purchase a beautiful, wonderfully smelling, live Christmas wreath. The wreaths will be available for delivery during the second week of December. If you would like to

Religious Services

Catholic

5:30 p.m., Saturday, Small Chapel
9:15 a.m., Sunday, Island Memorial Chapel

Protestant

8 and 11 a.m., Sunday, Island Memorial Chapel
Roi-Namur service at 7 p.m., Friday

Baptist

9:40 a.m., Sunday, Elementary School
Music Room

Latter-day Saints

10 a.m., Sunday, CRC Room 3

Jewish

Second Friday of the month in the REB.
Times will vary.
Contact the chaplain's office at 53505 for more information.

Café Pacific

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 12
Carved Smoked Ham	Beef Tips	Sloppy Joes	Philly Cheesesteak	Veggie Lasagna	Fried Chicken	Iowa Chop
Crab Benedict	Herbed Game Hen	Chicken Breakfast	Stuffed Cabbage	Meat Lasagna	Short Rib Stew	Sesame/Ginger Tofu
Huli Huli Chicken	Ham Marco Polo	Broccoli/Rice Casserole	Chicken Pot Pie	Beef/Broccoli Stir-fry	Quiche Lorraine	Chicken Nuggets

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 12
Spaghetti	Sweet/Sour Pork	Meatball Stroganoff	Steamship Round	Roast Pork	Pancake Supper	Minute Steak
Breaded Pollock	Chicken Hekka	Barbeque Chicken	Coconut Chicken	Beef Fajitas	Beef Brisket	Chicken Stew
Italian Bread	Korean Beef	Spicy Tofu	Noodles Romanoff	Chicken Enchiladas	Veggie Pasta	Baked Tofu/Veggies

purchase a wreath before and/or after the craft fair, call Dawn Gray at 52515 or e-mail her in global. Wreaths will also be on sale Nov. 14 and 21 on the Exchange porch.

HANG TIME TIE DYE and BBQ is 5-8 p.m., Monday, at Emon Beach Pavilion 1. The main course will be provided. Accompanied, please bless the unaccompanied by bringing a dish to share. For best results, bring your 100 percent cotton garment by quarters 435-A the night before and drop it in the pre-soak bin. Call Gary and Cheryle at 51314 for more information.

KRC WILL HOST a Fun Run at 5:30 p.m., Monday, in front of the library. Distances are 1/2, 2 and 5 miles. Runners, joggers and walkers are welcome. A great family affair!

"LEARN TO HOMEBREW DAY" will be 9 a.m. to 2 p.m., Monday, at the Yacht Club. Demonstrations in simple brewing, advanced brewing, all-grain brewing, bottling and mead production. If you've ever considered brewing your own beer, stop by and experience how simple the homebrewing process really is. Questions, contact Mark at 56526.

KWAJALEIN SWIM TEAM'S third meet of the season will begin at 3 p.m., Monday, at the Family Pool. Come cheer on your favorite swimmers. Baked goods on sale at the meet. Questions, call Amy at 52681.

KWAJALEIN SCUBA CLUB will hold their monthly meeting at 7 p.m., Wednesday, at the Pacific Club. The new Rum Reggie shirts will be on sale. Wear a dive shirt from Hawaii for extra points.

ARE YOU INTERESTED in helping those who want to join the military to prepare for the Armed Services Vocational Aptitude Battery? Volunteers for math and english tutors and administrative assistants are needed. USAKA Host Nations is hosting an information meeting at 5 p.m., Wednesday, in the command conference room, building 730. For questions, contact Bill White at 54848.

BINGO WILL BE ON Thursday at the Pacific Club. Card sales begin at 5:30 p.m. Bingo begins at 6:30 p.m. Blackout completion at 57 numbers, \$1,700 payout; Windfall completion at 27 numbers, \$1,700 payout. Must be 21 to enter and play; bring your ID.

LEARN MORE about your benefits and personally meet with the Aetna representative at one of the open enrollment meetings. On Kwajalein: 4 and 5 p.m., Tuesday, in the Coconut Room; 9:15 and 10:30 a.m., Wednesday, in the REB; 3:30 and 4:45 p.m., Nov. 9, in CRC Room 1. On Roi: 8:30 and 9:30 a.m., Thursday, at TRADEX; 10:45 a.m., Thursday, at ALTAIR; 12:45 p.m., Nov. 10, at C Building.

KWAJALEIN POLICE Department will hold a small arms range 8 a.m. to 5 p.m., Tuesday; 8 a.m. to 5 p.m., Wednesday; and 8 a.m. to noon, Thursday. For questions, contact Lt. Masetti at 54443.

THE SMALL BOAT MARINA will be open on Friday, but closed on Nov. 12 due to the Veterans Day holiday.

THE NOVEMBER Kwajalein School Advisory Council public meeting will be at 7 p.m., Nov. 16, in the elementary school classroom #10. The classroom is located on the southeast corner of the campus. There will be a SmartBoard demonstration during this meeting. The public is invited to attend.

THE NEXT AMATEUR Radio Club testing session for Amateur FCC License: Technician, General and Extra class will be held at 7 p.m., Nov. 17, at the radio shack. The cost of the test session will be \$15 cash or check. You may take one, two or all three tests at no extra cost. Bring proof of identification and a cleared calculator if needed.

CYSS OPEN REC Thanksgiving Dinner Party is 6-7:30 p.m., Nov. 23, in the SAS room. Registration is Nov. 15-19. Open to all CYSS registered children in K-6th grade. Visit CYSS central registration to sign up.

GALACTIC ATOLL BOWL is from 7-11 p.m., Nov. 19. Cost is \$2 for shoes and \$2 for games. Adults only. Bring your beverages and friends, we'll bring the rave.

DUE TO SUPPLY LIMITATIONS until Nov. 20, Sunrise Bakery is limited in product availability. There will be no glazed donuts, special cake orders and very limited pastries. We apologize for the inconvenience. Thank you for your understanding and patience while we address the issues with our product source. A status update will be announced as soon as products are available.

THERE WILL BE NO Bingo Nov. 24 due to the Thanksgiving holiday. There will be Bingo on Dec. 1 and Dec. 31. Jackpots to be announced.

BIRTHDAY BASH at 8 p.m., Nov. 26, at the Ocean View Club. Sign up at the KRS Retail Sales office by Nov. 23. Must be 21 years old. Complimentary drinks, DJ and cake for registered November birthday participants. Contact Maria at 58228.

JOIN US AT CAFÉ PACIFIC for our Thanksgiving Buffet on Nov. 25. We will be offering a beef and lamb carving station, crab legs, roasted turkey, ham, mahi-mahi, pasta, chilled seafood bar, cheese bar, salads, fresh fruits and dessert. Meal card holders are invited to eat 11 a.m.-3:30 p.m. and all other residents are invited to eat 12:30 p.m.-3:30 p.m. The cost is \$24.95 for adults and \$11.95 for children under 12 years of age.

THANKSGIVING DINNER is being hosted by CWF at 1 p.m., Nov. 25, in the REB. Families and singles are all welcome to attend. Don't spend Thanksgiving alone. Bring your favorite side dish. Call Amy at 52681 for details and to R.S.V.P.

SMALL BOAT MARINA winter hours are currently in effect. Saturdays 1-6 p.m.; Sundays, Mondays and Holidays 7:30 a.m.-6 p.m.

THE MARSHALLESE CULTURAL CENTER is looking for folks interested in volunteering from 3-5 p.m. on Mondays. The main responsibility is to greet visitors. It is also a great place to learn more about our host nation. Volunteers will be scheduled once



One Breath Safety Seminar

6-7:30 p.m.

Nov. 12

Pacific Club

The safety seminar will cover information regarding the slings, spear guns and fishing gear sold in the PX. It will add more training to enhance the knowledge and awareness of the community. Topics include "do's and don'ts," proper technique, gear setup, weather conditions/terrain, trolling, jigging, timing your fishing trips and how to handle certain fish carefully.

every 4-6 weeks depending on number of volunteers available. Please call Cindy at 54591 or e-mail kwajswim@yahoo.com.

NOW MORE THAN EVER it is most urgent that all Kwajalein Atoll residents tip all standing water to prevent the mosquito population from exploding. Thick vegetation should be thinned out and leaves raked and bagged, not left in piles to harbor adult mosquitoes. A recent inspection by Pest Management found abundant standing water harboring larvae at nearly all BQs and numerous family housing yards. Notification letters will be forthcoming. All residents are urged to walk around your living quarters and places of work to ensure no water is left for mosquito larvae to live. If you have questions or concerns please contact Billy at 54738.

SAFELY SPEAKING. Lifting heavy objects with a crane is a common practice for KRS. The lifting device and rigging must have the rated capacity to lift the object.

E-TALK. Regulated medical waste generated at the hospital, dispensaries, dental clinic, and vet services is collected by trained personnel and escorted to the incinerators for disposal. Please contact Environmental at 51134 if you have any questions.

HAND SAFETY. Lawn mowers are safe if used properly. Never insert hands or feet into the mower to remove grass or debris. Even with the motor turned off, the blade remains engaged. Always read your mower's instruction manual prior to use.

<i>Café Roi</i>						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 12
Rosemary Roast	Beef Machaca	Chicken Pesto	Memphis Ribs	Burger Bar	French Dip Sandwich	Cuban Sandwich
Pork Loin	Southwest Chicken	Cheddar Meatloaf	Grilled Chicken Kiwi	Turkey/Dumplings	Corn Dogs	Ropa Vieja Beef
Croissanwich	Huevos Rancheros	Pasta Primavera	Baked Beans	Potato Salad	Cheese/Ranch Potato	Beer Black Beans
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 12
Chicken Scampi	Barbeque Chicken	Fish and Chips	Roast Beef/Horseradish	Roi Fried Chicken	Mexican Chicken	Large Pizzas
Stracotto Beef	Vegetables	Bangers and Mash	Chicken Pot Pie	Pork Chops	Mexican Beef Pie	Penne/Sun Dried Tomato
Mashed Potatoes	Au Gratin Potatoes	Steak and Ale Pie	Baked Potatoes	Mashed Potatoes	Queso and Chips	Grilled Chicken



Capt. Shawn P. T. Charles, 40, of Hickory, N.C., died Oct. 23 in San Antonio from a non-combat illness. He was assigned to the 2nd Battalion, 8th Cavalry Regiment, 1st Brigade Combat Team, 1st Cavalry Division, Fort Hood, Texas.

Sgt. Edward S. Grace, 39, of South Dartmouth, Mass., died Oct. 23 in Silver Spring, Md., from a non-combat illness. He was assigned to the 1st Battalion, 182nd Infantry Regiment, 26th Maneuver Enhancement Brigade, Massachusetts National Guard, Braintree, Mass.

Sgt. 1st Class David G. Robinson, 28, of Winthrop Harbor, Ill., died Oct. 25 in Riyadh, Saudi Arabia. He was assigned to the U.S. Army Support Activity, Riyadh, Saudi Arabia.

Sgt. John A. Lyons, 26, of Seaside Park, N.J., died Oct. 26 in Ghazni province, Afghanistan, of wounds suffered when insurgents attacked his unit using small arms fire. He was assigned to the 8th Engineer Battalion, 36th Engineer Brigade, Fort Hood, Texas.

Staff Sgt. Stephen J. Dunning, 31, of Milpitas, Calif., died Oct. 27 while conducting combat operations in Helmand province, Afghanistan. He was assigned to 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force, Okinawa, Japan.

Four Soldiers died while supporting Operation Enduring Freedom.

They died Oct. 29 in Kabul province, Afghanistan, of wounds suffered when enemy forces attacked their vehicle with a vehicle-borne improvised explosive device. Killed were **Lt. Col. David E. Cabrera**, 41, of Abilene, Texas, assigned to Uniformed Services University of Health Sciences, Bethesda, Md.; **Staff Sgt. Christopher R. Newman**, 26, of Shelby, N.C., assigned to Medical Company A, Tripler Army Medical Center, Hawaii; **Sgt. James M. Darrough**, 38, of Austin, Texas, assigned to 101st Finance Company, 101st Special Troops Battalion, 101st Sustainment Brigade, 101st Airborne Division (Air Assault), Fort Campbell, Ky.; and **Sgt. Carlo F. Eugenio**, 29, of Rancho Cucamonga, Calif., assigned to 756th Transportation Company, 224th Sustainment Brigade, California Army National Guard, Van Nuys, Calif.

Two Soldiers died while supporting Operation Enduring Freedom. They died Nov. 1 in Paktia province, Afghanistan, of wounds suffered when enemy forces attacked their vehicle with an improvised explosive device. They were assigned to the 700th Brigade Support Battalion, 45th Infantry Brigade Combat Team, Oklahoma National Guard, Tulsa, Okla. Killed were **Spc. Christopher D. Gailey**, 26, of Ochelata, Okla.; and **Pfc. Sarina N. Butcher**, 19, of Checotah, Okla.

Veteran's Day Hours of Operation

Friday, Nov. 11	
Emon Beach	11 a.m.-6 p.m.
All other beaches	Buddy system
CRC	Closed
ARC	9 a.m.-midnight
Bowling Center	Closed
Golf Course	Sunrise to sunset
Driving Range	Sunrise to sunset
Country Club	Closed
Hobby Shop	Noon-8 p.m.
Library	Closed
Adult pool	Buddy system
Family pool	11 a.m.-6 p.m.
Skate park	Sunrise to sunset
Small Boat Marina	7:30 a.m.-6 p.m.
Roi Marina	8 a.m.-6 p.m.
Surfway	11 a.m.-6:30 p.m.
Laundry	Closed
Beauty/Barber	Closed
Sunrise Bakery	Closed
Ocean View Club	Regular hours
Post Office Kwaj	Closed
Post Office Roi	Closed
Shoppette (Express)	9 a.m.-5 p.m.
Px	Closed
Roi AAFES	10 a.m.-5 p.m.
Burger King	10 a.m.-4 p.m.
Subway	10 a.m.-4 p.m.
Anthony's Pizza	11:30 a.m.-6 p.m.
Baskin Robbins	Closed
American Eatery	Closed
Community Bank	Closed
Outrigger Snack Bar	Noon-2 p.m./5:30-10:30 p.m.
Outrigger Bar	5:30 p.m.-12:30 a.m.

Weather

Courtesy of RTS Weather

Sunday: Mostly cloudy, 40 percent showers. Winds: ENE-S at 5 - 10 knots.
 Monday: Mostly cloudy, 30 percent showers. Winds: SE-S at 5 - 10 knots.
 Tuesday: Partly sunny, 20 percent showers. Winds: ENE-ESE at 5 - 10 knots.
 Wednesday: Partly sunny, 10 percent showers. Winds: NE-ESE at 8 - 13 knots.
 Thursday: Mostly cloudy, 20 percent showers. Winds: ENE-ESE at 7 - 12 knots.
 Friday: Partly sunny, 10 percent showers. Winds: ENE-ESE at 8 - 13 knots.

Annual total: 100.64 inches
 Annual deviation: + 25.38 inches

Call 54700 for updates forecasts or visit www.rts-wx.com.

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	6:39 a.m./6:26 p.m.	3:11 p.m./2:51 a.m.	1:23 a.m., 3.0' 2:01 p.m., 3.3'	7:41 a.m., 0.5' 8:06 p.m., 0.6'
Monday	6:39 a.m./6:26 p.m.	3:50 p.m./3:35 a.m.	2:04 a.m., 3.2' 2:30 p.m., 3.7'	8:13 a.m., 0.2' 8:41 p.m., 0.3'
Tuesday	6:40 a.m./6:26 p.m.	4:29 p.m./4:19 a.m.	2:38 a.m., 3.4' 2:58 p.m., 4.0'	8:41 a.m., 0.0' 9:12 p.m., 0.0'
Wednesday	6:40 a.m./6:26 p.m.	5:09 p.m./5:04 a.m.	3:09 a.m., 3.5' 3:25 p.m., 4.3'	9:08 a.m., -0.2' 9:42 p.m., -0.3'
Thursday	6:40 a.m./6:26 p.m.	5:52 p.m./5:51 a.m.	3:39 a.m., 3.6' 3:53 p.m., 4.5'	9:35 a.m., -0.3' 10:12 p.m., -0.4'
Friday	6:40 a.m./6:26 p.m.	6:37 p.m./6:39 a.m.	4:08 a.m., 3.6' 4:21 p.m., 4.5'	10:03 a.m., -0.4' 10:41 p.m., -0.5'
Nov. 12	6:41 a.m./6:26 p.m.	7:25 p.m./7:29 a.m.	4:37 a.m., 3.6' 4:49 p.m., 4.5'	10:30 a.m., -0.4' 11:12 p.m., -0.5'