

VOLUME 54 NUMBER 42

OCTOBER 19, 2013

THE WAJALEIN HOURGLASS



Assistant Chief of Fire Prevention, Stan Edwards, assists Alisha Church with the bucket throw portion of the Fire Muster. For more, see page 4.

Photo by Jordan Vinson



Photo by Sheila Gideon

Yokwe!

Jordan Vinson is the new Associate Editor at the Kwajalein Hourglass. He arrived Oct. 10 with his cat, Ruben, from Indianapolis. He recently graduated with his master's degree in journalism from Indiana University. He discovered the job opening by doing a Google search of "jobs in the Marshall Islands." He is looking forward to taking advantage of island sports and activities, travelling and making new friends.

Notice Of Availability

USAG-KA Draft Document of Environmental Protection for Point-Source Discharges

The U.S. Army Garrison-Kwajalein Atoll Environmental Standards require that the point-source discharge of stormwater, cooling water and wastewater from USAG-KA domestic and industrial operations to the waters of the Republic of the Marshall Islands must be defined in a Document of Environmental Protection. The Standards further provide that regulatory agencies and the public be allowed to review and comment on a Draft DEP.

The Draft DEP for the Point-

Source Discharges, September 2013, provides requirements and limitations for point-source discharges in the lagoon and ocean waters surrounding Kwajalein, Roi-Namur and Meck.

The public is invited to review and comment on this Draft DEP. The Draft DEP and the USAG-KA Environmental Standards are available for review at the Grace Sherwood Library, the Roi-Namur Library and the RMI Environmental Protection Authority office. Questions regarding the Draft

DEP can be directed to: Sharon Mitchell, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command.

Written comments can be directed to:

Sharon Mitchell:
USASMDC/ARSTRAT
ATTN: SMDC-ENE
P.O. Box 1500
Huntsville, AL 35807-3801

A period of at least 30 days will be provided for public comment. Comments should be postmarked no later than Nov. 20.

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 Garrison-Kwajalein Atoll. Contents of the Hourglass are not necessarily official views of, or endorsed by, the

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Records broken at Columbus Day run

By Bob Sholar
KRC Vice President

Kwajalein Running Club conducted the 36th annual Columbus Day Run on the Tuesday holiday, with a 6:15 a.m. start at Namo Weto Youth Center. Nearly 100 runners and walkers participated. Eighteen runners chose the two-island-loop option, 13.04 miles, the rest doing one loop, 6.52 miles. Runners ranged in age from 7-70 years, again representing a remarkably broad swath of the island's resident population.

First finishers overall for the half marathon were Jon Jahnke and Krystal Peterson. Jahnke is KRC's president for 2013-14. For the quarter marathon it was easy striding Maj. Shawn Hebert and Stephanie Trimble over the line first. Kevin Skinner took the Social Security Eligible division for the half marathon and John Sova took the same for the quarter marathon. Both lowered their SSE division records; in Skinner's case, by almost 30 minutes! Skinner's time of 1 hour, 54 minutes and 59 seconds, put him in a finishing cluster that included some of the island's best male dis-

tance runners: Jahnke, Ben Bartyzel and Brent Peterson; one of whom is roughly half Skinner's age. You have to guess.

Our U.S. Army Garrison-Kwajalein Atoll leadership was prominent. Five of the top 15 male masters division finishers at 6.52 miles were, in order: Chief Warrant Officer 4 George Gansel, Col. Nestor Sadler, Chief Warrant Officer 3 Shawn Carpenter, Sgt. Maj. Roderick Prioleau, Maj. Luke Koerschner and Lt. Col. Dean Wiley. Hoooah! Sgt. Geraldine Turituri was also part of the quarter marathon women's finishers. Also of note were performances by Hebert in the 6.52 mile open section and Maj. Matt Sova's in the 13.04 mile open.

The two course-side water stations were staffed by local Boy Scout Troop 314 members, led by Scout Leader Glen McClellan. The Scouts left their overnight campout to arrive at stations in the dark to support the early morning run.

At noon, the runners and walkers gathered at Emon Beach Main Pavilion for a holiday afternoon barbecue, followed by the presentation of certificates and custom T-shirts designed by Kathy Skinner.

Columbus Day Run Results			
Division	Miles	Division Winner	Time
FM	13.04	Jane Erekson	1:57:29
FO	13.04	Krystal Peterson	1:48:30
MM	13.04	Jon Jahnke	1:52:10
MO	13.04	Brent Peterson	1:53:41
SSE	13.04	Kevin Skinner	1:54:59*
FM	6.52	Steph Trimble	0:53:27
FO	6.52	Kaylee West	1:03:36
FT	6.52	Mereille Bishop	1:01:27
FY	6.52	Julia Sholar	1:03:00
MM	6.52	Jeff Fluhrer	0:51:25
MO	6.52	Shawn Hebert	0:50:23
MT	6.52	John Sholar	0:56:30
MY	6.52	Dominic Leines	1:27:38
SSE	6.52	John Sova	1:00:17*

* New Category Record
Division Codes (ages):
MY - Male Youth (1-12)
MT - Male Teen (13-19)
MO - Male Open (20-39)
MM - Male Master (40+)
FY - Female Youth (1-12)
FT - Female Teen (13-19)
FO - Female Open (20-39)
FM - Female Master (40+)
SSE - Social Security Eligible (62+)



Meghan and Johnathon McClellan finish the 6.52-mile run together.

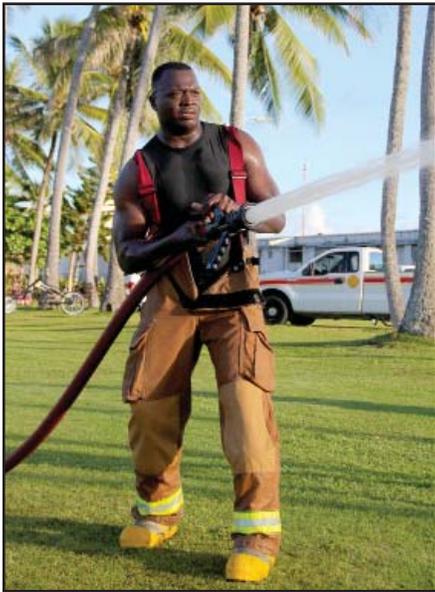


Angela Mitchell, left, celebrates with friend Shelbi Rowe as they cross the finish line of the 13.04-mile race on Tuesday.



Ben Souther, left, races toward the finish line against Ron Sylvester during the KRC Columbus Day Run on Tuesday.

Kwajalein Fire Department engages Kwaj community with array of fire safety events



Photos by Jordan Vinson

Sgt. Maj. Roderick Prioleau competes in the fourth annual Fire Muster obstacle course challenge Oct. 12



Fire Inspector Sherry Pinnell explains how to properly use a variety of fire extinguishers.



“The Super Soakers” dash through the course toward the final leg of the race.

By Sheila Gideon
Managing Editor

Fire Prevention Week is about one thing according to Kwajalein Fire Department Chief Tony Flowers: education. It is an opportunity to bring the whole community together to learn firsthand about fire safety and prevention.

“It gets them involved so they can see that it’s fun,” Flowers commented. Fire safety events help the kids to understand firsthand what it is firefighters do and exhibits their availability to the community, he said.

This year’s public fire safety education was a week-long campaign that began with a fire safety movie viewing at the Richardson Theater Oct. 6. Sparky the Fire Dog, Fire Pup and local firefighters had lunch at the Exchange Food Court Oct. 7 with island children. During the week, the firefighters visited George Seitz Elementary School classes and the Child Development Center, educating the children in fire safety practices. Fire Prevention Week ended in a finale at the Richardson Theater Oct. 12.

The main attraction at the finale

was the fourth annual Fire Muster obstacle course for teens and the workforce at large. Teams of four competed for the best time on a course that included dressing in fire boots and overalls, trudging through a pool of water, passing buckets of water to one another, carrying a ladder through cones, and finally, connecting a fire hose and knocking down a target with water spray. Only three teen teams competed, and one judge commented on team YOLOers performance saying, “Their drive to win was outstanding.” Competition was fierce among the five workforce teams. Last year’s champs, team “Super Soakers,” didn’t even bring the trophy to the competition they were so confident they would win again. Unfortunately for them, “Team Name Pending” out-performed them by over 30 seconds on the course, and claimed victory this year.

Other events at the finale included CPR training, fire extinguisher training, an inflatable Fire House, and a smoke detector education table. There was also a craft table where kids could color fire safety books, pick up a plastic fire hat, or get a fire safety temporary tattoo.



Ben Tavutavuwale, left, and Jared Wase of “Class of 2016” fight their way out of the pool at the beginning of the fire muster race.

Fire Muster Results			
Teen Teams	1st	Class of 2016 Caelan Heidle Ben Tavutavuwale John Tippetts Jared Wase	5:21:05
	2nd	Class of 2014 Keith Brady Ally Scott Chris Sanborn John Sholar	5:41:09
	3rd	7th Grade–YOLOers Alisha Church Christina Jones Angeline Kelly Audrey Whatcott	7:35:38
Workforce Teams	1st	Team Name Pending Chief Warrant Officer 3 Shawn Carpenter Matthew Hess Christina Ziemba Matthew Ziemba	3:14:13
	2nd	The Super Soakers (USAKA) Chief Warrant Officer 4 George Gansel Maj. Shawn Hebert David Scheivert Steve Young	3:45:29
	3rd	Blazin' Saddles Steven Freiburger Jared Hamilton Jeff Lang Jamye Loy	4:02:46
	4th	Team Sickness Henry Botes Holly Botes Master Sgt. Marcus Weiland Mika Weiland	4:44:47
	5th	USAKA Command Headquarters Joe Moscone Operations Sgt. Maj. David Negron Jr. Sgt. Maj. Roderick Prioleau Col. Nestor Sadler	5:18:00



Photo by Grace McDiffett

“Team Name Pending” pauses for a photo after dominating the competition at this year’s muster.



Laura Gimple gets in the spirit of fire prevention week in a fire cap outside the fire department’s inflatable fire house.



Photo by Grace McDiffett

Sparky the Fire Dog visits with Sydney Hall at the Exchange Food Court on Monday.



Photo by Chris Delisio

Fire Pup visits Karen Brady’s second grade classroom to help teach kids about fire prevention.

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, 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.

KAY AND ASSOCIATES, Tool and Parts Attendant. Part-time, on-island, local hire. For full job description and to submit application, visit www.kayinc.com.

LOST

ITOUCH, 32 GB, silver, with \$100 bill plastic cover, white, full size headphones, last seen in the SAC room the morning of Sept. 24. If found, drop in the MPS mail P.O. Box 143, anonymously, no questions asked, or call 52642.

FOUND

BELL BIKE multi-tool kit on dirt pathway by church on Sept. 29. Call 52642.

WANTED

USED PORTABLE cassette player so I can listen to all the cassette audio books in the library. Call Paula at 53470.

FIRST FLOOR BQ or house for visiting parents for some or all of their time here, Nov. 21-Dec. 9. Happy to pet or plant sit, will offer a free sailing trip, cook you dinner and house cleaning if you can help! Call 51054.

HOUSE OR BQ for visiting parents, end of November until

Religious Services

Catholic

5:30 p.m., Saturday, Small Chapel
 9:15 a.m., Sunday, Island Memorial Chapel
 Roi-Namur service, 7 p.m., Second and Fourth
 Friday of each month. Appointments with Fr. Vic
 available after dinner.

Protestant

8 a.m., Sunday, Island Memorial Chapel
 9:15 a.m., Sunday School
 11 a.m., Sunday, Island Memorial Chapel
 7 p.m., First and third Friday, Roi Chapel

Latter-day Saints

10 a.m., Sunday, CRC Room 3
 Contact the chaplain's office at 53505 for more
 information.

Dec. 24. Call Ona at 52276.

FOR SALE

DISHWASHER for 400-series housing, works great, \$100. Call 54122.

DIGITAL CAMERA, Polaroid, 10-megapixel, touchscreen, charger, \$40; Nintendo DSi, charger \$80; small kid's backpack, camouflage pattern, \$10; men's rollerblades, size 9, \$10; 3-ring binders, used, in good condition, \$1 each; stuffed animals, \$1 each; book socks, free. Call 50165 or come to Dome 165.

CANON DS10, \$100; Canon G11, \$150; camera accessories, make offer; tablet, \$100; Ideos Slim 7 tablet, \$150; kiteboard set with full gear, two handles, \$1,000 or best offer; Verizon Escapade flip phone, one year old with chargers for home and car, \$50; dehumidifier, \$100; all-in-one printer, \$100; Company Store down twin comforter, \$20; three Cisco switches, \$50 each; router, \$20; Army ACUs, \$20 each top or bottom; several woman's size 8-9 shoes. Call Crystal at 51469.

ACER COMPUTER MONITOR, 22-inch, nearly new, great video, \$50. Call 51157.

UMBRELLA, \$5; collapsible lawn chair, \$7; HP Deskjet 1000 printer, \$20; small TV/DVD combo flatscreen, \$150; new steel toe work boots, size 11, \$40; rod and reel for shore fishing, \$30; new Scentsy air freshener, \$20; entertainment center, \$150; new blanket, \$40. Call Robert at 51752 and leave a message.

KID'S 16-INCH BIKE, Specialized Hotrock, new mag rims, new stainless steel chain, new grips, no rust, excellent shape, good for 3- to 5-year-olds, \$85. Call 53018 and leave a message.

SONY BRAVIA 55-inch LCD TV, like new with remote, \$800 or best offer. Call 52501.

IMAGINARIUM train table with wooden track, two storage drawers, buildings and many trains, good condition, \$125. Visit quarters 492-A or call 52597.

MAINSAIL, good condition, maxi-roach, 42.5-foot luff, 14-foot 2-inch foot, full-battens, loose foot, three reefs, triple-stitched seams, includes all batten hardware and battens, \$1,500; Alpha 3000 autopilot with control unit, fluxgate compass, remote unit; two linear drive units and all documentation, \$500. Call Dale or Paula at 53470.

PIRATE BOOTS, real black leather, thigh-high/fold over, low heel, unisex sizing women's 9 or men's 8, hardly worn and in excellent condition, \$25. Call 51597.

COMMUNITY NOTICES

FLU VACCINES are now available at the hospital on Tuesday, Wednesday, Thursday and Saturday afternoons from 1:30-4 p.m. No appointment necessary.

CATHOLIC MASS SCHEDULE effective through Oct. 26 during Fr. Langan's holiday: Fr. Tet from Ebeye will celebrate Mass at 5:30 p.m. on Saturdays; Communion

NOTICE

Public Works AC&R department sincerely appreciated everyone's patience while we worked on the Reef BQ. Unfortunately, the system experienced an internal burn-out that contaminated the whole system, along with several other mechanical failures. The repair required the replacement of two compressors and extensive system flushes. Due to the size of the building and amount of equipment, it was a very lengthy process. Chillers, such as those in the Reef BQ, are much more complex systems than the AC systems installed in housing. The installation of a component such as this requires significant manpower and constant monitoring upon replacement. AC&R was able to finish the installation Oct. 10. Public Works Department would like to apologize for the inconvenience while repairs were underway. Public Works understands the importance of air conditioning on Kwajalein, and we have increased our focus in the last twelve months. Our AC&R department works hard every day to meet your needs.

Thank you,
 Thomas Lester, Public Works Manager

Service at 9:15 a.m. on Sundays.

SHAVING CREAM SOCIAL is today at the Richardson Ravine. 4:30-4:40 p.m.: pre-school (must be accompanied by an adult in the "pit" area); 4:40-5 p.m.: K-2nd grade; 5:10-5:30 p.m.: 3rd-6th grade; 5:40-6 p.m.: Jr. and Sr. High.

KWAJALEIN SPORTS ASSOCIATION'S free kick-off event is at 7 p.m., tonight, starting in front of the Bowling Alley. Come participate in a Zombie Obstacle Course! Food and adult- and family-friendly beverages available for purchase. Call Danielle at 50704 for more information.

OCEAN VIEW CLUB Birthday Bash presents *Radar Love*, 8 p.m., tonight. Bring your K-badge and present it to the bartender. Must be 21 years old! Complimentary drinks and cake for registered October birthdays.

56TH JAMBOREE-ON-THE-AIR, 1-3 p.m., Sunday, at the Ham Radio Shack. All Scouts are welcome.

BIBLE TALKS WILL BE AT 5:30 p.m., Sunday, in the REB, and 6:30 p.m., Wednesday, in the REB. Everyone is welcome. Call Corle' May and Marilyn Denio at 51446 with questions.

KWAJALEIN YACHT CLUB'S Swashbuckler's Ball is at

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 26
Maple Glazed Ham	Garlic Roast Beef	Beef Lasagna	Roast Turkey	Grilled Superbird	Herb Chicken Breast	Pasta
Kwaj Fried Chicken	Pasta Alfredo	Vegetarian Lasagna	Sage Stuffing	Pot Roast	Fish du Jour	Italian Sausage
Barbecue Beef Sandwich	Bacon Cheese Quiche	Garlic Toast	Baked Yams	Fish du Jour	Brown Rice Pilaf	Garlic Bread

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 26
Chicken Stir-fry	Beef Curry	Hawaiian Chopped Steak	Grilled Chicken	Oven Fried Chicken	Hamburger Bonanza	Salisbury Steak
Red Potatoes	Buffalo Drumettes	Potatoes O'Brien	Pineapple Salsa	Baked Spaghetti	Vegetarian Stir-fry	General's Chicken
Mixed Vegetables	Green Beans	Peas and Carrots	Baked Potatoes	Vegetarian Stir-fry	Rice Pilaf	Thyme Roast Potatoes

The Hawaii State Department of Health is investigating 29 cases of acute hepatitis and liver failure that occurred in the state from May through October 2013 and may be related to the use of diet supplements for weight loss or muscle building.

People who use dietary or nutritional supplements for weight loss or muscle gain are urged to talk with their personal doctor or health care provider. Anyone who develops symptoms such as abdominal pain or discomfort, fatigue, loss of appetite, nausea and yellow skin or eyes, should consult their doctor immediately.

The Hawaii State Department of Health is alerting local retailers and requesting the voluntary removal from sale of the product OxyElite Pro pending an ongoing investigation of cases of liver failure and acute hepatitis. The public is advised to discontinue use of the product at this time.

6:30 p.m., Sunday, at the Yacht Club. Food, fun, music and dancing. Pirate costume contest awards. Tickets are \$25 for members, \$35 for non-members. Contact KYC officers to purchase tickets.

KWAJALEIN ART GUILD meeting is at 5 p.m., Tuesday, in the Art Annex next to the Hobby Shop. Discussion to include the upcoming Arts and Craft Fair and those interested in joining the KAG as members or officers.

KWAJALEIN ATOLL International Sportfishing Club meeting will be held Wednesday at the Pacific Club. Food and beverages will be served at 6:30 p.m., meeting will start at 7 p.m. All anglers welcome to attend! Questions? Call Andy at 52878.

THE OPTOMETRIST, Dr. Chris Yamamoto, will see patients on island through Oct. 31. Call the hospital for an eye exam appointment at 52223 or 52224 or ES&H at 58855 for prescription safety glasses.

BARIATRIC SURGERY Support Group will meet from 4:45-5:30 p.m., Tuesday, in the hospital conference room. Topic will be "For Better or For Worse."

ANNUAL FALL ART SHOW will be held at 6 p.m., Friday, at the REB. If you are interested in displaying art, stop by the Hobby Shop to sign up. This will be an exhibition only and all ages are welcome!

INDOOR VOLLEYBALL season registration ends Friday. Season play is Nov. 6-Dec. 20. Cost is \$100 per team. There is a mandatory manager's meeting at 5 p.m., Friday. Questions, call Kaylee at 51275.

CYSS YOUTH SPORTS Start Smart Golf season is Nov. 6-Dec. 11. Cost is \$20. Open to all CYSS children 4-7 years of age. Register at Central Registration, Building 358 or 52158, through Oct. 26. Questions? Call Michelle Huwe at 53796.

CYSS YOUTH SPORTS golf season is Nov. 7-Dec. 12. Cost is \$30. Open to all CYSS children in Kindergarten-Grade 6. Register at Central Registration, Building 358 or 52158, through Oct. 26. Questions? Call Michelle Huwe at 53796.

CYSS YOUTH SPORTS flag football season is Nov. 5-Dec. 12. Cost is \$25. Open to all CYSS children in Kindergarten-Grade 6. Register at Central Registration, Building 358 or 52158, through Oct. 26. Questions? Call Michelle Huwe at 53796.

KWAJALEIN YACHT CLUB will hold its October meeting on Oct. 26 at the Yacht Club. Happy hour at 5:30 p.m., meeting at 6:30 p.m., dinner at 7 p.m. Entree will be provided, bring a side dish to share. Questions? Contact Ed at commadore@kwajyachtclub.com.

CREEPY CARN-EVIL IS AT 7 p.m., Oct. 26, at the Country Club. Live music, DJ, drinks and "creepy" festivities. Shuttle available at the Ocean View Club and Surfway. Call Community Activities at 53331 for more information.

MANIT MINUTE

Birds play an important role in the traditional lives of the Marshallese people. Not only are they a source of food, birds also provide information that Marshallese use when fishing, sailing or traveling on long voyages. Golden plovers, which nest in Alaska, travel through the Marshall Islands in late fall to points south and west. This migration would correspond to the annual ocean voyages that the kings or Irois would make to the northern atolls to collect the winter crop of arrowroot. Upon the return voyage in the spring, the Irois and his seafarers would meet the golden plovers on their return migration to Alaska. Hence the appearance and disappearance of the plovers are associated with the changing seasons. "Lakeeketo" is a Marshallese idiom referring to the plovers flying west and with this the oncoming of strong winds and rough seas. "Lakeeketak" refers to the plovers flying east, signaling light winds and calm seas.

JOIN US AT 7 p.m., Oct. 27, as the Vet's Hall hosts its annual Halloween Bash! With a special performance by *Radar Love*, costume contest, a "Tricks and Treats" bake sale, horror movie marathon, specialty drinks and other activities.

PUTT PUTT GOLF, noon-2 p.m., Oct. 28. Halloween theme, costume prizes for boys and girls, cotton candy, Halloween candy. Questions? Call Tony at 53768.

INDOOR VOLLEYBALL Learn to Play will be from 5-6 p.m., Oct. 30, at the CRC gym. Come out and learn basic skills and the rules of the game. This is a great opportunity for new players to find a team to play on! Questions, call Kaylee or Mandie at 51275.

OPEN REC: Halloween Dress Up Party is from 6-8 p.m., Oct. 30, in the SAC Classroom. Register at 52158.

THE KWAJALEIN SCIENCE FAIR will take place in the MP room on Feb. 26. If your child is interested in entering the fair, more information and an application are available in the high school or elementary office. Applications for the fair are due by Oct. 31. Cash prizes will be given to top science projects in the categories of research, problem-solving/engineer, and informative projects. Entrants are by age, with K-5, 6-8 and 9-12 grade students competing against each other.

ARTISTS & VENDORS: applications for tables for the Holiday Arts & Crafts Fair on Nov. 4 are available on the Mini-mall porch and at the Bali Store.

KRS/CMSI/BAI health and welfare benefits 2014 open enrollment is scheduled to begin Nov. 5 and close on Nov. 16. Open enrollment documents and instructions will be available for you to access on the KRS HR SharePoint Intranet and/or the FCE Benefits website in November. Enrollments will continue to be processed online via www.fcebenefits.com. Changes made during open enrollment will be effective Jan. 1.

E-TALK: The KRS Environmental and Safety Departments review chemical purchases to ensure that new chemical products are safe for workers and the environment. When procuring chemicals, look for "environmentally friendly" products that contain fewer solvents and toxic ingredients.

SAFELY SPEAKING: 5S is a workplace organization method. Sorting: Keep what is needed and eliminate the rest. Streamlining: Organize tools and materials in the same order in which work is done.

		<i>Café Roi</i>					
Lunch		Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 26
Sunday		Beef Manchaca	Fried Fish Sandwich	Kalua Pork	Chili Dogs	Grilled Cheese	Chicken Sandwich
Salisbury Steak		Huevos Rancheros	Red Beans	Cabbage	Chicken Cordon Bleu	Country Meatloaf	Ropa Vieja Beef
Eggs a la Lucio		Fiesta Rice	Cornbread	Parsley Noodles	Onion Rings	Cheesy Pasta	Black Beans and Rice
Sweet Potatoes							
Dinner		Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 26
Sunday		Barbecue Beef Ribs	Pollo Asado	Carved Steamship	Roi Fried Chicken	Eggs to Order	Italian Roast Beef
Chicken Scampi		Adobo Chicken	Enchilada Casserole	Chicken Pot Pie	Pork Spareribs	Bacon and Sausage	Baked Penne
Italian Sausage		Candied Yams	Pinto Beans	Corn on the Cob	Mashed Potatoes	Pancakes	Garlic Bread
Polenta							



SOCCKER RESULTS

MEN'S LEAGUE

WOMEN'S/COED LEAGUE

WEDNESDAY, OCT. 9

FC SWOLLEN VS. SPARTANS - 4 - 2
 FC Swollen: Jeremy Owens - 1, John McClellan - 1, Jason Huwe - 2
 Spartans: Michael Sykes - 1, JJ Wase - 1

LOCALS VS. JUICE - 3 - 2
 Locals: Steve Alvarado - 2, Tommy Ryon - 1
 Juice: Chris Delisio - 1, Aaron Tucker - 1

FRIDAY, OCT. 11

FC SWOLLEN VS. JUICE - 2 - 1
 FC Swollen: Brent Peterson - 1, Kenny Leines - 1
 Juice: James Young - 1

THURSDAY, OCT. 10

K.A.T. VS. GO GREEN - 2 - 2
 K.A.T.: Kristen Hosek - 2
 Go Green: Lindsey Mattson - 1, Kaylee West - 1



Photos by Sheila Gideon
 Stephanie Hibberts throws the ball in during her game against Spartans Coed I Thursday.

K.A.T.'s Kristen Hosek warms up before her game.

TEAM STANDINGS (WIN-LOSS-TIE)

MEN'S LEAGUE

FC Swollen	6-2-1
Locals	5-2-2
Juice	2-4-3
Spartans	2-7

WOMEN'S/COED LEAGUE

Spartans I	4-0-2
Go Green	3-1-4
Spartans Coed I	3-4
K.A.T.	2-2-3
Spartans Coed II	0-5-1

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	20%	S-ESE at 5-10 knots
Monday	Mostly Sunny	10%	E-ESE at 4-9 knots
Tuesday	Mostly Sunny	10%	E-ESE at 4-9 knots
Wednesday	Partly Sunny	10%	E-ESE at 3-8 knots
Thursday	Partly Sunny	10%	E-ESE at 3-8 knots
Friday	Mostly Sunny	10%	ENE-ESE at 4-9 knots

Yearly total: 45.39 inches
 Yearly deviation: -23.41 inches

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

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:37 a.m. 6:31 p.m.	7:27 p.m. 7:20 a.m.	4:34 a.m. 4.1' 4:48 p.m. 4.8'	10:33 a.m. -0.7' 11:05 p.m. -0.7'
Monday	6:37 a.m. 6:30 p.m.	8:14 p.m. 8:11 a.m.	5:03 a.m. 3.9' 5:17 p.m. 4.6'	11:01 a.m. -0.6' 11:35 p.m. -0.5'
Tuesday	6:37 a.m. 6:30 p.m.	9:03 p.m. 9:02 a.m.	5:32 a.m. 3.7' 5:45 p.m. 4.4'	11:27 a.m. -0.3' -----
Wednesday	6:37 a.m. 6:30 p.m.	9:52 p.m. 9:52 a.m.	6:01 a.m. 3.3' 6:14 p.m. 4.1'	12:06 a.m. -0.2' 11:54 p.m. 0.0'
Thursday	6:37 a.m. 6:29 p.m.	10:40 p.m. 10:41 a.m.	6:31 a.m. 3.0 6:45 p.m. 3.7'	12:38 a.m. 0.1' 12:21 p.m. 0.3'
Friday	6:37 a.m. 6:29 p.m.	11:28 p.m. 11:28 a.m.	7:04 a.m. 2.6' 7:21 p.m. 3.3'	1:13 a.m. 0.4' 12:51 p.m. 0.7'
Oct. 26	6:37 a.m. 6:29 p.m.	----- 12:13 p.m.	7:50 a.m. 2.3' 8:14 p.m. 2.9'	1:59 a.m. 0.8' 1:31 p.m. 1.1'