

THE KWAJALEIN HOURGLASS



Maj. Matt Sova hands out candy to costumed kids from the Child Development Center on Halloween. For more Halloween fun, see page 6.

Photo by Sheila Gideon

Need to submit a publication request to the Hourglass or AFN Roller? This is how: If you have access to the global, type in "usarmy" to get to the group email listings. There are three listings. The first two groups are bolded. When you scroll past those, the last group is unbolded – this is the listing you want to choose. Make sure it says "mailbox" before Hourglass or AFN Roller and NOT "List" or "MBXOWNER" If you do not have access to the global, here are the email addresses:
*usarmy.bucholz.311-sig-cmd.mbx.
 hourglass@mail.mil
 usarmy.bucholz.311-sig-cmd.mbx.afn-roller@mail.mil*

Thumbs Up!



... to the Post Office for opening the pickup window after work hours on Friday due to the delayed plane.
 ... to the small crew who decorated the Vet's Hall for the Halloween party. Everything looked very festive and extra spooky! Great job!
 ... to Drs. Ghearing and Skinner for their teamwork, cooperation and for being the kind of partner every doctor wants to have.
 ... to *Southern Karma*, DJ Riverdog Dan Hopkins, Amanda Wuttke and Chilli Conner for making the Creepy Carn-evil such a great event!

MARSHALLESE TRADE FAIR

**9 a.m. to 2 p.m.
Monday
High School MP Room**



**Handicrafts & Fruit (MP Room)
Fresh Fish (parking lot at CRC)**

2013 HOLIDAY ARTS & CRAFTS FAIR

9 A.M. - 2 P.M. | MONDAY
CORLETT RECREATION CENTER GYMNASIUM

*Over 50 tables of arts,
crafts, gifts and goodies
from local artists and
vendors*

Kwajalein Art Guild

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

U.S. Government, Department of Defense, Department of the Army or USAG-KA. It is published Saturdays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff.

Phone: Defense Switching Network 254-2114;
Local phone: 52114
Printed circulation: 1,200
Email:
usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil

Garrison Commander..... Col. Nestor Sadler
Sergeant Major...Sgt. Maj. Roderick Prioleau
Public Affairs Officer..... Michael Sakaio
Managing Editor Sheila Gideon
Associate Editor Jordan Vinson
Media Specialist..... Chris Delisio
Media Services Intern.....Molly Premo

Island artists featured at annual art show

Article and photos by Sheila Gideon
Managing Editor

Island artists of all ages showed off their most impressive works at the annual Fall Arts Show at the Religious Education Building Oct. 25. Tables were full of pottery masterpieces, canvas paintings, fish prints, wooden signs and more.

The event was organized by Hobby Shop Coordinator, Denise Dorn, who also provided a table full of goodies that included cookies, cakes and coffee.

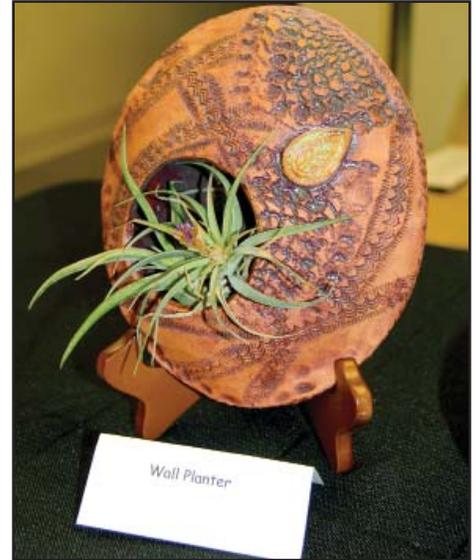
The event is held each year as an opportunity for island residents to see what can be created in the Hobby Shop. "Even on this small island, there is so much to do," Dorn commented. She views the Hobby Shop as a way to express yourself. Dorn, herself, prefers to create with clay. She loves to make pottery slabs and come up with new ideas that will inspire the other

Hobby Shop users. She recently designed a set of Halloween-themed cups that became a popular item for Hobby Shop patrons. Dorn's intention as coordinator is to "inspire people and show them it's not hard [to do]," she said.

While some artists showed off their Hobby Shop creations, some also displayed art they created at their homes. Rose Wrobel featured a canvas painting of a duck, along with very unique Dia de los Muertos dolls. Kathy Skinner exhibited her handmade wooden signs with catchy island sayings.

For some artists, the Hobby Shop is a family affair. The Baldy and Weiland families had several pieces of art featured from various members. Marcus Weiland was most proud of his bright red Arkansas Razorbacks pottery slab, but also boasted of the pieces made by his children and wife.

Kwajalein Schools Art Teacher,



Evelyn Smith displays her wall planter along with other clay pieces at the art show Oct. 25.

Jane Woundy, said the Art Show was "so refreshing and healthy to see." While she often only sees the art work done by island children, she said it was nice for her to see their parents' work and where some of their artistic talents may come from. She also got the opportunity to see different types of art that she doesn't normally cover in her classes, such as batiks.

There are several special events scheduled for the Hobby Shop in the upcoming months. Check the *Hourglass* and *Roller* for information about an ornament painting class and the annual open house holiday party in December.



Rose Wrobel's Dia de los Muertos dolls are a few of the unique art pieces at the show.



The Weiland family features several of their clay pieces at the annual Fall Arts Show at the REB Oct. 25.



Patty Alejandro shows off one of her intricate batiks at the art show.



Kathy Skinner displays one of her large handmade wooden signs at the art show.

FC Swollen claim title of men's soccer champions for third time in five years

By Sheila Gideon
Managing Editor

The men's soccer league was smaller than usual this year, with only four teams competing; this included three adult teams and the Kwajalein Jr./Sr. High School Spartans varsity team. Each team squared off three times during the regular season before moving on to playoffs.

FC Swollen has developed a pattern of claiming the title of men's soccer champions on an every other year basis. In the last five years, FC Swollen won the championship game in 2009, 2011 and again this year, defeating team Juice in the championship game on Oct. 23.

There was a league rule change this year that dictated regular season games would no longer go into overtime play; this resulted in numerous tied games throughout the season, which is something rarely seen in Kwaj soccer.

Team Locals tied Juice twice before finally squeaking out a win the third time around. They met a fourth time in the playoffs. Juice must have received one heck of a pep talk from Sgt. Maj. Roderick Prioleau, who could easily be considered the biggest soccer enthusiast on island, coming out to cheer for all teams throughout the season. Juice rallied and executed exceptional play, crushing the Locals in a 5-2 upset.

League leaders FC Swollen competed against the fourth-place seeded Spartans for their playoff game. Spartans faced a unique Kwaj challenge: their coach, Kenny Leines, played on their opposing team. Spartans put up a good fight, led by top offensive players Keith Brady, Austin Wiley and the Wase



Photo by Jordan Vinson

FC Swollen are awarded the men's league coconut cup trophy after defeating team Juice 4-2 in the championship game Oct. 23.

brothers, JJ and Jared. In the end, coach Leines and his teammates showed no mercy and headed to the championship game with a 5-1 victory over the Spartans.

The championship game secured a large crowd of spectators, who remained eerily quiet throughout the first 10 minutes of the game. FC Swollen quickly changed that with two exciting goals in the first half. Forward Alex Coleman nailed a header into the back of the net off a bounce pass across the box. Only five minutes later, FC Swollen was awarded a direct kick outside the box after a foul by Juice. Coleman fed the ball to Leines, who got some serious air and scored a header goal of his own. FC Swollen's offense was led by Coleman, Leines and Rob Ewbank this season.

Juice bounced back after shouts of, "Let's dial it up, baby," from Prioleau on the sidelines. Jay Monnot did just that; he ran up from a defensive position, blew past two FC Swollen defenders to score Juice's first point of the game. Unfortunately, later in that same half, Monnot also accidentally scored a

defensive goal, putting the score at 3-1 at halftime.

The second half started with a rain shower and the wet ball and grass seemed to slow play. Big kicks from both team's defense had the ball ping-ponging back and forth and play was sluggish with lots of off-side's calls. The exciting part of the second half was the defensive play by both teams. Each had several close calls due to slips in the mud, but they were able to keep the ball out of the net. Juice got some momentum back after a penalty kick was awarded due to an illegal slide tackle in the box. Juice's top scorer of the season, James Young, planted the ball in the corner of the net, out of reach of FC Swollen's goalie Nate Jones despite an energetic dive attempt to save it. The intensity of the game increased in the last 10 minutes of play. Players had no problem sacrificing their bodies to make a play. The excitement continued when Leines intercepted a goal kick and got off a quick shot. The game ended 4-2, and FC Swollen claimed the coveted coconut trophy for the men's league yet again.

Spartans defeat Go Green Gos, take home 2013 Coconut Trophy

Article and photo by Jordan Vinson
Associate Editor

The Spartans defeated the Go Green Gos 3-2 Tuesday night, winning the 2013 Coed/Women's soccer championship and the right to take home this year's coconut trophy.

The first half started off under overcast skies in the Spartans' favor, with a mess of blue jerseys plying pressure deep in the green team's backfield. But several sloppy strikes from the Spartan offense and a number of other missed opportunities gave the Go Green Gos the time to gain their composure and settle themselves on the leader board.

The green team's Krystal Peterson broke the ice in the 17th minute, connecting with the ball 25 yards out and sending it sailing over goalie Dori DeBrum's head. Green team's Kaylee West was able to kick in a goal eight minutes later, putting the Go Green Gos ahead by two before the end of the half.

The second half began with a series of give-and-gos between the Spartans offense, giving the blue strikers a couple chances at the green goal. But an attempt that went wide right in the 33rd minute and a great save by Go Green Gos' Geraldine Turituri four minutes later upset both the Spartans players and their throng

of fans chanting in support on the north bleachers.

It wasn't until the 42nd minute that the momentum began shifting against the women in the green jerseys. Lightyn Cossey connected with a goal, sending it out of reach of Turituri. A minute later, West was given a yellow card after knocking a Spartan player to the ground; it was the first foul called by the referees in 43 minutes of play.

Though the blue team's penalty kick failed, Annie Hepler finally kicked one in the net shortly after in the 49th minute, tying the score and sending the Spartan fans into a riot. Three minutes later, Cossey took advantage of a deflected strike that bounced away from Turituri and kicked it into the net, scoring her second goal and putting the Spartans ahead 3-2.

Several aggressive rushes by Peterson, West and Jane Erikson penetrated deep into the Spartan backfield soon after, forcing the ladies in blue to put up their best defense. But Green was never able to gain the last goal they needed to put the match into overtime. A final attempt by Peterson in the 59th minute was gobbled up by DeBrum, and shortly after the referees announced the end of the match.

The Spartans win Tuesday night gave the team its second consecutive championship title and earned the ladies their first undefeated season in at least five years. Though a few opposing squads managed to end matches in a tie along the way, not a single team was able to defeat the Spartans in 2013.

One explanation for the increased number of tied matches this year was the rule change that banned overtime minutes in regular season games, a measure meant to cut down on long, drawn-out games. Another peculiarity this season was the slim roster that each team had to deal with; because not as many signed up to play, teams consisted of nine players on the field instead of the traditional 10.

The overall playoff season played host to a few noteworthy upsets. One memorable moment was Coed I's defeat at the hands of Coed II—a squad that had not won a single game all season until then. The Go Green Gos' semi-final win over K.A.T., in which a penalty kick was awarded to Green in the last 15 seconds of double overtime, ended with considerable controversy.



Spartans I are crowned the women's soccer champs for the second year in a row.

FINAL SOCCER RESULTS

TEAM STANDINGS (WIN-LOSS-TIE)

WOMEN'S/COED LEAGUE

MEN'S LEAGUE

FC Swollen	8-2-1
Locals	5-3-2
Juice	3-5-3
Spartans	2-8-0

WOMEN'S/COED LEAGUE

Spartans I	8-0-2
Go Green	4-2-4
K.A.T.	3-3-3
Spartans Coed I	3-6-0
Spartans Coed II	1-8-1

THURSDAY, OCT. 24 (PLAYOFF GAME)

SPARTANS I VS. SPARTANS COED II — 5-2
Spartans I: Annie Hepler - 2, Molly Premo - 2, Daisy Rang - 1
Coed II: Jason Merrymon - 1, Allison Homuth - 1

TUESDAY, OCT. 29 (CHAMP GAME)

SPARTANS I VS. GO GREEN — 3-2
Spartans I: Lightyn Cossey - 2, Annie Hepler, 1
Go Green: Krystal Peterson - 1, Kaylee West - 1

Halloween party highlights

Article and photos by Jordan Vinson
Associate Editor

Kwajalein was overrun last weekend by an array of superheroes, Draculas, princesses, giant rabbits and even a human-sized ice cream sandwich or two. An annual tradition, the island's residents donned some of the best Halloween costumes and threw some of the most entertaining parties this side of the Hawaiian islands. From the Country Club's Creepy Carn-evil to the Youth Center's Costume Carnival and the Halloween Bash at the Vet's Hall, there was something for everyone.

Here are a few highlights.



Evil clowns roam the Costume Carnival's haunted house.



Dan Hopkins mans the decks at the Country Club's Creepy Carn-evil.



Juliet Delisio gets her face painted at the Youth Center's Costume Carnival.



Elias Peterson, left, and Audrey Whatcott, right, keep busy coloring at the Costume Carnival with friends.



Patrice Kramer tries her luck during the highly competitive donut eating contest at the Creepy Carn-evil.



Hansel and Gretel Witch Hunters put on a show for the Vet's Hall group costume contest Sunday.



Tony and Melody Cherry jam inside the Country Club at the Creepy Carn-evil.



Kids hope to win gobs of candy in one of several Pumpkin Walks at the Youth Center Costume Carnival.



Amanda Nobis strikes her best cowgirl pose.

Domestic violence awareness month

By Ray Drefus
U.S. Army Resilience Trainer

Domestic Violence Awareness Month is an opportunity to inform service members, Department of Army civilians, contractors and all family members about domestic violence. Domestic violence is the willful intimidation, physical assault, battery, sexual assault or other abusive behavior perpetrated by an intimate partner against another. It is an epidemic affecting individuals in every community, regardless of age, economic status, race, religion, nationality or educational background. Violence against women is often accompanied by emotionally abusive and controlling behavior, and thus is part of a systematic pattern of dominance and control. Domestic violence results in physical injury, psychological trauma and sometimes death. The consequences of domestic violence can cross generations and truly last a lifetime.

Did you know?:

- One in every four women will experience domestic violence in her lifetime.
- An estimated 1.3 million women are victims of physical assault by an intimate partner each year.
- Historically, victims have most often been targeted by someone they knew.
- Victims who are 20-24 years of age are at the greatest risk of nonfatal intimate partner violence.
- Most cases of domestic violence are never reported to the police.

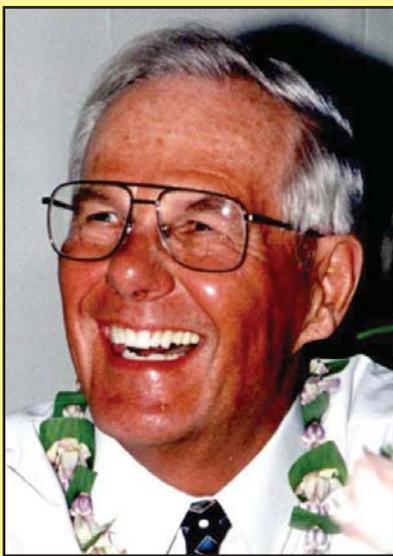
What can you do if you are a victim of domestic violence? Report it to the Provost Marshall Office, Kwajalein Police Department, Employee Assistance Program director, chaplain or your health care provider.

For more information, call the National Domestic Violence Hotline at 1-800-799-7233.

MANIT MINUTE

For those interested in learning the Marshallese language, a good starting point would be knowing the alphabet of the language and how these letters are sounded or pronounced. Here is a guide to help you along. As with many languages, Marshallese has some exceptions, but the guide should prove useful in most situations. Give it a try and see how you fare.

a	Fluctuates between <u>f</u> ather and <u>A</u> meric <u>a</u> .
ā	Fluctuates between <u>f</u> at and <u>h</u> allelujah, often a combination of <u>s</u> and and <u>s</u> end. Mouth open, sound formed in the back of the mouth.
e	Similar to <u>l</u> ate; in final position it is often similar to <u>q</u> uickly. Mouth open, sound formed in the back of the mouth.
i	Similar to <u>b</u> e; between two consonants, similar to <u>t</u> in.
o	Similar to <u>g</u> o, in final position can combine <u>l</u> one and <u>l</u> unar.
ō	Similar to <u>m</u> other.
u	Similar to <u>r</u> ule.
ū	Like the <u>oo</u> in <u>bo</u> ok with the lips spread rather than rounded.
b	Similar to <u>b</u> ottle, varies between the English <u>b</u> and <u>g</u> , never aspirated at the end – keep your mouth closed instead of releasing the air at the end.
t	Varies between the English <u>t</u> and <u>d</u> ; tongue touches the upper teeth instead of the hard palate, never aspirated.
j	Generally a soft <u>j</u> sound, nearer to <u>ch</u> and approaching <u>s</u> sometimes; like an unreleased <u>t</u> when in the final letter.
l	Similar to <u>ba</u> ll, tongue touches front teeth.
m	Similar to <u>m</u> oon, or <u>so</u> meone.
n	Similar to <u>o</u> nion, tongue touches just above front teeth.
ñ	Like <u>si</u> nger, very nasal sound.
k	Varies between the English <u>k</u> and <u>g</u> , never with aspiration, sound made nearer the back of the throat.
r	A trilled <u>r</u> – tongue tip trilled.
w	Similar to <u>w</u> ay.



In Memoriam

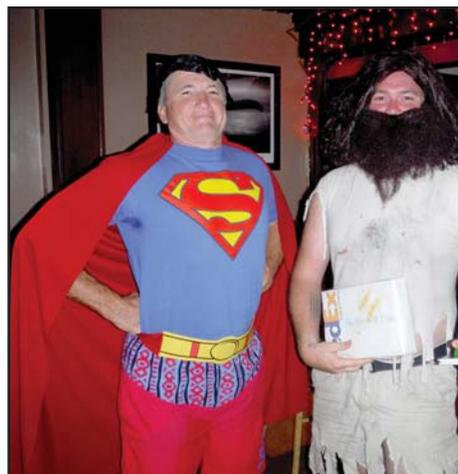
Rev. Alexander Harold McNally was born in Hamilton, Ontario on Jan. 11, 1930, and died Sept. 12, 2013.

McNally served as the chaplain of Island Memorial Chapel here on Kwajalein from 1994-99. He lived here with his wife, Ruth, whom he married in 1955.

McNally is survived by his wife of 58 years, sister May Connelly and brother Tom McNally, daughters, Shelley Bartels, Darlene Miller, and son Thomas McNally and his five beloved grandchildren, Jordan, Colin and Trevor Bartels and Julia and Emily Miller.

DISPATCH FROM ROI

Roi Rats celebrate in spooky style for Halloween



Oct. 26 proved to be a fun and spooky night at the Roi Outrigger Bar and Grill. Roi residents gathered at the Outrigger for a fun Halloween costume party. Guests included Superman, Tom Hanks from "Castaway", and his volleyball friend Wilson, a hula dancer, a pirate and the Wicked Witch's henchman.

Photos by Wendy Peacock

View from Kwaj

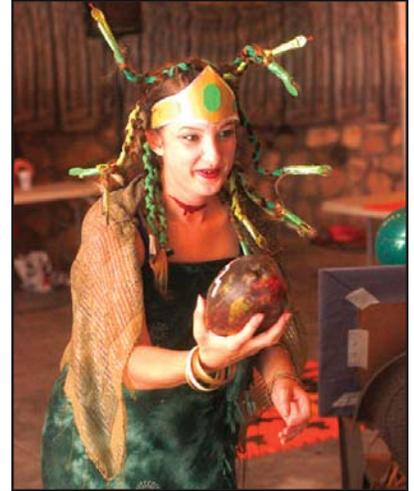
We need your submissions to keep this page full! Email to: usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil



From Jordan Vinson



From Sheila Gideon



From Jordan Vinson



From Sheila Gideon



From Sheila Gideon



From Jordan Vinson



From Sheila Gideon



From Midori Hobbs

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.

LOST

WHOEVER BORROWED the CD 'MAMBO MANIA - The Kings and Queens of Mambo' from the Hobby Shop, please return it as soon as possible.

OCEANIC SCUBA FIN, black and blue, one found yet one remains lost, Oct. 15 at Emon Beach. Finder's reward! Call 54361 if found.

WANTED

ADULT VIOLIN LESSONS. Call Thomas at 51866 or email janman6571@yahoo.com if willing to teach.

LOOKING TO BORROW Lonely Planet Guidebook to "Diving and Snorkeling Chuuk Lagoon, Pohnpei, and Kosrae" for a couple days before we go to Pohnpei. Call 53490.

PATIO SALE

SUNDAY, 8 a.m.-2 p.m., quarters 443-B back

patio. PCS sale, furniture, lamps, dehumidifier, kitchen items, clothes, kids toys, large area rugs, holiday decorations and arts and crafts. No early birds.

FOR SALE

WESTINGHOUSE LED TV, 37 inch, remote, \$250; MiniPlus Keurig personal coffee maker, 12 coffee and tea pods, \$70; black drapes, \$75; brass curtain rod, 48-84 inches, \$20; iPod Touch, fourth generation, camera, new in box, \$225. Call 53011.

INTOVA DIGITAL CAMERA, 14 megapixel, waterproof housing, only used twice, comes with SD card, \$200; HP Pavilion 20 all-in-one PC, 7 months old, works perfectly, \$350. Call 52579 if interested and leave a message.

DISH SET, Pier 1 hand-painted Earthenware, 11 dinner plates, 11 bowls, 8 salad plates, 6 large mugs, \$40. Call Janis at 52319.

KIDS HALLOWEEN COSTUMES: size 8-10, white satin princess/fairy dress, fiber optic lights in skirt, \$10; size 8-10 Hollywood starlet hot pink evening gown and white fur wrap, \$10; size 6-8 bad spirit cheerleader, black and white skirt and top, striped cut-off gloves and socks, pom poms, \$10; size 10-12 white angel dress, \$3; size 8-10 bulging muscles shirt, padded and skin-colored, \$8. Call Carla or Darin at 52642.

1987 BENETEAU 432 "KAILUANA," length 43, beam 14, draft 5'10", new 2010 Yanmar 4JH5E, 53HP diesel, 65 gallon fuel tank, three bedroom, two heads, full galley with four burner stove and large fridge, major refit November 2009 to April 2011, beautiful, in the water, ready to sail, \$85,000. Contact Mike at 54203 or 51940.

ROI HAPPENINGS

CONTESTANTS NEEDED for the Roi-Namur Rib and Brew Festival, Veteran's Day weekend, Nov. 10. We are looking for rib cooks and homebrewers to join in on the fun. Prizes will be awarded for the best tasting ribs and people's choice brew. Games, tie dye and music will be provided throughout the afternoon and evening. Local band, *Smells Like Fish*, will perform. Donations will be collected for the Wounded Warriors and Paralyzed Veterans of America. Register with Laura Pasquarella-Swain at Laura.a.pasquarella-swain.ctr@mail.mil.

COMMUNITY NOTICES

ALL MASTER MASONS on Kwajalein, Ebeye, Third Island and Roi are invited to a meeting at 7 p.m., tonight, at quarters 122-E. Dinner and refreshments will be served. Call Doug Hepler at 52681 for information.

HA! HA! HA!

Live Comedy Shows

Courtesy of the Quality of Life Fund

● 7 p.m., tonight, CRC Room 6, mature family show

● 8:30 p.m., Sunday, Vet's Hall, adults only

Call CA at 53331 for more information.

HA! HA!

CHRISTIAN WOMEN'S Fellowship luncheon will be held at noon, Sunday, in the Religious Education Building. No charge for a delicious lunch! Enjoy the fellowship of island women and make new friends! Especially, come to hear Dr. Paulette Galbraith share her experiences living and practicing medicine on Belize: "Kwaj and Belize... What is the Difference?" Contact Judy at 51157 with any questions.

PCS POTLUCK: Come say goodbye to Suhlaing and Luke at 6:30 p.m., Monday, at Emon Beach Main Pavilion. Bring a dish to share and your own drinks. Paper goods will be provided.

WOODSHOP SAFETY orientation class will be held at 6 p.m., Monday, at the Hobby Shop. Call 51700 to sign up. The cost is \$10. Wear closed-toe shoes.

HEALTH AND WELLNESS FAIR is 5:30-7:30 p.m., Tuesday, at the CRC Gym. Booths presented by Recreation and Programs, Aetna and FCE Benefits, Kwaj Hospital and Medical Services, Employee Assistance Program, Fire Prevention, KPD, Kwajalein Running Club, Kwajalein Swim Team, Kwajalein Golf Association, Outrigger Canoe Club, Kwajalein Scuba Club. Fair includes Aetna Representatives and Open Enrollment assistance; free body fat, BMI, blood pressure screenings; fire prevention with Sparky the Fire Dog; wellness activity and program information; EAP information; KPD with bike safety; flu shots and health screenings; and fitness demonstrations. For information and questions, Call Mandie at 51275.

WEIGHT MANAGEMENT group will meet from 4:45-5:30 p.m., Thursday, in the hospital conference room. Topic is "Set Yourself up for Suc-

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.

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 9
Kwaj Fried Chicken	Herb Chicken Breast	Herb Roast Porkloin	Beef Stew	Cajun Beef	Mini Taco Bar	Meat Lasagna
Pork Pimento	Beef Pot Pie	Cornbread Stuffing	Sauteed Chicken	Corn Dogs	Oven Fried Chicken	Eggplant Parmesan
Crab Benedict	Quiche Lorraine	Mashed Potatoes	Vegetable Stir-fry	Roasted Potatoes	Trout Meuniere	Chicken Cacciatore

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 9
Swiss Steak Jardiniere	Pot Roast/Gravy	Pasta/Sauce	Grilled London Broil	Stir-fry To Order	Hamburger Steak	Jamaican Jerk Chicken
Chicken/Broccoli Stir-fry	Turkey Cordon Bleu	Garlic Bread	Herb Roast Chicken	Char Siu Pork Butt	Baked Ravioli	Seafood Curry
Mashed Potatoes	Vegetarian Stir-fry	Oriental Chicken	Onion Rings	Fried Rice	Vegetable Medley	Beans in Broth

Mandatory Open Enrollment for all KRS, Chugach and Berry Aviation employees is Tuesday through Nov. 16. Enroll or make changes to your health and welfare benefits online at www.fcebenefits.com. For questions, call Chris Hadley at 50939.

Meet with the Aetna and FCE Benefits representatives:

Location	Date	Time	Place
Kwajalein	Tuesday	5:30-7:30 p.m.	CRC Gym/Health and Wellness Fair
Roi	Wednesday	10:30 a.m.	TRADEX
Kwajalein	Wednesday	5 p.m.	Coconut Room
Kwajalein	Thursday	9 a.m.	REB

cess." Questions, call EAP at 55362.

BINGO IS THURSDAY at the Vet's Hall. Packet price is \$20. Card sales begin at 5:30 p.m.; Bingo begins at 6:30 p.m. Blackout completion at 56 numbers, \$1,600 payout; Windfall completion at 29 numbers, \$1,900 payout. Shuttle transportation available from the Ocean View and tennis courts. No outside alcoholic beverages permitted. Must be 21 to enter and play, bring your ID. Call CA with questions.

KWAJALEIN AMATEUR Radio Club meeting will be at 7 p.m., Thursday, at the Ham Shack, just south of the Adult Pool. Information and study materials available for HAM licenses. RMI operating license applications are available. Election of new officers will be held. Contact Rick Johnston at 50948 with questions.

JOIN US FOR QUIZZO at 7:30 p.m., Friday, at the Vet's Hall. Special Guest host Mark O'Shea will have some trivia to freeze your brain. Questions? Contact Neil Dye or Mike Woundy.

PROPERTY MANAGEMENT'S Equipment Custodian Training Class is from 9-11 a.m., Nov. 9, in the Religious Education Building. This training is required for all property custodians and available for supervisors/managers. Other personnel may attend, space permitting. Training will cover general aspects of government property management, use of forms and responsibilities of property custodians. To register, call the KRS Property Management office, Deb Crawford 56212 and La'Mesha at 53412.

A **SPECIAL VIEWING** of "A Charlie Brown Thanksgiving" will be at 6:30 p.m., Nov. 9, at Grace Sherwood Library. Kids and families welcome! Call 53331 for more information.

NEEDLEWORK GROUP! Come join a group of

us that love to do cross-stitch, embroidery, tapestry, quilting, knitting, and crafting in general! We will meet monthly, share our work and learn new techniques. Contact Sheralyn Zeto at sheralynzeto@yahoo.com or at 51044. First meeting is Nov. 9.

SMALL BOAT MARINA hours for the Veteran's Day holiday will be: 12:15-6 p.m. on Nov. 9, and 7:30 a.m.-6 p.m. on Nov. 10-12. Reservations recommended!

THE EMPLOYEE ASSISTANCE Program presents "Decide for Yourself- Advance Health Care Directives." Dr. Paulette Galbraith will present this program and you will have the opportunity to designate a durable power of attorney for your healthcare decisions. Join us at 11:30 a.m., Nov. 15, at the clinic waiting room. Questions, call EAP at 55362.

MUSTACHE BASH will be at 7 p.m., Nov. 16, at the Country Club. Start now and "grow your mo" for Mustache Movember! "Shave" the date and join us for 'stache festivities including best mustache(s) contest, win a free shave, fun photobooth and general mustache awesomeness! Must be 21 years or older. Call Community Activities at 53331 for more information.

ATTENTION LADIES! Sad you can't grow a 'stache for Mustache Movember? Not to worry. Join the 'stache festivities by "coaching" a 2-3 man team. Make sure they're growing their mustaches, conditioning and strengthening them for the contest at Mustache Bash! Prizes awarded! No pre-registration required. Questions? Call Community Activities at 53331.

BARIATRIC SURGERY SUPPORT Group will meet from 4:45-5:30 p.m., Nov. 19, in the hospital conference room. The topic is "Handling Rude

Comments." There is no meeting on Tuesday due to the Health Fair. Questions, call EAP at 55362.

KWAJALEIN SCHOOL Advisory Council meeting is at 7 p.m., Nov. 20, in the Elementary School Coconut Room. The public is invited to attend.

ALL BLOCKED CACs will now be handled by the Central Patrol Station. This will allow us to better service the community as the officers will be available for unlocks 24/7. The CAC Office will be issuing cards by appointment only. You can find a link to the CAC Scheduler under Security and Access Control on the USAG-KA intranet.

UNTIL FURTHER NOTICE, the Pharmacy window will be open from 12:45-4:30 p.m., Tuesday through Saturday. Prescriptions can be dropped off in the pharmacy door or call 53406 and leave a message. For any urgent matters, speak with your doctor or nurse.

INTERESTED IN A new start? Talk with Pastor Kevin if you are interested in being baptized or having your child baptized. A baptism service will be held at 6 p.m., Nov. 18, at Emon Beach. All are invited. Call the chapel at 53505 with questions.

BEE STINGS have become our number one injury, with a total of 16 injuries reported so far during 2013. Be aware of stinging insects at areas of low activity and under benches, trees and overhangs. Be aware if you are allergic to stings. They are attracted to fruits, sweets, foods, beverages and garbage cans. Report locations of bee stings and wasp nest sightings for treatment at 53550.

IT IS HIGHLY recommended to use flashlights during the period between dusk and dawn. The use of lights is required south of 9th Street.

SMALL BOAT MARINA is now operating winter hours. Hours will be: 12:45-6 p.m., Friday; 7:30 a.m.-6 p.m., Saturday, Sunday, Monday and holidays.

COMMUNITY ACTIVITIES is now accepting equipment rental reservations for 2014. If you have a party planned, a club event or some other special celebration, come by CA to make your reservation. Payment is required prior to reservations being confirmed. There are limited tents, tables, chairs and grills available, so plan and reserve early! Note: If there is a small craft advisory or winds above 20 knots, tent rentals are subject to cancellation.

E-TALK: Defacing of historic structures is prohibited by USAKA/RTS Regulation 200-4 and, if caught, can lead to the perpetrator receiving administrative disciplinary action.

SAFELY SPEAKING: 5S is a workplace organization method. The last S is to sustain. Simply put, it is to continue to repeat the first four S's.

Café Roi

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 9
Peking Pork Ribs	Pepper Steak	Baked Penne	Hamburger Steak	Corn Dogs	Beef Tacos	Cajun Chicken Wrap
Coconut Basil Chicken	Pesto Porkloin	Pastrami Sandwich	Mac and Cheese	Chicken and Broccoli	Chicken Enchiladas	Grilled Bratwurst
Eggs Benedict	Quiche	Roasted Potatoes	Mashed Potatoes	Ginger Rice Pilaf	Pinto Beans	Mashed Potatoes

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 9
Shoyu Chicken	Chicken and Dumplings	BBQ Pork Ribs	Roast Steamship	Roi Fried Chicken	Thai Beef/Vegetables	Roast Porkloin
Hawaiian Chop Steak	Braised Beef	Baked Chicken	Herb Chicken	Parker Ranch Stew	Pad Thai	Herb Baked Chicken
Spicy Asian Noodles	Au Gratin Potatoes	Potato Salad	Baked Potatoes	Mashed Potatoes	Fried Rice	Rice Pilaf

Divers carve pumpkins in lagoon

Hourglass Reports

Kwajalein Scuba Club President John Pennington organized and hosted the 2013 Underwater Pumpkin Carving contest on Monday. Event staff included diving instructors Jeremy Owens and Keith Huston, who monitored the safety aspects of the event. Junior divers John Tippetts and Chelsea Engelhard also supported the event, helping with tanks.

Over two dozen people came out to participate. Non-diving family members came out to help carry gear, take photos, snorkel above the carvers and just to enjoy the day together. Twelve pumpkin carvers entered the water to shape their gourds into works of art. For many divers, this was their first experience carving a pumpkin underwater.

Divers and families were treated to a BBQ lunch while the judges poured over the carved pumpkin entries.

Each of the junior scuba divers ages 10-15 were honored for their participation.

Bronwyn and Ian Galbraith, Elise Hebert and Tippetts were awarded a KSC T-shirt or towel. Part of KSC's mission is to promote diving, and young divers participating in events with their family sure lends to that goal.

The awards didn't stop there. The Hebert family were big winners again this year with their entry of 'Noni the Wicked Witch of the Water' which took judges' favorite and earned two \$50 gift certificates. First-time participant Joseph Dye and his four-time pumpkin carving veteran father Mark won the au natural category, which scored them a \$25 gift certificate and KSC hooded sweatshirt.

Carvers Lacy Baldy, Mike and Tracy McConnell, Dr. Paulette Galbraith, Dr. Gilbert Ghearing and a few others also walked away with gift certificates for their contest entries.

Be sure to look for the upcoming KSC 2013 Underwater Turkey Hunt organized by KSC Safety and Training Officer Doug Hepler.



Photos courtesy of John Pennington

Mike and Tracy McConnell won a prize for their octopus pumpkin carved underwater.



The Hebert family won judge's favorite for their witch pumpkin.

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	20%	ENE-ESE at 8-13 knots
Monday	Partly Sunny	10%	ENE-ESE at 7-12 knots
Tuesday	Partly Sunny	10%	ENE-E at 6-11 knots
Wednesday	Partly Sunny	10%	ENE-E at 7-12 knots
Thursday	Partly Sunny	20%	ENE-ESE at 9-14 knots
Friday	Partly Sunny	10%	ENE-E at 9-14 knots

Yearly total: 47.20 inches
Yearly deviation: -26.94 inches

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

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:39 a.m. 6:27 p.m.	6:00 a.m. 6:09 p.m.	3:41 a.m. 4.1' 3:59 p.m. 4.9'	9:42 a.m. 0.8' 10:16 p.m. 0.9'
Monday	6:39 a.m. 6:26 p.m.	6:57 a.m. 7:03 p.m.	4:17 a.m. 4.2' 4:34 p.m. 5.1'	10:16 a.m. 0.8' 10:54 p.m. 0.9'
Tuesday	6:39 a.m. 6:26 p.m.	7:57 a.m. 8:00 p.m.	4:54 a.m. 4.1' 5:11 p.m. 5.1	10:51 a.m. 0.8' 11:34 p.m. 0.9'
Wednesday	6:39 a.m. 6:26 p.m.	8:57 a.m. 9:00 p.m.	5:33 a.m. 3.9' 5:50 p.m. 4.9'	11:28 a.m. 0.6' -----
Thursday	6:39 a.m. 6:26 p.m.	9:58 a.m. 10:01 p.m.	6:15 a.m. 3.6' 6:32 p.m. 4.5'	12:16 a.m. 0.6' 12:08 p.m. 0.3'
Friday	6:40 a.m. 6:26 p.m.	10:56 a.m. 11:01 p.m.	7:02 a.m. 3.2' 7:21 p.m. 4.1'	1:04 a.m. 0.3' 12:52 p.m. 0.2'
Nov. 9	6:40 a.m. 6:26 p.m.	11:51 a.m. 11:59 a.m.	8:00 a.m. 2.8' 8:21 p.m. 3.6'	1:59 a.m. 0.2' 1:47 p.m. 0.6'