

VOLUME 52 NUMBER 43

OCTOBER 29, 2011

THE KWAJALEIN HOURGLASS



The 2012 senior class created their street paintings for all to see in one of the most visible and highly anticipated of Kwajalein Jr./Sr. High School traditions. For more, see page 8.

Photo by Rich Erekson

MANIT MINUTE

Eating is an important part of socializing in the Marshall Islands. The traditional Marshallese diet consisted of breadfruit for starch, seafood for protein, and pandanus, bananas, taro and coconuts to round out the meal. Although rice and canned meats are more common now, traditional foods may still be offered when one is invited to an outer island.

Thank you to everyone who helped with the 2011 Shaving Cream Social. A special thank you to the water plant and the fire department for the hoses used to make the "pit" extra fun. Also, thank you to all the volunteers from the youth center who helped distribute and collect shaving cream. Finally, thank you to the community activities crew who worked hard to coordinate and facilitate this "Kwajical" event. The Shaving Cream Social was a huge success and a great time was had by all who participated. The success and fun can be directly attributed to all the wonderful volunteers, who take time out to help their community remain a fun and unique place to live.

-Mandie Morris, Recreation and Programs Manager

KRC Columbus Day Run Correction

Alex McGlinn was the first female to cross the finish line in the Kwajalein Running Club Columbus Day half marathon race.

Kwaj Open Results Correction

Rich Cunrod was the second place winner in the Mixed Horse Race with Rihna Hampson.

Thumbs Up!

... to Marie Pimenta for her excellent customer service at Surfway!

... to Malcolm Gowans, Kwajalein Range Services excess property processing facility operations supervisor, for elevating his National Property Management Association certification to Certified Professional Property Manager.

... to Kathleen Bonham for always being so nice and helpful. You have a thankless job, but always put in your best effort. Thank you!



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: A group of houses on Pine and Taro streets are being renovated and the residents of these houses will have to move to other units.

This was true. However, funding that was projected for this possible project is still being prioritized. Any resident in an affected unit should have been notified that the renovations were on hold. Housing that poses a threat to residents' health, life or safety is still an allowable reason for an inter-atoll move at this time. For example, voluntary moves out of the 3-bedroom units in new housing are acceptable. These relocations should be coordinated and requested through the KRS housing office under established approval processes.



THE KWAJALEIN HOURGLASS

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

The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Kwajalein Atoll. Contents of the Hourglass are not necessarily official views of, or endorsed by, the U.S. Govern-

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

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Printed circulation: 1,200
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Mark your calendar: Marshallese Trade Fair Monday

Hourglass Reports

The 8th annual Marshallese Trade Fair is scheduled for 9 a.m. to 2 p.m., Monday, in the CRC gym.

The annual affair can be spotted as you ride up to the CRC; every year there is a line outside of Kwajalein residents eager to get their hands on the fresh fish already packaged and ready to cook. You can expect to find yellow fin, ono, marlin and other popular varieties.

Fish jerky is also available.

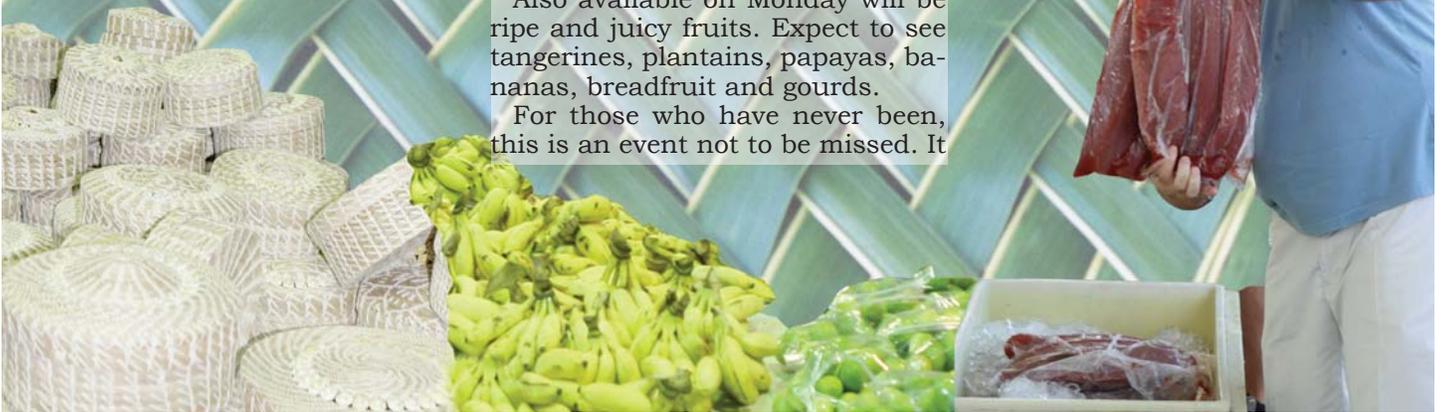
Inside you will find treasures galore. Handmade Marshallese crafts await purchase from eager shoppers. Jewelry, purses, fans, coasters and wall hangings are just some of the beautifully-crafted items for sale.

“The Marshallese women who made the various types of handicrafts are considered the finest and most productive weavers in all of Micronesia,” said RMI Minister Matflan Zachras at last year’s trade fair.

Also available on Monday will be ripe and juicy fruits. Expect to see tangerines, plantains, papayas, bananas, breadfruit and gourds.

For those who have never been, this is an event not to be missed. It

is not only an opportunity to shop, it is a reminder of how talented our host nation neighbors are. It is a boost not only for their economy, but for our friendship, as well.



THEN AND NOW - “LOOKING SOUTH”



1945

From the Eugene Sims Collection



1953

Photo by Cmdr. William J. Hall

Kwajalein has changed quite a bit over the years, whether it be number of residents, services offered or commanders in charge. Probably most noticeable, though, are the changes in buildings and structures over the years. Post World War II, the island is somewhat barren, with just the essentials to support the staff here. As seen in the 1953 photo, less than ten years later the island begins to bloom. Housing is erected in the middle of the island for families living here at that time. The island still looks somewhat barren, with most of the vegetation still trying to grow back from after the war. Jump ahead over 50 years and you really see how the island has blossomed. From a similar view as the two older photos, the 2011 look at Kwajalein shows a very different picture. Island vegetation has returned and Surfway now stands beside family housing. With three very different views of how Kwajalein has looked over the years, it makes you wonder what it will transform into in another 50 years or so.



2011

Photo by Bill Remick

How do you dispose of your trash (stress)?

“Stress is the trash of modern life – we all generate it, but if you don’t dispose of it properly, it will pile up and overtake your life” – Danzae Pace

Is your glass half-empty or half-full? How each of us answers this age-old question about our view of the world can reflect our attitude about ourselves, others and whether we are inherently optimistic or pessimistic. It may also have an impact upon our physical health.

Studies have shown that personality traits like optimism and pessimism can affect many areas of our health and well-being. The positive thinking that typically comes with optimism is a key part of one’s ability to effectively manage stress ... and effective stress management is associated with many health benefits such as: increased life span, lower rates of depression, reduced risk of cardiovascular disease and stroke, greater resistance to the common cold, better psychological and physical well-being and much more.

On the flip side, the statistics are even more alarming regarding the impact stress has upon our health when we don’t deal with it effectively. According to the American Psychological Association, 66 percent of all office visits to family physicians are due to stress-related symptoms and stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide. In fact, some studies report that 85 percent of diseases have stress-related factors. So, before you stop reading this article because you think it’s just a bunch of psycho-babble ... keep going; this is REAL and our inability to cope with stress effectively has a REAL impact upon our lives and the lives of those around us!

So, what can we do to think more positively, effectively giving us greater control to handle stress in our everyday lives? Because life is stressful, there is no arguing that, but it is how we respond to those stressors that makes all the difference. First and foremost, I believe if we have a clear understanding of what we can and can’t change, we have the beginnings of a solid foundation for creating an environment that



we can operate in and successfully handle stress. Don’t try to control the uncontrollable. Many things in life are beyond our control – particularly the behavior of other people. I seem to have this conversation with my 5-year-old daughter daily with my final reminder to her being, “You focus on what you’re doing and not what others are doing.” It hasn’t stuck yet. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.

Another strategy to cope more effectively with stress and improve our outlook is to adapt to the stressor. If you can’t change it, change yourself. By resetting your expectations and attitudes, you regain your sense of control. It’s seeing the big picture for what it is. Ask yourself how important is this in the long run? Will it matter in a month? A year? If the answer is no, let it go and focus your time and energy elsewhere.

And finally, surround yourself with positive people who will enhance your life. A strong support system will buffer you from the negative effects of stress and improve your overall outlook on life.

So, how does this relate to me you might ask? Well, if you’ve read any news publication recently or been online, you may have noticed the world we live in is changing at a pace we have never seen before in history. We on this tiny little speck of coral in the central Pacific are not immune to that change. Has Kwajalein changed over the past 10 years? Yes, it has. Will it continue to change over the next 10 years? Absolutely. Change is taking place whether we like it or not. It is change we can’t necessarily control but we do have control over how we respond to it.

With that said, I would like to challenge each one of us to focus on the positives that we have in our lives rather than dwell on what we perceive as negatives or things taken away. Living and working on Kwajalein and Roi is an experience of a lifetime that only a select few have the privilege to do. The recreational activities that we participate in on a daily basis are things people spend five figures on to do for a week while on vacation. I could keep going on about all the benefits and positives of living and working out here, but I think you get the picture ... at least I hope you do. Is this place a great place to live? ABSOLUTELY! By doing this, not only will our outlook on life improve, we may be getting a bit more healthy along the way.



Recreation fees announcement

In an effort to increase morale and boost participation in several key quality of life programs and services, Kwajalein Range Services and U.S. Army Kwajalein Atoll worked together to make significant fee adjustments to the golf and bowling programs. This is in addition to the drop in the team sports registration fee that decreased from \$200 to \$100 in September. The following new rates will be effective Nov. 1 for golf and bowling:

Kwajalein Golf

- 6-month greens/locker fee for December 2011 – May 2012 \$250
- Monthly greens fee \$60
- Daily greens fee \$15
- 6-month locker fee \$50
- Monthly locker fee \$10

Roi Golf

- 6-month greens fee for December 2011 – May 2012 \$100
- Daily greens fee \$15

Bowling

- Game \$2
- Shoe rental \$2
- League play with player providing own shoes* \$60
- League play with player using bowling center shoes* \$70

*League rate in effect for winter league (January 2012)

In addition to the rate adjustments to the above recreation programs, we are happy to announce that USAKA has been included on the most recent Army Bulk Buy for fitness equipment. What does that mean for us? By the end of February 2012, we will have received approximately 21 pieces of new Nautilus strength equipment that will greatly improve the quality of the Ivey and Roi gyms. Just in time to keep all those New Year's resolutions moving in the right direction.



WOMEN'S LEAGUE

Thursday, Oct. 20

Spartans I vs. Go Green - 4-2

Mary Doerries (Spartans I): 1 goal
Annie Hepler (Spartans I): 3 goals
Pam Melinauskas (Go Green): 2 goals

Thursday, Oct. 20

Spartans Co-Ed vs. Spartans II - 4-1

Dayna Hepler (Spartans Co-Ed): 1 goal
Dustin Bonham (Spartans Co-Ed): 1 goal
Caelan Heidle (Spartans Co-Ed): 2 goals
Hannah DeLange (Spartans II): 1 goal

MEN'S LEAGUE

Wednesday, Oct. 19

Locals vs. FC Swell - 3-0

Jeff Sudderth (Locals): 2 goals
Ted Glynn (Locals): 1 goal

USAKA vs. Spartans II - 6-2 (Playoff game #1)

Travis Cornett (USAKA): 3 goals
Dwayne Foster (USAKA): 1 goal
Eric England (USAKA): 1 goal
Kevin Osterbauer (USAKA): 1 goal
Scott Swanby (Spartans II): 1 goal
Chris Saunders (Spartans II): 1 goal

Friday, Oct. 21

FC Swell vs. Spartans I - 4-3 (Playoff game #2)

Kenny Leines (FC Swell): 1 goal
Rob Ewbank (FC Swell): 1 goal
Chad McGlenn (FC Swell): 1 goal
Shawn Brady (Spartans I): 3 goals

Locals vs. USAKA - 2-1 (Playoff game #3)

Jeff Sudderth (Locals): 1 goal
Rick Erekson (Locals): 1 goal
Travis Cornett (USAKA): 1 goal

Team Standings

WOMEN'S LEAGUE

K.A.T.:	6-1-1
Go Green:	5-2-1
Spartans I:	5-3
Spartans Co-Ed:	3-5
Spartans II:	0-8

MEN'S LEAGUE

Locals:	7-1
FC Swell:	6-2
Spartans I:	3-5
Spartans II:	2-2
USAKA:	3-6

(As of Oct. 21)

Check the Nov. 5 issue of the Hourglass for final playoff game stats and to find out who the 2011 soccer champions are.



SHAVING CREAM SOCIAL

*Photos by Sheila Gideon
Graphic design by Catherine Layton*



*Photos by Sheila Gideon
Graphic design by Catherine Layton*

Street painting shows who's on top

By Shawn Brady
Media Specialist

As the weekend wound down and everybody was switching back into work-mode, anticipation and excitement only began to grow in the students of the senior class. Everybody was excited to show off their beautiful artwork and creativity to the community at the senior street painting event Monday. The painting officially began at 4 p.m. when the seniors and their family members laid the stencils down. A streak of good luck was bestowed on the senior class when the forecast showed up clear and sunny.

The 17 seniors have a variety of tenure in the Kwajalein schools, ranging from one to all 18 years of their lives. This fun evening means more than people might think to both the senior class and the whole Kwajalein Jr./Sr. High School. This night is what many of us have waited for our whole academic career, a night where we leave our own unique mark, proving to the rest of the school who's on top.

As senior Alex Shotts put it, "They really make you feel like a senior."

Part of growing up and graduating on Kwaj is experiencing what it is like to be the center-piece of a school and feeling special when,



Photos by Eva Seelye

Senior Callie Hendrix puts the finishing touches on her street painting Monday.

after years of waiting, it is finally your turn. As Jake Jahnke looked back at his high school career here, he said "It's cool, I always looked at the street paintings and wanted to do them, and now I finally have."

Having each senior's name and insignia on the road sends a message to the younger students that their time is coming, and when they finally become seniors, they too will be able to enjoy the privileges that the older kids are given.

They are what the Hibberts twins, Stephanie and Jennifer, described as, "An inspiration for us to do well in high school, to get to that point."

During the paintings, sophomore Annie Hepler paused for a moment to look at everybody's creation and said, "These street paintings make me excited for my senior year."

Senior traditions in the Kwajalein school system remain second to none. The senior street paintings add a personal touch to the high school experience here on Kwaj. Along with being one of the most exciting events for the senior class, it remains a highly coveted tradition in the Kwajalein school system.



Dane Bishop, an avid fisherman, appropriately makes his senior street painting insignia a fish.



Senior Reslinda Haferkorn carefully outlines her butterfly design.

View from Kwaj

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



From Kathi Dover



From Kathi Dover



From Eva Seelye



From Jarem Ereksom



From Charlie Harjo



From Heather Girod



From Jarem Ereksom



From Kim Parker

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.

PATIO SALE

MONDAY, 7 a.m. to 1 p.m., quarters 453-B. Rain cancels.

LOST

SMALL, RECTANGULAR pill case, wooden with inlay, Wednesday morning between Coral BQ and building 1010, sentimental value. Call 54498 if found.

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.

ZUNE MUSIC MP3 player with rubber case. Call 54228 if found.

FOR SALE

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; PlayStation II games, \$6 each; MS Plus for Windows XP, \$3; 802.11g wireless card bus adapter, \$5; Sherwood Brut Regulator/Genesis Octo/Genesis SPG with bag, \$180. Call 51081.

TV, 27 inch, \$250; shower caddy, \$5; palm tree shower curtain, \$3; removable shower head, \$5; black curtains with rod, fit Coral BQ windows, \$15; dark brown curtains with rod, fit Coral BQ windows, \$30; printer, \$35, Aerogarden, \$20 and various dishes, silverware and tupperware, cheap. Call 52525.

SOLID OAK BENCH with cushion, \$40; Canon 35 film underwater camera, \$10; Blaster stunt kite, new, \$10; Heroes III 3 DO game, \$10; oriental rug, 5x8 feet, brown/black, \$125; computer table with above desk shelves and printer stand, \$40; wall-mounted folding table, \$10; duffel dive bag, \$10 and framed pictures. Call 51889.

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.

PCS SALE. Fuji Finepix digital camera model #S2700HD 18x optical zoom, 12 megapixel, \$100; leather sofas, two, with ottomans, \$750 each; assorted baskets, \$3 each; two Kwaj Open golf bags, never used, \$100 each; surround sound system 7-1 with Sony 110 with channel receiver and Polk audio speakers, \$700; swim/scuba fins, size 10, \$10 and 24-inch level, \$5. Call 54299 or 54784.

VINYL PRIVACY FENCE with new hardware, Rubbermaid storage unit, fishing cooler, assorted outdoor cushions, wooden shoe cabinet and two-drawer table, classic park bench, brick and block patio, assorted plans, Avenir cargo trailer with new aluminum wheels and spokes, large water exercise weights. Call 54511 after 6 p.m. or leave a message.

STAINLESS STEEL GAS BBQ, works well, \$50. Call 54876.



Bummed the food court doesn't serve breakfast anymore?

Try the American Eatery near the DSC! The Eatery has a full breakfast menu:

- Croissant/Bisquit Sandwiches
- Hash Browns with Cheese
- Pancakes
- French Toast Sticks
- Variety Omelets and Egg Platters

Open for breakfast from 7-11 a.m.

Thursday only: 20% off breakfast items.

COMMUNITY NOTICES

HAUNTED HALLOWEEN at the Vet's Hall, 7 p.m., Sunday. Costume contest starts at 10 p.m., cash prizes for best costumes, drink specials all night long and musical entertainment by Insane Gecko Posse. A bus will run along the work route from 7 p.m. until 2 a.m. The Vet's Hall now has 58 flavors of beer, so there is a little something for everyone.

BEGINNING TODAY, the gold stick fly trap the pest management department uses around the island will be available at Self Help. Initially, due to inventory shortage, it will be available for family housing residents only. For questions and comments contact Billy Abston at 54738 or e-mail.

CYSS YOUTH FLAG FOOTBALL registration ends today. Season runs Tuesday through Dec. 15. Open to kindergarten through sixth-grade boys and girls. Volunteer coaching opportunities. Call 52158 for registration information, building 358. Call Jared Barrick at 53796 for sports program information.

LIVE CHRISTMAS TREES are being pre-sold at the high school office starting Tuesday 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. Call the high school office at 52011 with questions.

AMERICAN RED CROSS water safety instructor class is Nov. 5-21. Register now through Tuesday. Cost is \$200, due after the first class, and includes instructor kit and certification fees. Participants must be at least 16 years old. For registration and questions, contact Mark at 52848.

CYSS OPEN REC Photo Scavenger Hunt will be from 6-7:30 p.m., Nov. 9, in the SAS room. Registration is Nov. 1-5. Open to all CYSS

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. 5
Ham Marco Polo	Huevos Ranchero	Italian Pasta Bar	Greek Chicken Breast	Mexican Fiesta	Clam Chowder	Grilled Ham and Cheese
Carved Top Sirloin	Pork Chops	Whole Wheat Penne	Lentils	Pork Carnitas	Chili Dogs	Swedish Meatballs
Oven Fried Chicken	Lemon Basil Chicken	Italian Herb Chicken	Sauteed Liver with Onions	Chicken Chimichangas	Turkey/Broccoli Stir-fry	Chicken Stir-fry

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 5
BBQ Pork Butt	Salisbury Steak	Kwaj Fried Chicken	Ribeye Steak	Stir-fry	Pot Roast	Fried Chicken
Chicken Supreme	Tuna Casserole	Alaskan Pollock	Whole Roast Chicken	Glazed Spareribs	Chicken Adobo	Parker Ranch Stew
Lyonaise Potatoes	Pork Pimento	Beef/Peapod Stir-fry	Baked Potatoes	Sesame Noodles	Broiled Red Potatoes	Potato Dujour

registered children in K-6th grade. Visit CYSS central registration to sign up.

“LEARN TO HOMEBREW DAY” will be 9 a.m. to 2 p.m., Nov. 7, at the Kwajalein 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.

SUNDAY NIGHT STEAK dinner at 6:30 p.m., Nov. 6, 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.

THE 2011 HOLIDAY Arts and Crafts Show is 10 a.m. to 2 p.m., Nov. 7, in the CRC gym. Vendor applications are located on the mall bulletin board.

HANG TIME TIE DYE and BBQ is 5-8 p.m., Nov. 7, 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 Cheryl at 51314 for more information.

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., Nov. 8, in the Coconut Room; 9:15 and 10:30 a.m., Nov. 9, 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., Nov. 10, at TRADEX; 10:45 a.m., Nov. 10, at ALTAIR; 12:45 p.m., Nov. 10, at C Building.

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.

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.

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.

CHUGACH EMPLOYEES, please disregard the FCE letter you may have received in the mail regarding the Chugach Alaska Corporation Health and Welfare open enrollment. The KRS/CMS/BAI Health and Welfare Open Enrollment is scheduled for Nov. 8-22.

Halloween

Safety Tips and Information

Trick-or-Treat: 6-8 p.m., Monday

- * All sponsored guests must be signed out at Dock Security Checkpoint no later than 7:45 p.m. in order to ensure everyone is able to catch a return ferry.
- * The area north of 6th Street will be closed from 5-9 p.m. for safety reasons. Anyone with questions can contact the Provost Marshal at 53530 or 52109.
- * Any leftover candy may be brought to the Host Nation office for donation on Ebeye.

FLU SHOTS are now available at the hospital on Tuesday, Wednesday, Thursday and Saturday afternoons 1:30 to 4 p.m. For questions, call 52224.

KARAOKE NIGHT from 8 p.m.-1 a.m. every Sunday at the Ocean View Club.

THE VET’S HALL is now scheduling December holiday parties. Contact Mike Woundy before Thanksgiving to schedule yours.

AMERICAN LEGION POST #44 is currently collecting items for holiday care packages for Troops deployed to Southwest Asia. Drop off any donations at the Vet’s Hall. Also, if you know of someone deployed to Southwest Asia, please notify Lisa Marks or another member of Post 44.

PET OWNERS, please go to <http://www.surveymonkey.com/s/R7GJNHQ> to take a veterinary services survey and tell us how we are doing or how you feel about the services provided to you. We want to make sure we are meeting your needs.

THE ELEMENTARY and high school campuses

are very busy with students and staff during the school day as well as community members on nights and weekends for various community events. Do not use these campuses to ride bikes, skateboards or scooters through. We are concerned for the safety of all students, staff and community members.

IF YOU SEE wasp nests or wasp activity please do not call pest control directly. Call the PW trouble desk at 53550 and they will “radio dispatch” a pest control tech who will respond immediately. The pest control office is not always manned as is the trouble desk.

SAFELY SPEAKING. Ask anyone who has been saved by a hardhat – being alive and healthy means everything. It is certainly worth the little bit of trouble involved in wearing a hard hat.

E-TALK. Anyone who, for reasons relating to their job or their personal quarters, is contemplating excavating or disturbing soil to a depth of greater than 6 inches below present grade needs to obtain a dig permit. Permit applications are available by calling 51134.

<i>Café Roi</i>						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 5
Breakfast Pizzas	Southern Benedict	Grilled Chicken	Grilled Cheese	Chicken Quesadillas	Italian Sausage	BBQ Beef Sandwich
Pasta Carbonara	Roast Chicken	Roast Brisket	Stroganoff	Beef Tacos	Hoagies	Grilled Chicken
Italian Grilled Chicken	Chorizo Casserole	Mashed Potatoes	Parsley Noodles	Refried Beans	Onion Rings	Roasted Potatoes
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 5
Ribs	Roasted Pork Loin	Missile Burgers	Grilled Steak	Fried Chicken	Sweet and Sour Chicken	Seafood Pasta
Grilled Ahi	Stuffed Chicken	Turkey Chili	Broiled Chicken	Cabbage Rolls	Mongolian Beef	Meat Lasagna
Baked Beans	Corn on the Cob	Three Cheese Pasta	Baked Potatoes	Mashed Potatoes	Chow Mein	Fresh Bread



Military Casualties

Staff Sgt. Jorge M. Oliveira, 33, of Newark, N.J., died Oct. 19 in Paktika province, Afghanistan, of wounds suffered when insurgents attacked his unit with an improvised explosive device. He was assigned to the 2nd Battalion, 113th Infantry Regiment, 50th Brigade Combat Team, Riverdale, N.J.

Chief Petty Officer Raymond J. Border, 31, of West Lafayette, Ohio, died Oct. 19 while assessing a route in Paktika province, Afghanistan. Border, a Navy Seabee, was assigned to a provincial reconstruction team in Paktika province, Afghanistan. His home unit was Navy Mobile Construction Battalion 74 in Gulfport, Miss.

Three Soldiers died Oct. 22 in Kandahar province, Afghanistan, of wounds suffered when enemy forces attacked their unit with an improvised explosive device. Killed were **1st. Lt. Ashley I. White**, 24, of Alliance, Ohio, assigned to 230th Brigade Support Battalion, 30th Heavy Brigade Combat Team, North Carolina National Guard, Goldsboro, N.C.; **Sgt. 1st Class Kristoffer B. Domeij**, 29, of San Diego, Calif.; and **Pfc. Christopher A. Horns**, 20, of Colorado Springs. Domeij and Horns were both assigned to 2nd Battalion, 75th Ranger Regiment, Joint Base Lewis-McChord, Wash.

Sgt. Paul A. Rivera, 26, of Round Rock, Texas, died Oct. 22 in Logar

province, Afghanistan, of injuries suffered in a vehicle rollover during an attack by enemy forces. He was assigned to the 709th Military Police Battalion, 18th Military Police Brigade, 21st Theater Sustainment Command, Hohenfels, Germany.

Lance Cpl. Jordan S. Basteau, 19, of Pekin, Ill., died Oct. 23 while conducting combat operations in Helmand province, Afghanistan. He was assigned to 3rd Battalion, 7th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Twentynine Palms, Calif.

Airmen 1st Class Jerome D. Miller Jr., 23, of Washington, D.C., died Oct. 13 due to a non-combat related incident in Parwan province, Afghanistan. He was assigned to the 459th Security Forces Squadron, Andrews Air Force Base, Md.

Pfc. Steven F. Shapiro, 29, of Hidden Valley Lake, Calif., died Oct. 21 in Tallil, Iraq. He was assigned to the 3rd Battalion, 8th Cavalry Regiment, 3rd Advise and Assist Brigade, 1st Cavalry Division, Fort Hood, Texas.

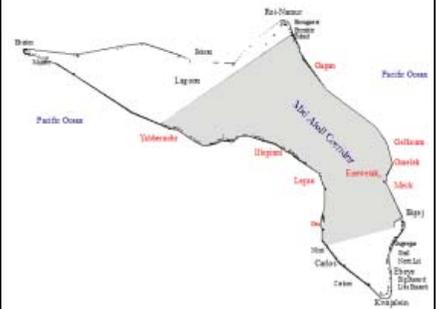
Lance Cpl. Jason N. Barfield, 22, of Ashford, Ala., died Oct. 24 while conducting combat operations in Helmand province, Afghanistan. He was assigned to 3rd Combat Engineer Battalion, 1st Marine Division, I Marine Expeditionary Force, based at Marine Corps Air Ground Combat Center Twentynine Palms, Calif.

Attention

Due to a range operation, the mid-atoll corridor will be closed from 4 p.m., Nov. 4 through Nov. 11 or completion of the operation. Questions regarding this closure should be directed to the USAKA/RTS range safety officer at extension 51910.

Kin unin jermal ko ikijen range operation, mid-atoll corridor enaj kilok jino jen 4 awa jota, November 4 mae November 11 ak mae ien ejemlok jermal in operation eo.

Ne elon kajitok ikijen wawen in, joij im kebak USAKA/RTS range safety officer eo ilo extension 51910.



Weather

Courtesy of RTS Weather

Sunday: Partly sunny, 20 percent showers. Winds: ENE-ESE at 6 - 12 knots.
 Monday: Partly sunny, 20 percent showers. Winds: ENE-E at 7 - 13 knots.
 Tuesday: Mostly sunny, 10 percent showers. Winds: ENE-E at 7 - 13 knots.
 Wednesday: Mostly sunny, 10 percent showers. Winds: ENE-E at 9 - 14 knots.
 Thursday: Mostly cloudy, 30 percent showers. Winds: ENE-ESE at 8-13 knots.
 Friday: Partly sunny, 20 percent showers. Winds: ENE-E at 10-15 knots.

Annual total: 94.68 inches
 Annual deviation: + 22.07 inches

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

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	6:38 a.m./6:28 p.m.	9:45 a.m./9:43 p.m.	6:00 a.m., 3.6' 6:16 p.m., 4.6'	12:03 a.m., -0.7' 7:47 p.m., -0.3'
Monday	6:38 a.m./6:27 p.m.	10:43 a.m./10:42 p.m.	6:41 a.m., 3.1' 6:59 p.m., 4.1'	12:47 a.m., -0.3' 12:29 p.m., 0.1'
Tuesday	6:38 a.m./6:27 p.m.	11:37 a.m./11:38 p.m.	7:29 a.m., 2.6' 7:48 p.m., 3.5'	1:36 a.m., 0.2' 1:11 p.m., 0.6'
Wednesday	6:38 a.m./6:27 p.m.	12:27 p.m./	8:35 a.m., 2.3' 8:57 p.m., 3.0'	2:38 a.m., 0.7' 2:08 p.m., 1.1'
Thursday	6:38 a.m./6:27 p.m.	1:12 p.m./12:30 a.m.	10:34 a.m., 2.1' 10:46 p.m., 2.8'	4:12 a.m., 1.0' 4:00 p.m., 1.4'
Friday	6:39 a.m./6:27 p.m.	1:53 p.m./1:19 a.m.	12:29 p.m., 2.4'	5:57 a.m., 0.9' 6:12 p.m., 1.3'
Nov. 5	6:39 a.m./6:26 p.m.	2:33 p.m./2:06 a.m.	12:24 a.m., 2.8' 1:25 p.m., 2.8'	7:01 a.m., 0.7' 7:22 p.m., 1.0'