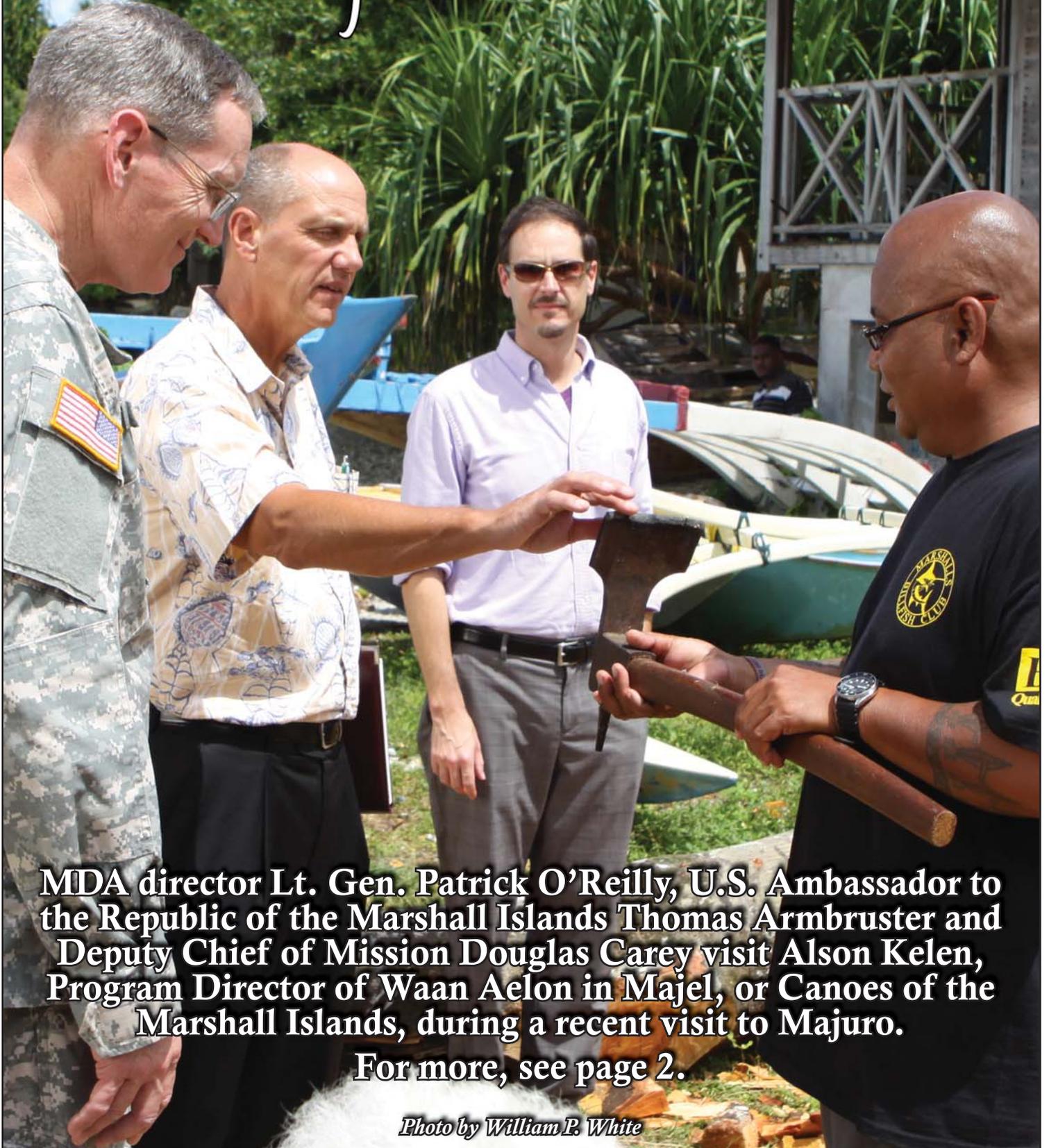


THE KWAJALEIN HOURGLASS



MDA director Lt. Gen. Patrick O'Reilly, U.S. Ambassador to the Republic of the Marshall Islands Thomas Armbruster and Deputy Chief of Mission Douglas Carey visit Alson Kelen, Program Director of Waan Aelon in Majel, or Canoes of the Marshall Islands, during a recent visit to Majuro.

For more, see page 2.

Photo by William P. White

MANIT MINUTE

Navigation and Stick Charts

In order to navigate in the open ocean, sailors from the Marshall Islands used observation of the only two things visible – sky and water. An apprentice would spend years memorizing the night sky, ocean features and other signs like cloud shape and flight patterns of birds.

The stick charts were a teaching tool but are not maps in the western sense. The knowledge contained in a stick chart would be meaningless without the guidance of its maker. The information would be committed to memory. Stick charts were not taken out to sea as tools.

– Information taken from rmiembassyus.org, the website for the Embassy of Republic of the Marshall Islands in Washington, D.C.

Thumbs Up!



...to the gentleman that stopped to help a mom screaming for help at Camp Hamilton, though we never got your name.

...to Firefighter Sean Reagan who didn't hesitate and jumped in the water to rescue a little girl, and to the fire department, you are all HEROES. Thank you for what you do.

...to Freddie Polk, KPD officer on patrol Sunday night, for stopping and assisting me with replacing the chain on my bike in the middle of the street in the pitch dark. Would have been a long walk home from the Swashbuckler's Ball if he had not stopped to help.

...to Tony Savage, Kennedy Jajo, Harrold Butuna and Peter Aron- the golf course was looking great for the tournament. Thanks also to the KGA for cosponsoring such fun activities over the last two weeks!

...to the help desk for fixing the slamming exterior door at Surf BQ. It's so much more peaceful in the mornings and evenings!



COMMANDER'S HOTLINE

Want the Commander to hear your concerns?

**The Commander's Hotline
phone number is 51098.
All calls are anonymous.**

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-

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MDA director Lt. Gen. O'Reilly visits Majuro

Story and photos by William P. White
USAKA Public Affairs officer

Lt. Gen. Patrick O'Reilly, Missile Defense Agency director, visited the U.S. Embassy in Majuro, Republic of the Marshall Islands, on Oct. 17. He was accompanied by U. S. Army Kwajalein Atoll commander Col. Shannon Boehm, along with a contingent of MDA and USAKA staff personnel.

The U.S. Ambassador to the RMI, Mr. Thomas Armbruster, along with the Deputy Chief of Mission, Mr. Douglas Carey, met the visiting contingent at the airport and all proceeded to the Ambassador's residence. Lt. Gen. O'Reilly began by talking about RMI education and health issues, as well as the importance of developing a stronger relationship with the RMI. The ambassador continued the discussion by talking about the current strength of the U.S./RMI relationship and how important USAKA is to keeping that relationship strong by providing jobs to RMI citizens. USAKA is the number two employer in the RMI behind the Marshallese government. The ambassador highlighted the USAKA program in which RMI citizens take the Armed Services Vocational Aptitude Battery test in order to join U.S. military services; the program strengthens the U.S./RMI relationship.

Lt. Gen. O'Reilly moved the discussion forward by talking about possible future engagements within the Ebeye community. He talked of upcoming MDA exercises and how deployed Soldiers and civilians in the area supporting the mission may be available to participate in outreach programs such as education and minor construction projects for the local community at Ebeye. The amount of support personnel who would deploy to Kwajalein during these upcoming missions would be between 400-500 people and they would be ready and willing to help with education and community projects on Ebeye during the downtime they experience at points during mission preparations.

The director discussed helping to assist the RMI to become more self-sufficient by creating more economic interest through inviting private organizations to come to the RMI. This would stimulate stronger economic growth by 2023, which is when the RMI is scheduled to be completely independent of financial aid from the U.S., according to the Compact of Free Association. Carey mentioned the uniqueness of the relationship between USAKA, RMI and U.S. government agencies and how the success of USAKA will ultimately benefit the RMI in the long run.

Col. Boehm added information about recent projects and humanitarian efforts performed by U.S. assets who came to Ebeye this past year. First was the economic development project and assessment done by a group of eight U.S. Military Academy at West Point students in January and two groups of eight U.S. Army Recruit Officer Training Corps cadets from around the U.S. These groups worked this summer with local children on Ebeye helping to instruct them in math and English, as well as training in sports. The USAKA Commander also discussed upcoming events such as Pacific



USAKA commander Col. Shannon Boehm, Thomas Armbruster, U.S. Ambassador to RMI, Martin Quinn, Australian Ambassador to the Federated States of Micronesia and the RMI, Lt. Gen. Patrick O'Reilly, MDA director and Cmdr. Peter Metcalfe, Australian Naval Advisor to RMI meet during a visit to Majuro.

Partnership 2013 and construction civic action details which will involve humanitarian services to include medical and engineering projects on both Ebeye and Majuro. The annual eight week internship program on USAKA hosted by the Massachusetts Institute of Technology/Lincoln Lab was discussed as well. The program is a valuable opportunity for qualified RMI citizens to learn technical skills that can be applied to the real world.

Following the morning briefing, Lt. Gen. O'Reilly met with the embassy staff, providing them insight on the creation of MDA, the organization's purpose and how it is a primary customer of USAKA and RTS. The group continued on to visit the Sea Patrol office at the port where Lt. Gen. O'Reilly received a briefing from Australian Cmdr. Metcalfe. He was also paid an unexpected impromptu visit by Australian Ambassador to the Federated States of Micronesia and RMI, Ambassador Martin Quinn. The group broke for lunch at the Majuro Wellness Center near the Majuro hospital and discussed various ongoing projects and issues with Denis Yates, the center director. Next, the entourage continued on to the Waan Aelon in Majel, or Canoes of the Marshall Islands, which teaches young Marshallese how to prepare for adulthood, focusing on skills such as math, English, canoe building and ocean navigation. The staff gave Lt. Gen. O'Reilly and his contingent a tour of the facility, described how their organization works and the benefits it has for children who enter the program.

The U.S. and RMI relationship is pivotal to the flourishing of the Pacific region, and fostering a stronger partnership into the 21st century and beyond is a key component of political and economic growth in this area of the world. This trip provided a valuable opportunity for a senior U.S. Department of Defense official to engage with the U.S. State Department in order to discuss ways to help the host nation country. The interaction points the way to future high-level engagements for a stronger and better alliance between the U.S. and the RMI.

Visiting teacher introduces the power of yoga

Article and photo by Catherine Layton
Associate editor



Becky Weires offered a week-long yoga retreat to Kwajalein residents in October.

Usually, in order for island residents to go on a yoga retreat, one would have to book an exotic vacation to an expensive resort to indulge in the practice. Luckily, hobby shop supervisor and local artisan Denise Dorn's sister, Becky Weires, is a yoga instructor. She incorporated a week-long yoga retreat in with her visit with Dorn, much to the delight of island residents in need of some focused serenity.

Weires came to Kwaj from Boise, Idaho, where she owns her Yoga for

Life studio. She was diagnosed with scoliosis at a young age, and was told very early that she needed to keep her muscles strong to keep it in check. She discovered yoga 13 years ago while working as a respiratory therapist and aerobics instructor. She has been teaching at her studio for 10 years.

Vinyasa, or flow, style of yoga is Weires' preferred teaching. "Yoga is like a slow dance. It improves flexibility and strengthens the body while relieving

stress and calming mind and spirit," she says. The word Vinyasa means breath-synchronized movement. "Yoga works all the systems of the body; cardiovascular, endocrine, digestive; it just makes you feel wonderful. Breathing is a huge part of it. You have to connect the breath with the movement." Yoga, according to Weires, "...evolves into a way of life, so it affects you spiritually, mentally and emotionally. Yoga is a communal thing; it helps to have the energy and flow from others around you. You are sharing in an almost spiritual moment. When you practice yoga long enough, it becomes an influence in all of your choices; eating, drinking, even who you choose to be around. It allows your intuition to find the opportunity to be heard."

Weires desired to teach because she felt as though she could get everyone to experience yoga. "Every single person can do some form of yoga. You just need to do it, and you will feel better. It enhances every part of your life," she says. Weires has taken many different classes and training sessions and takes a lot from all the different styles and blends them into her teaching. She incorporates pilates for core strengthening, because, "When you have a strong core and spine, everything else just falls into place. The core and the spine tell the rest of the body what to do. The core and the spine of your body is the guru." At least ten percent of class time should be the relaxation pose, or savasana, which is a neutral position, a calm, peaceful place to absorb your yoga practice.

Weires would be thrilled to offer more retreats on Kwajalein. As the attendance of this retreat made apparent, residents would like her to as well. In the meantime, we should all learn the savasana, and eagerly await her next visit. Namaste.

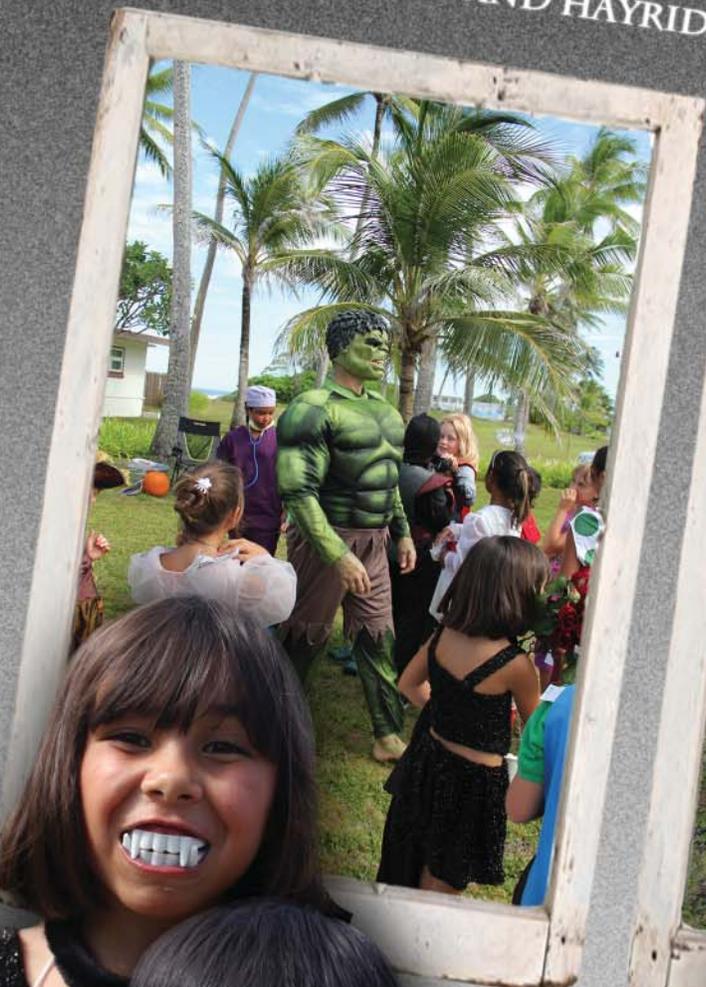
2012 HOLIDAY ARTS & CRAFTS SHOW

10 A.M. - 2 P.M. | Nov. 5
CORLETT RECREATION CENTER GYMNASIUM

Kwajalein Art Guild

Happy Halloween!

CYSS HAUNTED HOUSE AND HAYRIDE TO THE COLONEL'S HOUSE



*Photos by Tessa Delisio
Graphic design by Chris Delisio*

Book project begins in Majuro; promotes reading, writing

Story and photo by William P. White
USAKA Public Affairs officer

Jamie Zvirzdin, writer, editor, small business owner, and wife of the Political, Consular and Economic Officer Andrew Zvirzdin at the U.S. Embassy in Majuro, designed a program to help children in the Marshall Islands take a more vested interest in reading and learning. This program, called The Unbound Bookmaker Project, helps children in the Marshall Islands write, illustrate, and publish their own class books.

Zvirzdin worked on the pilot book with the help of two friends, Ethel Nelson, a retired U.S. teacher living in Minnesota, and Daryle Newman, an Australian artist based in the RMI. The first book is called *"The Important Book about Majuro"* and was completely written and illustrated by 27 fourth graders on Majuro Atoll. With the success of the pilot book, the RMI Ministry of Education and 23 WorldTeach volunteers have agreed to work with Zvirzdin to produce and publish 23 Marshallese-English children's books. This is no small feat considering that the country has very few children's books, and none are written by Marshallese children themselves.

The way the project works is that the WorldTeach volunteers give the students a topic and then help them brainstorm and create a narrative centered on the topic. These topics range from marine and weather safety to nutrition and exercising to

Marshallese legends, traditions, and art.

The volunteers work with the students to edit their stories, teaching them the valuable skill of how to refine their own work. Once this has been completed, the students are taught principles of art and are given the materials to create self-portraits and other illustrations based on the topic.

Zvirzdin and her team of typesetters will then take their words and their illustrations and professionally publish the books to Amazon by March 2013. The Ministry of Education is providing the funds to purchase a copy of the book for each child, volunteer and school participating in creating the class book. However, there are many schools, classes and children that did not have a WorldTeach volunteer and will not have access to a copy of any of the books.

Because the books are published to Amazon, they will be available for purchase to the general public. *"The Important Book about Majuro"* is available online now. It has been suggested that volunteers on Kwajalein interested in helping children on Ebeye and other areas in Kwajalein form reading groups based on books created by The Unbound Bookmaker Project. Since Marshallese children are the authors and illustrators of the books, it is hoped that other children in the Marshall Islands will be more interested in reading and learning from the books, particularly on topics that can provide knowledge of important life skills and preserve valuable cultural identities.

Kwajalein resident Susannah Prenoveau has been in contact with Zvirzdin about potentially completing a new book project on Ebeye, and is looking into starting "reading brigades," where volunteers read the new books to the children as they become available. Potential volunteers or those who want to donate or help with the upcoming Ebeye projects, should get in touch with Prenoveau.



Jamie Zvirzdin presents a copy of the first book, *"The Important Book of Majuro,"* to MDA director Lt. Gen. Patrick O'Reilly during his visit to Majuro.

Thank You

I wanted to express my gratitude to everyone for the help and support during this past weekend's Halloween Carnival and Hay Ride at the Teen Center. Without the support of community members, and the cooperation between multiple departments, events such as this would not be possible. The Halloween Carnival was a success, and it is due to your efforts.

Special thanks to Col. and Mrs. Boehm for volunteering their home and their time for the destination of our Hay Ride. THE KIDS LOVED IT!!!

Thank you to Darryl Mathieson, Anjer Langinbelik and Leander Ishoda for providing us with the necessary staff and transportation for the Hay Ride. This was the first year we attempted this, and Anjer and Ishoda made it run like clockwork.

Thanks to Roy Tomas for ensuring our special pumpkin order, as well as storing and delivering the pumpkins to us.

As always, thank you Kim Yarnes and Mandie Morris for loaning us the Halloween decorations and arranging the transportation, as well as offering last minute assistance if needed.

Again, thank you everyone for helping support this annual event.

Sincerely,
Jared Barrick

Military Casualty

Pfc. Shane G. Wilson, 20, of Kuna, Idaho, died Oct. 18 in Khost, Afghanistan. Wilson was assigned to 3rd Battalion, 187th Infantry Regiment, 3rd Brigade Combat Team, 101st Airborne Division (Air Assault), Fort Campbell, Ky.



SOCCKER RESULTS

BOWLING RESULTS

MEN'S LEAGUE

WEEK 6

WEDNESDAY, OCT. 17

STANDINGS

FC SWOLLEN VS. SPARTANS 4 - 2

FC Swollen: Chad McGlenn - 2, Mike Turner - 2

Spartans: Keith Brady - 1, Austin Wiley - 1

Crush: 7-3

Spartans: 5-4-1

FC Swollen: 4-5-1

Locals: 3-7

Co-Ed/WOMEN'S LEAGUE

TUESDAY, OCT. 17

STANDINGS

GO GREEN VS. SPARTANS II - 2 - 0

Go Green: Lindsey Mattson - 1, Krystal Peterson - 1

Spartans II: No goals

Spartans I: 6-1-1

Go Green: 6-1-1

K.A.T.: 2-4-2

Spartans II: 2-5-1

Spartans Co-Ed: 1-6-1

THURSDAY, OCT. 18

SPARTANS CO-ED VS. SPARTANS II - 2 - 1

Spartans Co-Ed: Dayna Hepler - 1, Auguston Lelet - 1

Spartans II: Hannah DeLange - 1

SPARTANS I VS. KAT - 4 - 2

Spartans I: Mary Doerries - 1, Annie Hepler - 2, Mary McPhatter - 1

KAT: Anne Jahnke - 1, Laura Callaway - 1

TUESDAY, OCT. 23

GO GREEN VS. SPARTANS CO-ED - 5 - 2

Go Green: Lynn Leines - 1, Krystal Peterson - 2, Lindsey Mattson - 2

Spartans Co-Ed: DeVante Floor - 1, Thomas Greene - 1

XXX

Game 1: 767; Game 2: 818; Game 3: 845
Total: 2430

LOD

Game 1: 742; Game 2: 871; Game 3: 794
Total: 2407

TEAM #7

Game 1: 710; Game 2: 779; Game 3: 772
Total: 2261

BRUISERS

Game 1: 606; Game 2: 619; Game 3: 562
Total: 1787

BABES AND BALLS

Game 1: 523; Game 2: 456; Game 3: 446
Total: 1425

AVIATIONS

Game 1: 286; Game 2: 331; Game 3: 287
Total: 904

As of Oct. 16



Photo by Chris Delisio

The 43rd annual Kwaj Open

First Round - Oct. 14

Men's longest drive on Hole #17 - Jeff Sudderth

Women's longest drive on Hole #17 - Kim Parker

Men's Closest to the Pin on Hole #4 - Greg Whitehead

Putting, Chipping and Long Drive - Oct. 16

Putting Men - Rudy Gil

Putting Women - Kim Parker

Chipping Men - Rudy Gil 2 feet

Chipping Women - Pam Frase 9 feet, 2 inches

Long Drive Men - Jeff Sudderth 314 yards

Long Drive Women - Akiyo Mimoto-Kaneko

Mixed Horse Race - Oct. 17

Win - Mary Cisler-Long, Larry Cavender

Place - Rihna Hampson, Jim Bishop

Show - Selentina Beniamina, Danny Bittner

Men's Horse Race - Oct. 18

Win - Larry Cavender, Malcolm Gowans

Place - Tracy Hampson, Danny Bittner

Show - Mark Kaneko, Ed Bonham

Match Play Putting - Oct. 20

First - Brian Brady

Second - Hesbon Jokas

Third - Greg Whitehead

Second round - Oct. 21

Men's straightest drive on Hole #10 - Bob Emmert

Women's straightest drive on Hole #10 - Pam Frase

Men's closest to the pin on #4 - Greg Whitehead

Men's Low Gross Winner - Tracy Hampson 150

Women's Low Gross Winner - Rihna Hampson 170

Low Net - Sam Garland Award - Jim Bishop 127

Men's "A" Flight

First - Kenny Leines 134

Second - Fred Cunningham 135

Third - John Brown 136

Men's "B" Flight

First - Jeff Wase 131

Second - Jeff Jones 134

Third - Larry Cavender 137

Men's "C" Flight

First - Glenn Hibberts 132

Second - Brent Peterson 139

Third - Brian Brady 142

Men's "D" Flight

First - Jim Bishop 127

Second - Ed Bonham 136

Third - Mike Butler 136

Women's Flight

First - Selentina Beniamina 141

Second - Kim Parker 142

DISPATCH FROM ROI

Resident poet shares his art

In my youth, I travelled extensively across the country by motorcycle. I felt a need to break out of my small town to experience life as I'd hadn't known it as yet. I struck out on my own because I yearned to discover these things in my own way. (Also, because my fellow biker friends at the time thought that I was 'crazy' to ride for 12 to 18 hours at a time without stopping!) Hope you enjoy it as much as I enjoyed the experience that inspired me to write it.



Iowa

(A Biker's Song)
by Ed Tomasofsky

Empty highway
Lonesome roadsign
A tank of gas and I'm on my way

Clear skies
Broad horizon
Wish me luck
I'm leaving today

Across the fields
Across the valleys
That's what I want and I cannot stay
Forever young
Forever old
Never tired
Always bold

I can't find the peace that you have
My friend
I've always searched for another trend

Is the grass really greener
Are the skies that much cleaner
Is it just a falsehood to bust at the seams
Or will it really fulfill my wildest dreams

I saw a man in Iowa
Sitting alone in the sun against a bale of hay
He brought to mind a forgotten memory
Belonging to a distant day

1977

View from Kwaj

We need your submissions! E-mail your photos to hourglass@smdck.smdc.army.mil.



From David Awalt



From Leanne Page



From David Layton



From Clara Winkler



From Eva Seelye

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.

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 of office support. Questions, call 54916.

ATTENTION READERS! Looking for a couple different people with different backgrounds who are active readers to read and critique the books that I write as I write them; pays \$10 a chapter. E-mail me at jase.connors23@gmail.com. Also, looking for a person who is experienced in Adobe Photoshop and image design. Payment negotiated upon quality and experience.

LOST

LADIES WATCH with gold and silver links. Please call Tina 51646 or 53511, leave a message.

PATIO SALE

8:30 A.M. NOV. 3, QUARTERS 121-F, no early birds. Recliner, 26 inch TV, clothes, shoes, snorkel gear,

tennis rackets, Kwaj Open golf bag, everything must go. Call Geary at 52345.

MULTIFAMILY YARD SALE, 7 a.m. until 1 p.m. Nov. 3, in the tent behind quarters 136-A. Clothes, used snorkel gear, plants, household items, linens, fishing lures. Lots of good stuff!

FOUND

MEN'S LARGE SHORTY 3.2 wet suit at Emon Beach. Call 50937.

PAIR OF FINS, ocean side over the holiday weekend. Call 51655.

WANTED

SURFBOARD or Long board 9 to 10.5 feet, in good and usable condition. Call David Seelye at home, 54698 or work, 50618.

INTERNAL HARD DRIVE for desktop computer, call Josh at 52222 or 52184.

FISH TANK, acrylic, 40-55 gallons, and AeroGarden. Call 59283.

FOR SALE

JEFF JOHNSTON ROUNDED PINTAIL, 6 foot, 3 inch future fins \$250.00; 5 foot, 11 inch Sasquatch retro single fin, has fin boxes for side bits \$250; 5 foot, 8 inch Fish, old school twin fin fish, \$175; 9 foot Bear Epoxy long-board, bag, fin and leash, \$500. Call Chad at 52426.

TWO BOOKSHELVES, \$15 each; Halloween costumes, hantress size 10-12 with size 9 boots, \$40; witch size 10-12, \$20; outdoor storage shed, \$25; yoga mat with carrying straps, new, \$20; 8 x 12 deck, \$75; basket weaving materials, \$20; Chux outdoor toss game, new, \$20. Photos available at mini-mall bulletin board. Call 55987 and leave message.

COUCH, three cushion brown with nice pattern. Pillows and cushions are down filled and comfortable. \$75 or best offer. Call Kim at 51654.

USED ADULT TRIKE, good condition \$100. Call 51269 during day and 51044 at night.

AMANA RADARANGE microwave, 1.2 cubic foot, 1000 watts, \$45; burnished copper 6 foot tall floor lamp with frosted glass shade, \$50; HP deskjet printer, model 842C, \$25; four medium color wood TV trays, \$25; Juiceman juicer, \$15; card table, \$5. Call 53759 after 3 p.m. and leave a message.

SKECHERS GALLEY WORK SHOES, size 13. Brand new, tags still on, \$50.00. \$60.00 regular price on Amazon and in stores. Call 51666.

TWO TRAILER TIRE RIMS, 16 X 1.75 tire, no tube, \$5 for all; handlebars, \$3; golf ball retriever with red nylon bag and assorted golf balls, \$5; RCA boombox with CD, radio and tape player, \$12; beach chair, \$3; float, \$5. Call 51655.

PCS SALE, Aqua Lung Pro QD BC men's medium, with weights, \$300; Armani cologne, new, \$40. Call Jeff 52222 or 51952.

KIDS TABLE, brown, with two chairs \$20; kids table, white with three pink chairs, \$25. Call Kim at 51654.

HALLOWEEN ADULT COSTUMES for sale, group and individual. \$10 each. Call 54168.

ALL WOODEN GLIDER ROCKER, like new, \$40, or best offer. Two Kwaj condition bikes: 12 inch pink Specialized, 16 inch blue Novara, \$20 each. Well loved greenish chenille recliner, free. Call 52306.

BRAND NEW tempered glass TV stand. Holds up to a 42 inch TV and 70 pounds. Very snazzy looking. Asking \$50. Call 52371.

SAMSUNG 40" LED TV and wall-mount kit with Samsung partnered Blu-Ray player \$600. Call Crystal at 51469 after work hours or leave a message.

INTOVA UNDERWATER DIGITAL CAMERA, 14MP, like new, underwater housing, still in box, all the bangs and whistles, free SD card, \$300, call Sam at 51731.

PCS SALE, Sherwood Fins, large, \$75; Riffe mask and snorkel, \$50; Sunlight SL4 flashlight, \$25; Oceanic gloves, large, \$10; titanium dive knife, \$40; Akona fin/mask carry pack, \$20; new Sling Spear with extra point, \$40; 16" Daewoo TV, works great, \$40. Contact Mike at work, 51286, or home at 51757.

Changes at the Post Office

Kwajalein Army Post Office has been approved and funded for the replacement of our rapidly degrading P.O. boxes. The United States Postal Service and Military Postal Servicing Agency authorizes Kwajalein 1150 post office receptacles for the number of residents on island. Therefore, if you currently own a box after 1150, your address will no longer exist in the future.

Although this permanent change may cause a bit of inconvenience, this will require a change of address. You may request to be assigned a new Post Office box.

Your mail will be forwarded from your previous address to your new address for one year to allow you time to completely change your address.

Religious Services

Catholic

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

Protestant

8 a.m., Sunday, Traditional Service
9:15 a.m., Sunday School for all ages
10:45 a.m., Sunday, Contemporary Service
All services at Island Memorial Chapel
Roi-Namur service at 7 p.m., Friday

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. 3
Omelette Station	Corn Chowder	Chilly Willy Soup	Vegetable Noodle Soup	Greek Lemon Rice Soup	Spinach and Crab Soup	Barbecue Pulled Pork
Scalloped Potatoes	Maple Glazed Ham	Kwaj Fried Chicken	Barbecue Spareribs	Cajun Chicken Breast	Salisbury Steak	Italian Pizza
Chicken Chop Suey	Chicken Cordon Bleu	Mashed Potatoes	Grilled Cheese Sandwich	Rice Jambalaya	Herb Baked Cod	Oven Roast Potato

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 3
Barbecue Chicken	Roast Pork Loin	Spaghetti and Meatballs	Roast Top Sirloin	Chicken Fried Steak	Baked Potato Bar	Braised Short Ribs
Mac and Cheese	Gravy and Stuffing	Garlic Bread	Cornmeal Fried Catfish	Parslied Potatoes	Teriyaki Chicken	Mashed Potatoes
Steamed Rice	Steamed Rice	Eggplant Parmesan	Baked Potato	Beans in Broth	Fried Rice	Steamed Rice

PROLINE 23-FOOT POWERBOAT. Why look at the rest, when you can have the best? Priced to sell. Excellent condition, with Suzuki 250 hp 4-stroke, low hours, 15 hp Mercury kicker, aluminum hardtop, aluminum trailer with new wheels, plenty of tools and maintenance materials. Fast, sturdy boat in great shape for diving, fishing, water sports or cruising. \$37,500. Call Dick at home, 51684 or e-mail richard.cheryl.shields@gmail.com.

HANDLINER 22 FOOT BAYLINER trophy with new fuel efficient twin 90 HP Evinrude Etec with only 40 hours, new steering/electrical, package deal includes all fishing, diving/snorkel gear, camping gear, chest freezer, small refrigerator, tools, fiberglass materials, \$35,000. Contact Gary or Cheryl at 51314.

COMMUNITY NOTICES

OCEAN VIEW CLUB BIRTHDAY BASH tonight, 8 p.m. Sign up at the KRS Retail Sales office by Oct. 26. Must be 21 years old. Complimentary drinks and cake for registered October birthdays. Contact Barbara Hutchins at 58228 or Ted Glynn at 53338.

CYSS OCTOBER OPEN RECREATION event-Halloween movie night from 5:45-7:45 p.m. tonight at the SAS rooms. Free for all CYSS registered kindergarten-sixth grade. Contact June Walker at 52158 for registration or further information.

THE U.S. COAST GUARD CUTTER SEQUOIA will be having an open house on Sunday from 10 a.m.-4 p.m. on Echo Pier. Closed toed shoes are required. Badges are required for ages 10 and older to access the pier through the dock security checkpoint.

HALLOWEEN PARTY, 8 p.m. Sunday, come out and celebrate at the Vet's Hall. Show off your best costume! Enjoy music, drink specials and our costume contest! Questions, contact Mike Woundy or Stephanie Finley.

PTO MOTHER-SON OPERATION LASER TAG EVENT! All K - sixth grade boys and their moms Monday from 4:30-7:30 p.m. at the MP room, food, fun and laser tag games provided, wear tennis shoes and shirts with sleeves.

THE KWAJALEIN AMATEUR RADIO CLUB monthly meeting will be 7 p.m. Thursday, at the Ham Shack, Building 557, just south of the Adult Pool. Questions, call Rick at 50948.

PROPERTY MANAGEMENT'S equipment custodian training class will be held from 9-11 a.m., Thursday, in the Religious Education Building. This training is required for all property custodians and available for supervisors or 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 Deb Crawford at 56212 or La'Mesha Rhodes at 53412.

STUDENT MUSIC RECITAL, 7 p.m. Thursday, in the Davye Davis Multi-Purpose Room at the high school. For details, contact Dick Shields at 52011, mornings; 53601, afternoons; or at home at 51684.

PRE-SALES OF LIVE CHRISTMAS TREES will start

HALLOWEEN

SAFETY TIPS AND INFORMATION

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

- **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 to traffic from 5-9 p.m. for safety reasons. Anyone with questions can contact the Provost Marshal at 53530 or 52109.**
- **Bring a flashlight.**
- **Any leftover candy may be brought to the Host Nation office for donation on Ebeve.**

Nov. 5 at the Craft Fair and then at the High School office. Cost is \$70 per tree. Quantities are limited. Questions, call 52011.

LIFEGUARD CLASS, Session dates are Nov. 3 - 19 on Saturdays - Tuesdays. Cost is \$150 and includes book, pocket mask and certification fees. Fee is due after the first class. Register NOW through October 27 at the Family Pool. Participants must be at least 15 years old. For questions, contact Mark at 52848.

THE CHRISTIAN WOMEN'S FELLOWSHIP would like to invite all ladies to join us for our monthly luncheon at noon on Nov. 4 at the Religious Education Building. You don't need to bring anything, just come enjoy lunch and fellowship.

LADIES GOLF CLINIC, Tuesdays, 5-6:30 p.m., Nov. 20-Dec. 11. This Clinic will be for women looking to get a taste of how fun golf can be while learning the fundamentals and rules. Session 1: Grip, Athletic Posture, Golf Swing Fundamentals, Driving. Session 2: Putting and Chipping. Session 3: Iron Play, Fairway Woods. Session 4: Play 9 holes with instructor-- "refresher week". Register today, with Tony Savage at the Golf Course. Cost is \$40 and must be paid at the time of enrollment.

POST OFFICE PATRONS: Package slips will be distributed to boxes once all pallets of mail are processed. Please check the whiteboard by the pick-up window for mail status updates.

AS A REMINDER, Coral Sands pavilion is CLOSED. Avoid the entire pavilion area and all other barricaded areas. Pavilion is not safe for use until repairs can be made.

THE OPTOMETRIST, Dr. Chris Yamamoto, will be on Kwajalein to see patients from Oct. 28 - Nov. 8. Call

the hospital for an appointment at 52223 or 52224 for eye exams or Environmental, Safety and Health at 58855 for prescription safety glasses.

MANDATORY ISLAND ORIENTATION Next Session is Oct 31, from 12:30-4:30 p.m. Arrive 10 minutes early to sign in and be seated by 12:30 p.m. at CAC room 6. It is required for all new island arrivals. The island orientation is not recommended for dependent children under the age of 10. Questions, call the meeting facilitators at KRS Environmental, Safety and Health at 51134.

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

KRS/CMS/BAI HEALTH AND WELFARE 2013 OPEN ENROLLMENT: No yellow envelope, we are going green! You will not receive the annual open enrollment communications materials in the mail this year. Everything will be available for you to access on the KRS HR SharePoint Intranet or the FCE Benefits website in November. Enrollments will continue to be processed online via www.fcebenefits.com. Open Enrollment is Nov. 5 through Nov. 17. Changes made during open enrollment will be effective Jan. 1, 2013. Continue to watch for more information regarding on-line instructions, meeting dates and times.

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: Take 5 for safety: Protect your hands, use the right gloves according to the hazards of the job.

<i>Café Roi</i>						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 3
Citrus Mahi Mahi	Beef Stew	Chicken Fajita Wrap	Grilled Ruben	Chili Dog Bar	Shredded Chicken Tacos	Philly Cheesesteak
Chicken Picatta	Breaded Pork Chops	Chicken Fried Steak	Crispy Garlic Chicken	Chicken Fricassee	Beef Tamales	Barbecue Pork Butt
Crab Cake Benedict	Southern Benedict	Corn Bread	Pork Eggrolls	Onion Rings	Refried Beans	Mac and Cheese
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 3
Thai Beef	Chicken Parmesan	Roast Chicken	Grilled Top Sirloin	Roi Fried Chicken	Chicken with Apricots	Sausage and Peppers
Chicken Pad Thai	Beef Ragu Pasta	Slow Cooked Kalbi Ribs	Grilled Fish	Beef Pot Pie	Lamb Tagine	Chicken Pesto Alfredo
Fried Rice	Garlic Bread	Mashed Potatoes	Baked Potatoes	Mashed Potatoes	Sweet/Spicy Chickpeas	Cheesy Garlic Bread



Photos by Kim Yarnes
Graphic design by Chris Delisio

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	20%	ESE at 3-8 knots
Monday	Partly Sunny	10%	ESE at 5-10 knots
Tuesday	Partly Sunny	20%	ENE-E at 8-13 knots
Wednesday	Mostly Cloudy	30%	ENE-E at 10-15 knots
Thursday	Partly Sunny	20%	ENE-ESE at 10-15 knots
Friday	Partly Sunny	10%	ENE-E at 7-12 knots

Yearly total: 63.86 inches
Yearly deviation: -7.99 inches

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

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:38 a.m. 6:28 p.m.	5:14 p.m. 5:03 a.m.	3:09 a.m. 3.8' 3:27 p.m. 4.3'	9:12 a.m. -0.3' 9:40 p.m. -0.3'
Monday	6:38 a.m. 6:28 p.m.	5:57 p.m. 5:50 a.m.	3:38 a.m. 3.8' 3:54 p.m. 4.5'	9:38 a.m. -0.4' 10:09 p.m. -0.5'
Tuesday	6:38 a.m. 6:27 p.m.	6:40 p.m. 6:37 a.m.	4:07 a.m. 3.8' 4:20 p.m. 4.6'	10:04 a.m. -0.5' 10:38 p.m. -0.5'
Wednesday	6:38 a.m. 6:27 p.m.	7:26 p.m. 7:26 a.m.	4:35 a.m. 3.8' 4:47 p.m. 4.6'	10:30 a.m. -0.5' 11:06 p.m. -0.5'
Thursday	6:38 a.m. 6:27 p.m.	8:12 p.m. 8:14 a.m.	5:03 a.m. 3.6' 5:15 p.m. 4.4'	10:57 a.m. -0.4' 11:36 p.m. -0.4'
Friday	6:38 a.m. 6:27 p.m.	9:00 p.m. 9:03 a.m.	5:31 a.m. 3.4' 5:43 p.m. 4.2'	11:23 a.m. -0.2' -----
Nov. 3	6:39 a.m. 6:27 p.m.	9:49 p.m. 9:51 a.m.	6:00 a.m. 3.2' 6:12 p.m. 4.0'	12:06 a.m. -0.2' 11:50 a.m. 0.1'