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THE KWAJALEIN HOURGLASS



Craig Shaffer takes a knife to his team's jack-o'-lantern during the Kwajalein Scuba Club's Underwater Pumpkin Carving Contest Sunday. For more, see page 3.

Photo by Jordan Vinson

Residents bring awareness to breast cancer with walk/run

Article and photos by Sheila Gideon
Managing Editor

Kwajalein Hospital staff organized the first-ever Breast Cancer Awareness Walk/Run Monday. Almost 100 participants showed up on Ocean Road across from the hospital dressed in pink to either walk one mile or run a 5K. Babies in strollers, dogs on leashes, families, unaccompanied and host nation friends gathered to show support and bring awareness to one of the most common cancers to affect women in their lifetime.

"We were hoping to bring to the community education of the risk and prevention of breast cancer," said Amy Sandifer, registered nurse at Kwajalein Hospital. "We provided the women who participated in the walk a shower card that instructs on self breast exams with a calendar for a reminder." There are enough cards for all women in the Kwajalein community. You can get yours at the hospital.

Breast Cancer will be diagnosed in one in eight women in their life time. A healthy lifestyle will help in prevention of breast cancer. Equally as important is early detection in the form of monthly self breast exams and annual mammograms.

"We so appreciate the support this community showed with the wonderful numbers that participated and look forward to this being an annual event," Sandifer said. "Our plan for next year will be raising funds for research and hopefully pink T-shirts."



Cancer survivors are invited to lead the start of the 1st annual Breast Cancer Awareness Walk/Run held on Kwajalein Monday.



Dressed head to toe in pink, Kwajalein residents set out for a 1-mile walk or 5K run to support awareness for breast cancer Monday.

THE KWAJALEIN HOURGLASS

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

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THE ART OF CARVING UNDERWATER JACK-O-LANTERNS

Article and photos by Jordan Vinson
Associate Editor

A large group of scuba divers hit the warm water of Kwajalein Lagoon Sunday to try their luck in the 2014 Underwater Pumpkin Carving Contest. Sponsored by the Kwajalein Scuba Club, the contest featured six separate categories that eight teams tried to win with their jack-o'-lanterns: best overall, second-best overall, third-best overall, most original, scariest and funniest.

Taking the top prize of \$100 in cash was a gnarled beast of a pumpkin created by Craig Shaffer and Rita Dominguez. It sported large, intimidating, slanting eyes, an expertly carved top and mangled up dead tree limbs for arms, the uniqueness of which swayed the judges of the contest in Shaffer's and Dominguez' favor.

Shaffer, who almost didn't even bother entering the contest, said that he was glad his teammate convinced him to go down to the beach and participate Sunday.

"The funniest thing was that I really had decided not to participate until the last minute when [Dominguez] proposed it," he said. "I just couldn't figure what we could do that would be able to compete at all with masterful designs I had seen true artists do a few years ago. Apparently some of the heavy hitters on island from years ago have left or grew tired. Anyway it was fun, and memorable."

Bradley and Beth Mitchell took home a prize of \$50 in cash from the Scuba Club for the second-best overall entry, as well as the award for the most original jack-o'-lantern. Kneeling on the sandy lagoon floor at a depth of about 20 feet, the couple took a different approach during the contest. Instead of carving out the eyes, nose and mouth for a traditional jack-o'-lantern design, they carved out one enormous, jagged mouth, created



Rita Dominguez, right, cuts the top of her team's pumpkin during the 2014 Underwater Pumpkin Carving Contest Sunday at Emon Beach. She and her teammate, Craig Shaffer, left, took the top prize in the contest for the best overall jack-o'-lantern.

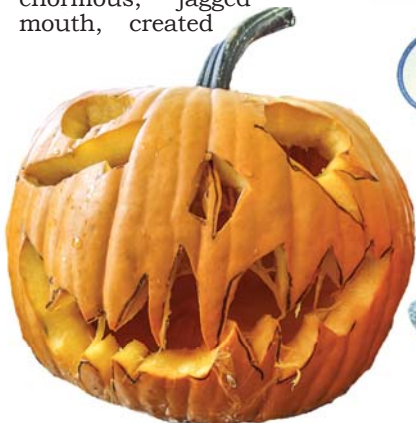
a tail from the cut-out mouth, attached small, old clam shells for fins and poked out two small eyes. The result? A Pac Man-looking creature that was half fish and half pumpkin.

Winning the third-best overall distinction and a \$25 prize for what the judges decided was also the scariest entry of the contest, was the entry featured below at left. A classic jack-o'-lantern that would look good on anyone's front porch this month, it boasts a long, jagged, creepy mouth that runs along the length of the pumpkin's bottom and ghoulish eyes that peer out from above.

As for the rest of the win-

ning entries, Emily Ryon's happy little jack-o'-lantern won the distinction for funniest entry for sporting a curly handlebar mustache and big smile. Judges Monica Sadler and Jenifer Peterson said that it was probably the first pumpkin they had seen with a mustache—and definitely the first one they had seen carved underwater.

While not all teams went away with a cash prize, Kwajalein Scuba Club President Dan Farnham reminded the group that everyone who participated was a winner and would receive some cool swag from the club's Dive Locker.



LEFT: The scariest entry of the contest and its wicked smile. MIDDLE: Beth and Bradley Mitchell carve a pumpkin into the shape of the fish, winning the category for most original entry. RIGHT: Emily Ryon's mustache-wearing pumpkin was declared the competition's funniest entry.



LEFT: Seabees working with Construction Civic Action Detail-Marshall Islands help prepare 1.5-ton bags of concrete aggregate for transport. **RIGHT:** A Seabee hauls off some of the 375,000 pounds of aggregate needed for development builds on Enniburr and Ebeye.

SEABEES GEAR UP

FOR DEVELOPMENT PROJECTS ON ENNIBURR, EBEYE

ARTICLE AND PHOTOS BY JORDAN VINSON
ASSOCIATE EDITOR

Construction Civic Action Detail-Marshall Islands, a detachment of Navy Seabees currently on U.S. Army Garrison-Kwajalein Atoll, is gearing up for a series of major construction projects that the unit will build on Kwajalein Atoll in the coming months.

Part of Naval Mobile Construction Battalion 133 based in Gulfport, Mississippi, CCAD-Marshall Islands is one of many small Seabees detachments that the battalion has deployed worldwide for humanitarian outreach efforts. And now that the men and women of the unit have the small mountain of raw materials they need to build the projects, they're ready to get their hands dirty.

Sitting at the controls of a heavy construction forklift Oct. 18, Equipment Operator Constructionman Apprentice Bridget Osborn, one of only 20 Seabees in the detachment on USAG-KA, worked with a half-dozen other crewmen on the ground to hoist and transport 375,000 pounds of concrete aggregate to staging areas at the barge slip ramp on the west end of the island.

Coming on the heels of a six-week shipping timeframe, the arrival of the 125 1.5-ton bags of aggregate was a welcome sign for the men and women of

the detachment. The next port of call for the materials will be the islands of Enniburr and Ebeye, where the Seabees will renovate and build on several projects important to the health and welfare of the communities.

Navy Lt.j.g. Meredith Martin, the officer in charge of CCAD-Marshall Islands, discussed the builds that her team has lined up for the islands.

On Enniburr a new water distribution point on the island and work on the island's elementary school are on the table for the detachment, she said. A new rainwater catchment system complete with gutters and storage tanks will be installed with a new six-stall restroom facility the Seabees will also build from the ground up.

"Building that bathroom facility from scratch is a pretty big undertaking," Martin said. "We're building a septic tank, setting that in the ground, installing a leach field—which is all the pipes and filtration system—and then building the facility itself out of concrete block. Just the logistics of getting our materials there, getting our equipment on the island ... is going to be an interesting challenge for us."

On Ebeye the Seabees will focus their efforts on the expansive, open-air Island Community Center. They'll install new outdoor, marine climate light fixtures, new sheeting to cover the outside of the structure, more concrete slabs on the floor inside and new gutters and storage

tanks to catch rainwater.

A longer than anticipated wait for materials has given the CCAD a tight schedule to complete their humanitarian projects. But Martin said they're up to the challenge.

"We have a lot of work to do, but that's good," she said. "It's good to have plenty going on. We like to be busy."

The outreach projects planned on USAG-KA's neighboring islands, Martin explained, are part of Naval Mobile Construction Battalion 133's mission to provide humanitarian aid and disaster relief to local communities in the Pacific Command region.

"We're on a green deployment, which means we're out supporting humanitarian missions for the most part," she said. "And we're also in various locations for disaster relief." Should a nasty typhoon tear through the Philippines or Palau, for instance, she and her unit would be able to quickly pack up and move out to help with recovery and rebuilding, she said. As long as there are no emergencies, though, her team will remain on USAG-KA, hammering away on the builds until their planned departure in January.

It's a far cry from the battalion's last deployment to Afghanistan in 2012, where it was the last active duty Seabee battalion to deploy to the war-torn country. Tasked with building time-sensitive projects like forward operating bases and outposts for combat troops



Supplies needed to build a six-stall bathroom facility for the elementary school on Enniburr arrive on the garrison Oct. 18 along with hundreds of thousands of pounds of raw materials.

in dangerous conditions, projects in the desert were high-impact, stressful builds that often forced Seabees to do jobs outside of their technical expertise. At forward operating bases carpenters may be assigned to drill water wells, and electricians may help build roads, for instance.

Out there, "the job just has to get done," Martin said.

In the Marshall Islands, though, there are no insurgents, no firefights and no improvised explosive devices to worry about. Apart from keeping an eye on falling coconuts every now and then, there is nothing to distract the Seabees from their assignments. They get the time and space to use the skills they've been trained on: That's the benefit of working on green deployments, Martin said.

"On green deployments we assign Seabees to their deployment units specifically because they have a certain skill set that is needed to complete assigned projects," Martin said. "Plumbers do plumbing work, electricians do electrical work, etc."

The 20 members of CCAD-Marshall Islands have already begun putting their skills to use around Kwajalein. While the detachment waited for the supplies needed for the builds on Enniburr and Ebeye, they got started on a few goodwill projects on the island to help forge a stronger relationship with the Army, and USAG-KA in particular.

The most high-profile build currently underway on Kwajalein is a completely-new hexagonal-shaped pavilion under construction at Coral Sands Beach. The building's concrete foundation is already complete, and the progress has come as good news to Kwajalein residents who frequented the old pavilion that was condemned more than a year ago.

"My family and I are really looking forward to the completion of the Coral Sands facility," Kwaj resident Dave Dethlefsen said Thursday. "It's the perfect place to play at the beach, cool off in the water and cook out. ... I can say with certainty that it will be used extensively

once it's finished."

In addition to some work the Seabees are doing in a meeting room damaged by flooding at the Vet's Hall, the detachment is building a new shower facility for C-badge workers at one of the recycling warehouses on the west end of the island.

"That's primarily to benefit the Marshallese who work here so that they have a place to clean up at the end of the day," Martin said. "The garrison provided all the materials, and we're providing the labor and building it out."

As for free time, the Seabees on US-AG-KA have been eagerly taking in the what the tropical islands have to offer, Martin said.

"I know the guys have been out enjoying the beach. A couple of them have been on fishing trips," Martin said. "They go hang out at the Vet's Hall and the Ocean View Club and get to know the local population. We've done several of the community activities. Some of us did the [Kwajalein Running Club] Columbus Day Run. They participated in the Fire Muster and the Zombie Run. So, we're really enjoying being in kind of a small town environment. It's just nice to have a community here that we can get involved with."



Equipment Operator 3rd Class Nathan Suhy and Equipment Operator Construction Apprentice Bridget Osborn transport and spread gravel along the base of the Vet's Hall to improve stormwater drainage away from the building.

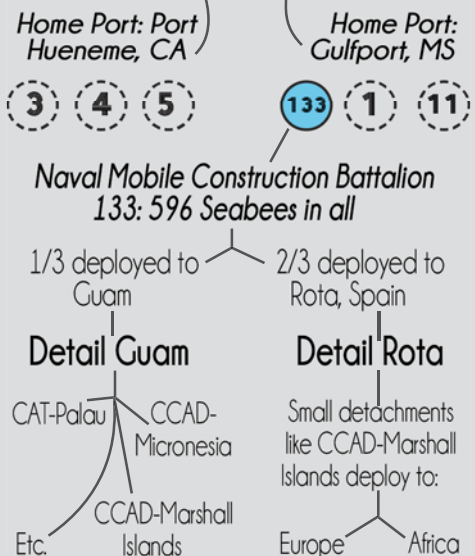
DEPLOYED FROM CCAD-GUAM

CCAD-Marshall Islands deployed from Detail Guam, which is the larger deployment site for about one-third of the 596 Seabees serving in Naval Mobile Construction Battalion 133. Based in Gulfport, Mississippi, the rest of the battalion is deployed to Rota, Spain, from which small units similar to CCAD-Marshall Islands are able to do humanitarian and disaster relief work in Africa and parts of Europe. The goal, Martin said, is to build lasting relationships with host nations and support military commanders worldwide.

"We've got [detachments] all over the place. We've got guys in Europe and Africa," Navy Lt. j. g. Meredith Martin said. "We've got some [Seabees] doing Ebola clinics in Liberia. We've got people everywhere."

CCAD-MARSHALL ISLANDS' PLACE WITHIN THE NAVY SEABEES BATTALIONS

THERE ARE 6 BATTALIONS:
3 IN CALIFORNIA AND 3 IN MISSISSIPPI



SHAVING CREAM SOCIAL

Kwaj kids kick off Halloween with annual event



Kids in grades K-2 run and splash in the Richardson Ravine during the 2014 Shaving Cream Social.

Article and photos by Sheila Gideon
Managing Editor

The Shaving Cream Social is one of the longest standing Kwajalein traditions—it's even been around longer than the annual Christmas Tree Lighting held in December. The Social serves not only as a kickoff to Halloween festivities for island youth, but also as an opportunity for Kwaj kids to let loose and just have some fun. This year's event was held Oct. 18 at the Richardson Ravine—a shallow "pool" filled each year by the Kwajalein Fire Department specifically for this event. Midori Hobbs, entertainment coordinator, and Mandie Morris, recreation and programs manager, coordinated the annual event for the youngsters.

Kids were separated into groups by age. Preschoolers went first, accompanied by parents, who were often

Bottom, left to right: Rachelle Kilgore, Reid Sadowski, Jeanette Reimers, Matai McCollum, Silas Chavana and Taruru Naut.





Meg Ardrey creates a shaving cream hair-do.

caught in the shaving cream madness crossfire. Next went grades K-2, 3-6 and finally junior and senior high school students.

No matter their age, the kids ran, splashed, jumped and played during their 20-minute time slot in the Ravine. While some kids made it their mission to slather their friends with shaving cream, others were perfectly content smearing it on themselves. Shaving cream hair-dos were abundant, as were a few shaving cream beards.



Luke Sadowski, left, helps cover his friend Mason Kilgore with shaving cream at the Social Oct. 18.



Tayla Whatcott gets into the spirit by letting her dad douse her with shaving cream.



Scouts survive Kwajalein elements

Article and photo by Glen McClellan
Scout Master

The Boy Scouts completed a survival overnight trip on Kwajalein Sunday and Monday.

Three weeks of training leading up to the event was given by Dr. Ralph Jones, a survival expert and visiting surgeon. Jones has the inside scoop on how to survive in the wilderness and shared that experience with the boys.

Each Scout put together a lightweight survival kit that included clever essentials needed to live in the wild. Each Scout had to start three fires using three different methods—all without using matches or lighters. Generating the first little bit of smoke was relatively easy. Much harder was growing it into a full-blown flaming campfire. Overall the Scouts had an amazing 94 percent success rate using different techniques.

One important aspect of survival is protecting yourself from the elements. Scouts built overnight shelters using natural materials plus whatever they could find in their survival kit. There were plenty of long wooden branches available from a large fallen Australian Pine and plenty of palm fronds laying around. Jane Abston, Buildings and Grounds supervisor, arranged for the palm fronds to be left for the Scouts. It was a perfect night for camping and the Scouts were



From left, Cameron Jones, John Tippetts and Wyatt Jones sit under the survival shelter they built by lashing together a sturdy framework of branches and then tiling it with split palm fronds.

not slowed down in the slightest by a small amount of rain in the morning.

Since this was a survival event, the Scouts cooked all their food without utensils, pots, pans or even a grill. This made cleanup a snap! Steak on a stick was the main course for dinner. Wyatt Jones, senior patrol leader, commented that it was one of the best steaks he had ever eaten. For dessert, they wrapped pastry dough around the end of a large stick and baked it to golden perfection over the coals. After cooling, they slid the pastry off the stick and stuffed it with filling and glazed the top with chocolate frosting to make chocolate éclairs.

As an added bonus, the Scouts got to meet the visiting Navy Seabees and watch them erect the framework for the new Coral Sands pavilion. The Seabees were especially friendly and it was great watching them work.

As the trip wound to a close Monday, the Scouts headed back to the Scout Hut for pizza. This was the first Kwaj camping trip for Scout dad Humberto Jones, who recently moved to Kwajalein from Virginia. His parting words as he walked out the Scout Hut door were, "This really was a fun trip!" It was great to witness the positive attitude of all the boys and parents who 'survived.'



Dr. 'Indiana' Ralph Jones shows Scouts how to coax a full-blown fire from a tiny smoking ember.



Ian Galbraith stands behind his survival shelter.

DISPATCH FROM ROI

Sadies invite Roi gentlemen to play round of golf on Columbus Day



Photos by Deb Crawford

Roi-Namur Country Club golfers played a Sadie Hawkins tournament on Columbus Day, Oct. 14. "Sadies" (pictured above, right) invited four male golfers to play on her team. The winning team was "Sadie" Carol Saunders and teammates Jim Friedenstab, Hesbon Jokas, Dave Saunders and Tedrik Taidrik. Second place was Deb Crawford, Ricky Everette, Robin Badayos, Jim Thompson and Phil Roman. Third place was Sung Whitehead, Brian Masumoto, Tommy Drabek, Greg Whitehead and Rita Dominguez (filled in for last male player on team).

Jokas scores hole in one



Photo by Deb Crawford

Hourglass Reports

Roi-Namur golfer Hesbon Jokas scored a hole in one Oct. 15 using a pitching wedge on 110-yard hole 7 at the Roi-Namur Country Club.

In 2000, Golf Digest hired Francis Scheid to determine the odds of making a hole in one. Scheid broke the odds down based on the quality of the player and the amount of play. He said that the odds of a PGA tour player making a hole in one were 3,000 to one. His data showed a low handicap player to have 5,000 to one odds, while an average handicap player had 12,000 to one odds. His study also showed that if you had a low handicap and played 1,000 rounds of golf then you had a five to one chance of making a hole in one.

So I guess the moral of the story is: We need to be playing more golf!

HELP WANTED

KRS and Chugach listings for on-island jobs are posted at: Kwajalein, Roi-Namur and Ebeye Dock Security Checkpoint locations; outside the United Travel Office; in the Roi Terminal/Post Office; at Human Resources in Building 700 and on the USAG-KA webpage under Contractor Information>KRS>Human Resources>Job Opportunities. Job listings for off-island contract positions are available at www.krsjv.com.

LOST

PRESCRIPTION SUNGLASSES left in rental scooter. Call 51127 or 54761 if found.

FOUND

PRESCRIPTION GLASSES in Ray Ban case, found Wednesday morning. Contact KPD to claim.

BLENDER BOTTLE and Save the Planet water bottle at the Columbus Day Run. Call Bob or Jane at 51815 to claim.

PINK STUFFED CHESHIRE CAT, genuine Disney original. Call Billy or Jane at 51806 or 54738.

PATIO SALE

SATURDAY, Nov. 1, 8 a.m., quarters 496-A. Kids and adult clothes, stuffed animals, toys, throw pillows, rugs.

FOR SALE

PAPASAN CHAIR, \$75; new Apple wireless keyboard, \$90; beautiful, solid pine bookshelf, \$300; golf clubs, \$100; blender, \$50; blu-ray player, \$30; new men's Keen running shoes, size 9.5, \$60; oval coffee table, \$100; TV trays, \$12 each; dinnerware, \$25/set; hose reel with hose, \$20; plants, scuba

Religious Services**Catholic**

- 5:30 p.m., Saturday, Small Chapel
- 9:15 a.m., Sunday, Island Memorial Chapel
- Roi-Namur service, 4:45 p.m., second and fourth Friday of each month. Appointments with Fr. Vic available after dinner.

Protestant

- 8 a.m., Sunday, Island Memorial Chapel
- 9:15-10:15 a.m., REB, Sunday School
- 11 a.m., Sunday, Island Memorial Chapel
- 6:30-7:30 p.m., Thursday, Christianity Explored, quarters 203-A (Robinson's).
- 6:30 p.m., Thursday, Roi Chapel

Latter-day Saints

10 a.m., Sunday, CRC Room 3

Contact the chaplain's office at 53505 for more information.

gear, home decor and much more. Call 51829.

COMPLETE SERIES OF "24" on DVD, new, includes bonus series (56 discs total), bought for \$155, asking \$115. Call 59212.

1987 BENETEAU 432 "Kailuana," length 43 Beam 14 Draft 5'10, new 2010 Yanmar 4JH5E, 53hp diesel, three bedroom, two heads, full galley with 4-burner stove and large fridge, major refit Nov. 2009-April 2011, new electrical, three solar panels and wind generator, autopilot, new cabinetry, flooring, plumbing, upholstery and much more, \$60,000 or best offer. Email mnast@hotmail.com or call 54203.

NIKON COOLPIX L830 16MP full HD SLR-style camera with 34x zoom, new, with 4GB memory card, \$350; Panasonic LUMIX XS1 Ultra-Slim 16.1MP 720p HD, 5X optical zoom digital camera, new, no memory card, \$150; TV wall mount, fits 32-42 inches, make offer; TV wall mount, fits 32-50 inches, make offer; wireless computer mouse, \$15. All items on Roi and can be brought to Kwaj. Email gabriella.b.barlow2.ctr@mail.mil.

COMMUNITY NOTICES

DAY OF THE DEAD Birthday Bash will be at 8 p.m., tonight, at the Ocean View Club. Celebrate your birthday and get into the Halloween spirit with all the trimmings—coffins, skulls, flowers and more! Have an October birthday? Bring your K-badge and present it to the bartender for your complementary drinks. Must be 21 years old. Call 53331 for details.

HALLOWEEN CARNIVAL presented by Keystone and Torch Clubs is Sunday at the Youth Center. Small scares in the Haunted House from 3-4 p.m.; goosebump-inducing scares from 4-6 p.m. Fun crafts and games for young kids. Questions, call Jason Huwe at 53796.

THE VET'S HALL HALLOWEEN Party is at 7 p.m., Sunday. Come celebrate the 4th annual Halloween Bash with a special performance by "Radar Love" at 8 p.m. Don't miss the costume contest with cash prizes. Questions? Contact Jan Abrams.

CYSS YOUTH FLAG Football season is Nov. 13-Dec. 13. Register now through Wednesday. Cost is \$25 per player and is open to all CYSS youth in grades K-6. To register, visit Central Registration, Building 358, or call 52158. Questions? Call Jason Huwe at 53796.

CYSS YOUTH GOLF season is on Thursdays, Nov. 13-Dec. 18. Register now through Wednesday. Cost is \$30 per player and is open to all CYSS youth in grades K-6. To register, visit Central Registration, Building 358, or call 52158. Questions? Call Jason Huwe at 53796.

CYSS SMART START GOLF season is on Wednesdays, Nov. 12-Dec. 17. Register now through Wednesday. Cost is \$20 per player and is open to children ages four through seven. To register, visit Central Registration, Building 358, or call 52158.

Questions? Call Jason Huwe at 53796.

BINGO IS THURSDAY at the Vet's Hall. Card sales begin at 5:30 p.m.; Bingo begins at 6:30 p.m. Windfall completion at 28 numbers, \$1,800 payout; Black-out completion at 58 numbers, \$1,800 payout. Packet price is \$20. Shuttle transportation available from the Ocean View Club and tennis courts. No outside alcoholic beverages permitted. Must be 21 to enter and play, bring your ID.

KWAJALEIN SPORTS ASSOCIATION officiating and scorekeeper clinic will be 5-6 p.m., Thursday, in the CRC Gym.

INDOOR VOLLEYBALL Learn-to-Play is 6:30-8 p.m., Thursday, in the CRC Gym. Volleyball season is just around the corner—come out and learn basic skills and the rules of the game. This is a great opportunity for new players to find a team to play on. Questions? Call Carlos at 51275.

SECURITY AND ACCESS Control reminds you all vehicle traffic will be restricted on all streets and fire lanes north of 6th Street from 5:45-9 p.m., Friday, for Halloween Trick-or-Treaters. Only bicycles and emergency vehicle traffic will be allowed.

SIGN UP FOR YOUR Wood Shop and Hobby Shop six-month memberships now through Nov. 1. Memberships valid Nov. 1-April 29 and can be paid at the Hobby Shop. Individual and family plans available and include unlimited access during regular hours and a cubby for storage. If you have a cubby and do not intend to renew membership, please clean out your space before Nov. 1. Questions? Call 51700.

SMALL BOAT MARINA Winter Hours begin Nov. 1: Tuesday-Thursday, closed; Friday, 1-6 p.m.; Saturday-Monday, 7:30 a.m.-6 p.m.

OPEN RECREATION EVENTS: Girls Night Out is 5:30-7 p.m., Nov. 1, in the SAC room, register by Friday. Boys Night Out is 5:30-7 p.m., Nov. 22, in the SAC room, register by Nov. 21. Register at the CYSS Central Registration Office by calling 52158. Questions? Contact Katrina Ellison at Katrina.m.ellison.ctr.@us.army.mil.

THE VET'S HALL is closed Nov. 2 for a private function. Questions? Contact Jan Abrams.

THE KWAJALEIN CHILDREN'S Theater "Acting Up" presents: "The Kwajalein Style Wiz." We Land on Kwaj Parade will be at 2 p.m., Nov. 2, starting in front of building 730, followed by a Meet and Greet downtown. The first show is at 6:30 p.m., Nov. 2, at the MP Room. The second show is at 2 p.m., Nov. 3, at the MP Room. Everyone is invited! Questions? Call Princess Gooden.

KWAJALEIN ART GUILD is hosting the annual Holiday Art and Craft Fair from 10 a.m.-2 p.m., Nov. 3, in the CRC Gym. Over 50 tables of arts, crafts and other goodies from local artists and vendors. Come enjoy this great shopping opportunity!

HEALTH AND WELLNESS FAIR is 5:30-7:30 p.m., Nov. 4, at the CRC Gym. Come and learn about

Captain Louis S. Zamperini Dining Facility**Lunch**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 1
Korean Roast Beef	BBQ Spareribs	Vegetarian Quesadillas	Pork Butt	Chicken/Corn Salsa	Chili Dogs	Pork Chops
Soyu Chicken	Chicken Cordon Bleu	Country Fried Chicken	Turkey/Dumplings	Spicy Beef Stew	Pot Roast	Sausage Pizza
Crab Benedict	Vegetarian Quiche	Hawaiian Chopped Steak	Vegetarian Stir-fry	Nacho Chips/Cheese	Fish Du Jour	Vegetarian Pizza

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 1
BBQ Chicken	Fish Sandwich	Spaghetti/Meatballs	Carved London Broil	Salisbury Steak	Baked Potato Bar	Beef Tips in Burgundy
Macaroni and Cheese	Roast Beef	Mostaccioli	Garlic Roast Chicken	Shrimp Stir-fry	Lemon Pepper Chicken	Chicken Strips
Beef Stew	Taco Pizza	Vegetarian Stir-fry	Onion Rings	Steamed Potatoes	Sloppy Joe's	Vegetarian Beans

Ready and Resilient Wellness Calendar

Events are sponsored by the Community Health Promotional Council and are free of charge to the community.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Spiritual Resilience, see page 10. All welcome.	1. Pick-up Soccer, 6 p.m., Brandon Field.	1. Cross Fit, 5:15 a.m., Adult Pool.	1. Zumba, 5:30 p.m., CRC Room 1.	1. Cross Fit, 5:15 a.m., Ivey Gym.		1. Cross Fit, 5:15 a.m., Ivey Gym.
2. Smoking Cessation Classes, open enrollment, call 55362.		2. Pick-up Tennis, 5:30 p.m., Tennis Courts.		2. Interval Training, 5:15 p.m., Emon Beach.		2. Pick-up Tennis, 5:30 p.m., Tennis Courts.
3. Flu shots available 1-4 p.m., Tuesday, Wednesday, Thursday, Saturday at hospital.				3. Pick-up Tennis, 5:30 p.m., Tennis Courts.		
				4. AA Program, 7 p.m., REB Library.		

health and wellness with booths presented by: Recreation and Programs, Aetna and FCE Benefits, Kwaj Hospital and Medical Services, ES&H, Fire Prevention, Kwajalein Running Club, Kwajalein Swim Team, Kwajalein Sports Association and Kwajalein Open Yoga Association. Fair information presented includes: Aetna representatives and Open Enrollment assistance; BMI; blood pressure screenings; breast exam education; flu shots; DNR education; dental care education; fire prevention education; EAP information; Accu Checks; universal medication lists; mold, Ciguatera, marine life, and lead paint education; fitness demonstrations. Browse booths, gain useful information, and participate in fitness demonstrations. Bring a bag with you for all your freebies! For information and questions, contact Mandie at 51275.

BOATER'S ORIENTATION CLASS is from 6:30-8 p.m., Nov. 4-6, in CRC Room 1. Cost is \$40, paid in advance. Register at the Small Boat Marina during open hours of operation.

2015 HEALTH AND WELFARE KRS/CMS/BAI Open Enrollment presentations (FCE and Aetna Representatives will be present): 5:30-7:30 p.m., Nov. 4, CRC Gym at the Heath Fair; 10:30-11:30 a.m., Nov. 5, Roi Tradex Conference Room; 5-6 p.m., Nov. 5, Elementary Coconut Room; 8-9 a.m., Nov. 6, REB. Contact the FCE Benefits Office at 50939 with questions.

EOD WILL BE CONDUCTING A UXO disposal operation from 8-9:30 a.m., Nov. 6, on the south end of Kwajalein. A safety exclusion area will be manned by SACC (KPD) and will be off-limits to all unauthorized personnel throughout the operation. Questions should be directed to the EOD office at 51433.

YOKWE YUK WOMEN'S CLUB Basket Auction will be at 7 p.m., Nov. 9, in the MP Room. This festive event will feature wine, hors d'oeuvres, silent auction, live auction and raffles. Tickets are \$20 and include two complimentary beverages. Tickets are sold from 10 a.m.-noon, Monday and Nov. 3, outside the PX, or at the Mic Shop during normal business hours. This is an adult-only event. Questions? Contact Angela Ryon at 53438 or Sarah Dahl at 51376.

"POKE CHOPS AND THE Other White Meat" live performances: 7 p.m., Nov. 8, at the Yacht Club; 8:30 p.m., Nov. 9, at the Vet's Hall; 7 p.m., Nov. 10, at the Roi Rib Fest. Sponsored by the Quality of Life Committee. Questions? Call 53331.

AFE COMEDY TOUR presents comedian Joey Medina & Friends for an all-out Veteran's Day comedy show at 7 p.m., Nov. 11, at the Vet's Hall. Adults only. This is free, live entertainment provided by Armed Forces Entertainment. Questions? Call 53331.

EAP CLASSES IN NOVEMBER: 5:30-7:30, Nov. 4, EAP will be at the Health and Wellness Fair, visit and identify your work relationship style; Weight Management meets Nov. 6; ADHD group meets Nov. 13; Bariatric Surgery group meets Nov. 15 (changed due to holiday). All classes meet 4:45-5:30 p.m. in the hospital conference room unless otherwise noted. Questions? Call EAP at 55362.

FLU SHOTS are now available at the Kwajalein Hospital. Stop by and sign in from 1-4 p.m., Tuesday, Wednesday, Thursday or Saturday.

THERE WILL BE NO November meeting for Kwajalein Amateur Radio Club. The next meeting will be Dec. 4. Call Dennie at 53290 with questions.

FRIENDS OF THE KWAJALEIN Public Garden: We believe that the Kwajalein Public Garden should be a benefit to the quality of life for many of our residents. In an effort to gauge community interest, we request your input about the garden. Please contact Jim or Eleanor Talich at 52849, or by email at jnetalich@earthlink.net, with your input. Leave a message and tell us your name, phone number and what you think.

E-TALK: Environmental Aspects are elements of an organization's activities which may cause Environmental Impacts. Identifying Significant Environmental Aspects helps to prevent adverse Significant Environmental Impacts.

SAFELY SPEAKING: Read and understand the chemical label and MSDS before using a chemical to know the hazards and, precautions and PPE selection.

THUMBS UP!



... to the volunteers who organized the 1st annual Breast Cancer Awareness Walk/Run: Christine Dejongh, Dr. Paulette Galbraith and her family, Chris Johnson, Kristin Kornegay, Rita Dominguez, Maryia deBrum, Barbara Brandys, Alan Perry, Gary Bohning and Vicki Cameron.

... to Jenna Gray and Taruru Naut for picking up all the extra empty cans of shaving cream at the Shaving Cream Social.

... to Callie Chavana for feeding the Ri'katak kids when they are on island late for basketball game days.

... to Miles for finding and returning Paula's rain jacket.

... to the community for supporting the KSA Zombie Run: CA, CYSS, Keystone Club, hospital staff, Tennille Demello, Kwajalein Schools and teachers, KPD, KSC, KST, Water Treatment crew, KTC, MDA, Buildings and Grounds, KRC, Retail and Food Services, San Juan Construction, drivers, makeup helpers, food sale helpers. Congrats to teachers in MP Room for voter's choice award and to Morgan Walker and Izabella Whatcott for capturing the most flags.

Café Roi						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 1
Hamburger Steak	Chinese Beef	Pastrami Sandwich	Chicken Turnover	Vegetable Quesadilla	Grilled Cheese Sand.	Chicken Fajita Wrap
Chicken/Mush. Sauce	Chicken Moco Loco	Kalua Pork	Beef Stroganoff	Kalua Pork Casserole	Country Meatloaf	Swiss Steak
Eggs a la Lucio	Stir-fry	Potatoes O'brien	Stir-fry Vegetables	Onion Rings	Stir-fry Tofu	Vegetable Casserole
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 1
Italian Meatballs	Kibi Beef Ribs	Beef Tamale	Roast Beef	Roi Fried Chicken	Mongolian Grill Night	Blackened Chicken
Fish Casino	Adobo Chicken	Chicken Enchiladas	Chicken Pot Pie	Stuffed Cabbage	Beef/Chicken/Pork	Fried Fish
Pasta Marinara	Candied Yams	Refried Beans/Rice	Baked Potato Bar	Mashed Potatoes	Veggies/Noodles/Rice	Fried Okra



SOCCKER RESULTS

MEN'S LEAGUE

FRIDAY, OCT. 17

KFC VS. FC SWELL: 7 - 1

KFC: Dan Simas - 2, Shane Nez - 1, Chris Delisio - 1, James Young - 3
FC Swell: Kenny Leines - 1

WOMEN'S/CO-ED LEAGUE

FRIDAY, OCT. 17

BLACKTIPS VS. SPARTANS WOMEN: 0 - 5

Spartans: Caleigh Yurovchak - 3, Dori deBrum - 1, Molly Premo - 1

TUESDAY, OCT. 21

WHITEOUT VS. GO GREEN GO: 3 - 7

Green: Melina Lake - 1, Lindsay Mattson - 3, Melu Bolkeim - 2, Batiti Joteba - 1
Whiteout: Ethan Dean - 2, Marina Lojkar - 1

MEN'S LEAGUE STANDINGS (W-L-T)

KFC:	7-0-1
NANSENSE:	4-3-1
FC SWELL:	3-3-2
SPARTANS MEN:	3-3-2
USAG-KA	0-8-0

WOMEN'S/CO-ED LEAGUE STANDINGS (W-L-T)

SPARTANS WOMEN:	6-1-1
SPARTANS BLACKTIPS:	3-3-2
KAT:	2-3-3
GO GREEN GO:	3-4-2
SPARTANS WHITEOUT:	2-5-2

NEXT WEEK'S SCHEDULE: MEN

TUESDAY, 7:30 P.M.: CHAMPIONSHIPS: TEAMS TBD

NEXT WEEK'S SCHEDULE: WOMEN/CO-ED

TUESDAY, 6 P.M.: CHAMPIONSHIPS: SPARTANS WOMEN VS. KAT

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Sunny	10%	NE-E at 5-10 knots
Monday	Mostly Cloudy	30%	ENE-ESE at 5-10 knots
Tuesday	Mostly Cloudy	30%	ENE-ESE at 5-10 knots
Wednesday	Mostly Cloudy	30%	ENE-ESE at 5-10 knots
Thursday	Partly Sunny	20%	NE-E at 4-11 knots
Friday	Partly Sunny	20%	NE-ESE at 3-11 knots

Yearly total: 102.81 inches

Yearly deviation: +31.72 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:37 a.m. 6:29 p.m.	8:19 a.m. 8:22 p.m.	11:07 a.m. 0.6' 11:44 p.m. 0.6'	5:09 a.m. 4.0' 5:24 p.m. 4.7'
Monday	6:37 a.m. 6:28 p.m.	9:13 a.m. 9:15 p.m.	11:38 a.m. 0.4' -----	5:42 a.m. 3.7' 5:58 p.m. 4.5'
Tuesday	6:38 a.m. 6:28 p.m.	10:08 a.m. 10:10 p.m.	12:21 a.m. 0.4' 12:13 p.m. 0.1'	6:19 a.m. 3.4' 6:36 p.m. 4.2'
Wednesday	6:38 a.m. 6:28 p.m.	11:04 a.m. 11:07 p.m.	1:04 a.m. 0.0' 12:53 p.m. 0.3'	7:02 a.m. 3.1' 7:22 p.m. 3.9'
Thursday	6:38 a.m. 6:28 p.m.	11:58 a.m. -----	2 a.m. 0.4' 1:47 p.m. 0.7'	7:59 a.m. 2.7' 8:25 p.m. 3.4'
Friday	6:38 a.m. 6:27 p.m.	12:52 p.m. 12:04 a.m.	3:19 a.m. 0.7' 3:17 p.m. 1.1'	9:31 a.m. 2.4' 10:01 p.m. 3.4'
Nov. 1	6:38 a.m. 6:27 p.m.	1:43 p.m. 1:01 a.m.	5:06 a.m. 0.7' 5:24 p.m. 1.1'	11:34 a.m. 2.6' 11:49 p.m. 3.2'