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NOVEMBER 1, 2014

THE KWAIALEIN HOURGLASS



Spartans Women's Caleigh Yurovchak, left, tries to dribble past KAT defender Nikki Delisio during the Women's Championship Soccer Game Tuesday. For more, see page 4.

Photo by Jordan Vinson

Feedback Survey useful tool for community

Hourglass Reports

Did you have a great time at the Labor Day Beach Bash? Do you like the new hours at the Post Office? Do you have a suggestion on how Surfway can better serve your needs? Do you have a great idea for a new community event or a way to improve a service offered? We need and want your feedback!

Kwajalein Range Services managers want to increase what we are doing right and improve what we aren't. The KRS Feedback Survey serves as a tool for the community to provide comments regarding service experiences to help us do this.

Negative feedback alone does not help us to improve. We want your specific constructive feedback. Constructive feedback allows us to answer the question: What specifically should we be doing more or less of next time? Tell us what you are dissatisfied with and provide some suggestions on ways we can improve to make the experience more positive for you.

Positive feedback is important because it emphasizes customer expectations. Tell us what we are doing right so we can continue to do so. This can include enjoying an event hosted by Community Activities, a particular article highlighted in the *Hourglass*, hours of operation at a facility, a specific item at the bakery, as well as receiving exceptional customer service at Surfway, the hospital or the dental clinic. What specifically should we be doing more of?

Your feedback does not go unheard! Look for the Ask & Answer feature in the *Hourglass*. It will address questions or suggestions from the survey and let you know what actions are being taken towards improvement. The feature will also publish your positive feedback, so continue to submit any accolades you feel deserve attention.

Take the survey here: <https://www.surveymonkey.com/s/KRSFeedback>.

Ask & Answer



Feedback from the ongoing KRS survey regarding service experiences

There is nothing to do on this island.

Community Activities makes every effort to encompass well-rounded programming for families and adults. We have increased programming geared towards unaccompanied personnel due to an overwhelming response from survey feedback. The next two months especially are jam-packed with activities that include, but are not limited to, sports leagues, library programs and themed holiday events. Events are sponsored by not only Community Activities, but also by private organizations like Quality of Life and USAG-KA Command:

- 10 a.m., Monday: Kwajalein Art Guild Holiday Arts and Crafts Fair
- 5:25 p.m., Monday: Kwajalein Running Club Fun Run
- 7 p.m., Nov. 8, Yacht Club: Live Music from QOL-sponsored band "Poke Chop & the Other White Meat"
- 7:30 p.m., Nov. 8, Yuk Theater: Special showing of Marshallese film (English subtitles) "Jilel: The Calling of the Shell" with a special Q&A session with the film director
- 7 p.m., Nov. 9, MP Room: Yokwe Yuk Women's Club Silent Basket Auction
- 8:30 p.m., Nov. 9, Vet's Hall: Live music from "Poke Chop & the Other White Meat"

- 9 a.m.-2 p.m., Nov. 10, CRC Gym: Marshallese Trade Fair
- 7 p.m., Nov. 10, Roi Outrigger: Roi Rib & Brew Fest with live music
- 11 a.m., Nov. 11, Flagpoles: Veteran's Day Ceremony
- 7 p.m., Nov. 11, Vet's Hall: Live comedy show "Joey Medina & Friends"

sponsored by Armed Forces Entertainment

Island events are advertised in the Coconut Wire biweekly e-newsletter, the *Hourglass*, and AFN Roller. In addition, the full Community Activities Event Calendar is available on the USAG-KA intranet.

Why can't we choose which football games are shown on AFN Kwajalein?

All programming aired on AFN Kwajalein is determined by AFN Headquarters in California. We have no control over content. During the NFL season, you can log on to www.facebook.com/myAFN and vote for Fan's Choice Game of the Week.

THE KWAJALEIN HOURGLASS

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

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

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Follow the yellow brick road... to the Kwajalein-style “Wiz”

Article and photos by Sheila Gideon
Managing Editor

Your favorite characters from the much-loved traditional show “The Wizard of Oz” will be making an appearance on Kwajalein this weekend. The only difference? Characters and scenes have been Kwajified. The “Wiz” can be found in Emerald City located oceanside. The Tin Man is now the Rusty Man. Dorothy will wear sparkly, ruby red flip flops. And those nasty trees that threw apples in the original story? Well, this time they’ll be throwing coconuts.

The production will begin with a parade where the characters will “land on Kwajalein.” They will begin the parade at 2 p.m., in front of building 730 and continue down 7th Street to the downtown area. Residents are encouraged to come meet and greet the characters. There will be music and photo opportunities. It will help the actors prepare for their first show that evening at 6:30 p.m. in the MP Room. There is an additional show at 2 p.m., Monday, in the MP Room. The show is free to the community and should last around 90 minutes.

The Kwajalein Children’s Theater was formed in the spring of 2014 by Princess Gooden. She actually owns her own theater back in Georgia, so when she arrived on island she was excited to begin a children’s theater program here. 17 kids belong to the group, ranging in ages from 6-14. Gooden began recruiting kids in the spring, but because most Kwaj kids are off island during the summer, she had to wait to begin “Wiz” practices until school began.

Gooden chose “The Wizard of Oz” because it’s well-known and she knew she’d be able to put a fun, Kwaj-inspired spin on the show. The kids auditioned and once they were assigned a part, they only had four weeks to learn their material.

Out of the 17 kids, only about half have performed in a play before. They practiced every Saturday as a group, but also got together



Members of the Kwajalein Children’s Theater practice at CRC Room 1 Oct. 25 for their upcoming production of “The Wizard of Oz.”

on their own time to run lines and work on getting into character.

This production is just the first of many. Gooden usually writes her own shows, and many of the children in the group have shown interest in writing a play of their own.

Don’t miss out on an exciting opportunity to see Kwajalein youth entertain.



Iris Weiland, the theater group’s youngest actor, practices her part for the “Wiz.”

• Parade/Meet & Greet: 2 p.m., Sunday, Building 730 into downtown

• Show #1: 6:30 p.m., Sunday, MP Room

• Show #2: 2 p.m., Monday, MP Room

Shows are free to the community!

FOLLOW ME TO THE “WIZ” SHOWS...



LEFT: Spartans' goalie Dori deBrum boots the ball down the field in the second half of the 2014 Women's Soccer Championship Tuesday. **RIGHT:** KFC striker James Young fends off FC Swollen's Alex Coleman while taking a shot during the 2014 Men's Soccer Championship Wednesday.

Spartans, KFC take home 2014 soccer titles

**ARTICLE AND PHOTOS BY JORDAN VINSON
ASSOCIATE EDITOR**

The Kwajalein women's Spartans squad took out league rival team KAT in a 2-0 win Tuesday night, the third championship win in as many years for the high school varsity team.

Intent on keeping the title for yet another year, the Spartans wasted little time setting the pace of the match. Within only a minute of the 5:35 p.m. kickoff, a series of give-and-go passes brought the ladies in blue deep into KAT territory, where Molly Premo absorbed a deflection from a KAT defender, dribbled toward KAT goalie Amber Bates and poked the ball into the net just out of Bates' reach.

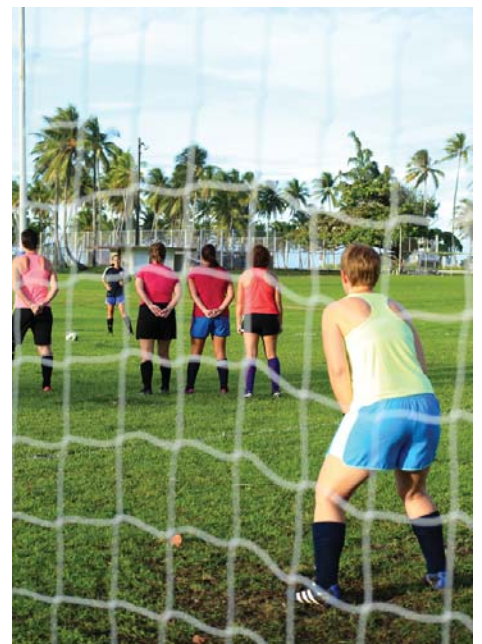
KAT's squad struggled against a series of aggressive Spartan presses during the following 10 minutes of match play. Solid defense in the KAT backfield by Jane Premo, Adrienne Chavis and Nikki Delisio and a couple of saves by Bates held high school strikers Caleigh Yurovchak and Daisy Wilttrout at bay.

The KAT women put the Spartans on their heels 12 minutes into the match, though. Attackers Jill Brown and Ornela Kilgore cut through the Spartans' midfield defenses, fielding deflections by defenders and pressing the Spartan backfield. They ran out of steam before getting any solid shots at goalie Dori deBrum's goal, however, leaving the team down by one goal.

One of the first hopeful strikes by KAT came at about the 18-minute mark. Attacker Jamye Loy, fresh off the bench, worked with the KAT midfield and fellow strikers to scoop up bobbles and missed kicks by the Spartans and push the ball deep into the blue team's backfield. A swift but rushed connection by Loy 15 yards out sent the ball flying high enough to get over goalie deBrum's head, but it veered off wide left and out of play. Two minutes later another opportunity arose: A corner kick by KAT midfielder Brittany Nichols arced the ball into deBrum's reach, but when it bounced out of the goalie's hands, leaving the goal wide open, none of the women in pink were close enough to connect with the ball and produce a goal.

Twenty-five minutes into the first half, Spartans attacker Wilttrout slipped through the KAT midfield and pressed in toward KAT goalie Bates, stumbling against the KAT backfield and nearly falling down. After quickly regaining her balance, Wilttrout scooted the ball slowly past Bates and into the net just as the 6 p.m. siren blared, pushing her team's lead ahead by two, and giving the newly-formed Kwajalein Jr./Sr. High School Pep Band reason to play a quick tune.

In the waning minutes of the first half, KAT attacker Brown made a series of rushes deep into the blue team's backfield. With help from fellow KAT strikers, a give-and-go pass across the width of the field put the ball at Brown's feet. A



KAT goalie Amber Bates, right, and KAT defenders ready themselves for a direct kick from Caleigh Yurovchak Tuesday.

hard kick by Brown sent it screaming toward the net, but not before deBrum was able to throw her arms up and connect with the ball for a crucial save. The Spartans fans burst into applause, and the referee blew his whistle to start the halftime break.

KAT got off to a good start in the second half with offensive rushes that pres-



The Kwajalein women's Spartans soccer team celebrates their victory against KAT during the 2014 Women's Soccer Championship.

sured the Spartans defenders, but the Spartans set the pace for the rest of the match shortly after. Enjoying a 2-0 lead, the ladies took their time, played good defense and made only a couple plays against the KAT goal. A red card called against goalie deBrum for rushing out of the goalie's box to pick up a shot at about the 20 minute mark was an opportunity KAT didn't manage to capitalize on. Few shots on goal equated to another scoreless half for the KAT women and a loss at the hands of the reigning champions.

While a 0-2 defeat normally isn't something to write home about, team KAT should be proud of their performance in the 2014 season, one observer said: It was the squad's first championship placement since their 2011 victory against Go Green Go.

For the Spartans, though, Tuesday's win was another notch in the team's belt this season and another consecutive championship title in the league.

Kwajalein Football Club trounced FC Swollen 5-0 in the 2014 Men's Soccer Championship Wednesday. A newcomer to the Kwajalein soccer circuit, KFC handed FC Swollen its third championship loss in six years—a continuation of FC Swollen's pattern of taking the league title every other year.

Threatened by masses of rain clouds moving in from the east, the match got off to a 5:15 p.m. start and went scoreless for the first 20 minutes. FC Swollen's Jason Huwe made a good strike on the KFC goal 11 minutes in, but tough goaltending by Rich Ereksen stopped him; it was a pattern that would repeat

itself throughout the rest of the match.

A vicious but unsuccessful strike by KFC attacker James Young against Swollen goalie Nate Jones was answered a minute later by a mad dash down the field deep into KFC territory by Kenny Leines. Pressing in on Ereksen from the east side of the field, Leines booted the ball toward the net, but Ereksen again was there to scoop up the shot.

Tracking a throw in from the west side of the field by a teammate at about the 20th minute of play, KFC striker Nick Dahl leaped into the air and headed the ball past Jones, earning his team's first goal of the game. Four minutes later Dahl struck again with a boot 10 yards out from Swollen's goal, putting KFC up by two. Twenty-six minutes into play, a pass from KFC defender Mike Kraesig to Young deep in Swollen territory gave the attacker a wide berth between himself and the Swollen backfield. Aiming into the west corner of the net, Young struck the ball just out of Jones' reach and into the goal, earning the team's third unanswered goal in six minutes.

A couple of determined FC Swollen attempts on the KFC goal in the first five minutes of play following the halftime break were fruitless. Dahl answered with an arcing kick downfield, connecting with KFC attacker Pete Goodick, who pressed in on Jones from his left flank and passed across the field to Dahl, who sent the ball screaming wide left of Swollen's goal. Dahl made up for it a few minutes later with a header into the net, giving the KFC striker a hat trick for the night. Only a minute later Young fed KFC midfielder Matt Sova a give-and-go pass, setting up Sova for a clear shot and an easy goal—the team's fifth.

About 10 minutes into the second half, the dark clouds overhead opened up and let out a steady downpour that quickly soaked the players and the fans and made the field a soupy mess. Several rushes by FC Swollen deep into KFC territory again came up fruitless, and the rest of the match went scoreless. With the score at 5-0 and the rain coming down in heavy sheets, officials called the game, giving the win to KFC, the unchallenged champions of the 2014 Men's Soccer Season.

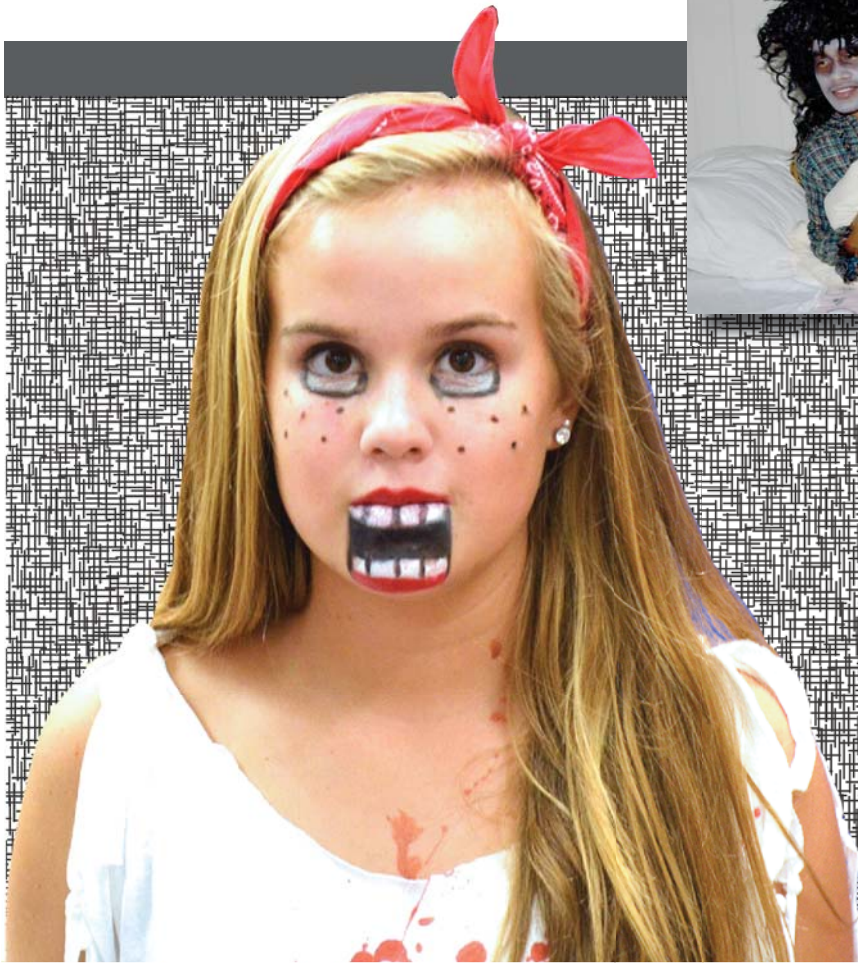


FC Swollen defender Miguel Busquets pushes the ball out of his team's backfield during the first half of the championship game.



Photo by Sarah Dahl

The members of Kwajalein Football Club, the 2014 men's soccer champions, gather for a group photo before their win Wednesday.



Kids enjoy tricks, treats at 2014 Halloween Carnival

Article and photos by Molly Premo
Media Services Intern

Elementary students from kindergarten to sixth grade attended the annual Halloween Carnival put on by the Keystone and Torch Club at the Youth Center Sunday. Half of the room was transformed into a haunted house, and the other half was filled with festive games and activities. The event lasted from 3-6 p.m., and kids came dressed up in their Halloween costumes.

Jason Huwe, a Keystone advisor,

said that the event was a great way to not only celebrate the Halloween season, but to also give older youth a chance to serve.

"This is a great opportunity for our student leaders to give back to the community," he said. "I think both the Torch Club and Keystone Club did an excellent job creating a fun and spooky event for all ages."

Kids in groups of up to eight made their way through the haunted house together, screaming and shouting throughout the passageways. The "house" included many different rooms: a closet, bedroom, bathroom, kitchen and living room, and all featured scary beings ready to jump out at unsuspecting victims.

Strobe lights provided the only lighting, which made it challenging to see the dressed-up creatures ready to jump out and scare Kwa-

jalein youth. The loud, scary music and monster sounds completed the creepy atmosphere of the house.

Candy was scattered all over the tables and dispersed throughout the game room, and kids had their choice of games to play. A large crowd gathered around a table featuring a "reverse bobbing for apples (or donuts)" game. Kids ate donuts hanging from strings while lying on their backs on the floor. The craft table featured small, foam monsters and face paint that the kids used to paint scary faces on one another.

For those who volunteered to help the younger island youth have a good Halloween Carnival, it was a fun and rewarding experience, said Keystone President Dori deBrum.

"It was really fun interacting with kids," she said. "The Keystone and Torch Club did an amazing job of creating the event."



Sergeant Major earns service award

U.S. Army Garrison-Kwajalein Atoll Operations Sergeant Major, Sgt. Maj. David Negron, was awarded the Meritorious Service Medal for his service to the U.S. Army and to the USAG-KA command from Aug. 10, 2013 to Oct. 20, 2014. His professionalism, leadership and dedication contributed to the command's successful mission accomplishment and to the smooth and flawless transition of base operations from Space and Missile Defense Command to Installation Management Command. He recently departed USAG-KA for his new assignment at Ft. Hood, Texas.

Pictured at left are: USAG-KA Command Sergeant Major, Sgt. Maj. Reginald Gooden, left; Negron, center; and USAG-KA Garrison Commander, Col. Nestor Sadler.

Photo by Michael Sakaio

2014 HOLIDAY ARTS & CRAFTS FAIR

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

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

8 - 11 A.M. | CRC ROOM 1
4-H CLUB FUNDRAISER

*Purchase breakfast burritos, coffee,
water. Profits go to Ebeye Public School.*

Kwajalein Art Guild



11th Annual Marshallese Trade Fair

9 a.m. to 2 p.m.

Nov. 10

Corlett Recreation Center Gym



- **Marshallese Handicrafts**
- **Fish & Lobsters**
- **Fresh Fruits & Vegetables**
- **Jewelry & T-shirts**
- **Lots More...**

Vendors accept cash or checks only

DISPATCH FROM ROI

Things get spooky at Outrigger Halloween party



Photos by Laura Pasquarella-Swain



View from Kwaij

Email photo submissions to:
usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil



From Karen Brady



From Sheila Gideon



From Donald Engen



From Jordan Vinson



From Sheila Gideon

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.

WANTED

FREE POTS/PLANTS. Call Seremay at 53550.

LOST

IPOD TOUCH, black and silver. Call Eric at 52815 if found.

GOLD SATIN CROSS charm, very sentimental. Reward offered. Call 54122 if found.

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

FOUND

BIFOCAL GLASS IN BLACK case underneath table between Reef and Palm BQs. Call Dan at 53412 during the day or 54609 evenings.

PRESCRIPTION GLASSES in Ray Ban case, found Oct. 22. 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.

FOR SALE

PAPASAN CHAIR, \$75; new Apple wireless key-

board, \$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 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.

COMMUNITY NOTICES

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

CHRISTIAN WOMEN'S FELLOWSHIP will host a luncheon from 12:30-2 p.m., Sunday, at the REB. All women are invited. Lunch is provided. Questions? Call Jenn Anderson at 51955.

THE VET'S HALL is closed Sunday 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., Sunday, starting in front of building 730, followed by a Meet and Greet downtown. The first show is at 6:30 p.m., Sunday, at the MP Room. The second show is at 2 p.m., Monday, 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., Monday, in the CRC Gym. Over 50 tables of arts, crafts and other goodies from local artists and vendors. Come enjoy this great shopping opportunity!

KWAJALEIN RUNNING CLUB'S monthly Fun Run is at 5:30 p.m., Monday, at Building 805. Community and visitors welcome. Distance options are 1/2, 2 and 5 miles. Show up near the Bowling Alley entrance by 5:25 p.m. and sign in. Questions? Call Bob or Jane at 51815 or Linn and Ben at 51990.

HEALTH AND WELLNESS FAIR is 5:30-7:30 p.m., Tuesday, at the CRC Gym. Come and learn about 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., Tuesday-Thursday, 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/CMSI/BAI Open Enrollment presentations (FCE and Aetna Representatives will be present): 5:30-7:30 p.m., Tuesday, at the CRC Gym at the Heath Fair; 10:30-11:30 a.m., Wednesday, at the Roi Tradex Conference Room; 5-6 p.m., Wednesday, at the Elementary Coconut Room; 8-9 a.m., Thursday, at the REB. Contact the FCE Benefits Office at 50939 with questions.

EOD WILL BE CONDUCTING A UXO disposal operation from 8-9:30 a.m., Thursday, 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.

TURKEY BOWL at Kwaj Lanes Bowling Center is 6-10 p.m., Nov. 8. Get a "Turkey" (3 strikes in a row) for a chance to win a prize! \$2 for shoes, \$2 for games. Adults only. Questions, call 51275.

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, 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.

SMALL BOAT MARINA holiday hours: closed Friday; 1-6 p.m., Nov. 8; 7:30 a.m.-6 p.m., Nov. 9-11.

AFF 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, Tuesday, EAP will be at the Health and Wellness Fair, visit and identify your work relationship style; Weight Management meets Thursday; 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 other-

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.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 8
Kwaj Fried Chicken	Meatloaf	Pork Loin	Cornish Hen	BBQ Spare Ribs	Mini Taco Bar	Meat Lasagna
Sweet/Sour Pork	Chicken Chow Fun	Buffalo Chicken Wings	Stuffed Cabbage	Turkey ala King	Country Smoked Chicken	Veggie Lasagna
Eggs Benedict	Quiche Lorraine	Vegetarian Stir-fry	Wild Rice	Garden Vegetable Saute	Fish Du Jour	Herb Chicken Breast

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 8
Cajun Roast Beef	Spaghetti	Grilled Chicken Breast	Sirloin Steak	Mongolian BBQ	Salisbury Steak	BLTs
Turkey Cordon Bleu	Marinara/Alfredo	Beef/Broccoli Stir-fry	Picante Chicken	Teriyaki Pork Chops	Baked Ravioli	Oven Fried Chicken
Vegetarian Saute	Oriental Chicken	Three-Cheese Macaroni	Scalloped Potatoes	Garlic Chicken	Vegetarian Stir-fry	Szechuan Shrimp Stir-fry

Ready and Resilient Wellness Calendar

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

Sunday 1. Spiritual Resilience, see page 10. All welcome. 2. Smoking Cessation Classes, open enrollment, call 55362. 3. Flu shots available 1-4 p.m., Tuesday, Wednesday, Thursday, Saturday at hospital. 4. CWF Luncheon, 12:30 p.m., REB.	Monday 1. KRC Fun Run, 5:25 p.m., Building 805 by Bowling Alley entrance. 2. Pick-up Soccer, 6 p.m., Brandon Field.	Tuesday 1. Cross Fit, 5:15 a.m., Adult Pool. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts. 3. Health and Wellness Fair, 5:30 p.m., CRC Gym.	Wednesday 1. Zumba, 5:30 p.m., CRC Room 1.	Thursday 1. Cross Fit, 5:15 a.m., Ivey Gym. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts. 3. Weight Management Class, 4:45 p.m., Hospital Conference Room. 4. AA Program, 7 p.m., REB Library.	Friday	Saturday 1. Cross Fit, 5:15 a.m., Ivey Gym. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts.
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wise noted. Questions? Call EAP at 55362.

OPEN RECREATION EVENT: 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.

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

UNIVERSITY OF MARYLAND University College is waiving the application fee for the month of November! Save \$50 signing up. Check us out at <https://www.asia.umuc.edu>. You can email Kwajalein-asia@umuc.edu for more information or an appointment.

ISLAND MEMORIAL CHAPEL'S "Bible Study Digital Library" is a media service with over 8,000 videos for kids, youth and adults to watch on any device. If you'd like an invitation to our "RightNow Media" membership (at no charge) email Pastor Kevin at: kevin.m.wilson7@gmail.com or kevin.m.wilson145.ctr@mail.mil.

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: While driving, if you notice a leak from your vehicle, immediately park out of the flow of traffic. Do not drive the vehicle further. In accordance with SPI 1530: "Reporting and Responding to Spill Events," contact 9-1-1 and give details.

SAFELY SPEAKING: You can easily recognize hazards when you know what the hazard symbols mean, but you still have to read the SDS to know how to protect yourself from the hazards!

Thank You

Thanks for a great season!

Thank you to everyone who helped make the 2014 soccer season a huge success. It really took a lot of effort from so many different people and everyone involved did an excellent job. Thank you to Kenny Leines and Bill Williamson who volunteered to lead the officials clinic. Their knowledge, expertise and willingness to educate and volunteer is greatly appreciated. Thanks to the Kwajalein Sports Association for helping teams fulfill their officiating obligations and responsibilities. All the officials did a great job maintaining the integrity of the league and making play safe and fun for everyone. A special thanks goes to Zoe Spock, who painted the awesome coconut trophies for the league winners. Finally, soccer wouldn't have been complete without the assistance of all of our coaches and managers. Your interest, efforts and support were greatly appreciated. The success of this year's season was all due to the efforts of everyone involved. So again, thank you so much! We could not have done it without you.

Congratulations to KFC and Spartans I Women, who were this year's champions.

—Carlos Canales, Adult Athletics and Facilities Coordinator

THUMBS UP!



... to Henry McElreath, Geoff and Melina

Lake, Tony Jones, Bert Ferreras, Richard Bassett and Michelle LaMoia for volunteering at the Kwaj Open the first weekend. Henry, the food was incredible, especially those rolls!

... to Buildings and Grounds, and Pest Control for all their efforts getting the golf course ready for the Kwaj Open. Thank you for all your help!

... to Supply for providing Intranet Supply Catalogs, great customer service!

... to Tennille DeMello and the other Vet's Hall volunteers for making the Vet's Hall look super spooky for the Halloween party. The decorations were amazing this year!

... to "Radar Love" for putting on a super fun Halloween performance at the Vet's Hall.

Café Roi

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 8
Roast Pork Loin	Garlic Roast Beef	Sloppy Joe's	Grilled Cheese	BLTs	Trout Meniere	Grilled Cheese Gobbler
Baked Chicken	Chicken/Bacon/Mush.	Chicken Wings	Kalua Pork	London Broil	Grilled Chicken Thighs	Salisbury Steak
Eggs Florentine	Egg Muffins	Cheesy Potatoes	Egg Foo Yung	Macaroni and Cheese	Corn Bread	Onion Rings

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 8
Chicken Schnitzel	Chicken Marsala	Stuffed Peppers	Grilled Steaks	Roi Fried Chicken	BLTs	Southwestern Chicken
Beef Stew	Jerk Style Ribs	Herb Roast Chicken	Fried Fish	Meatloaf	Italian Sandwich	Beef Tacos
Green Bean Casserole	Mushroom Rice Pilaf	Mashed Potatoes	Baked Potatoes	Mashed Potatoes	Sliders	Fiesta Rice

2015 Health and Welfare Benefits Open Enrollment

The 2015 Health and Welfare Benefits Open Enrollment for KRS/CMSI/BAI employees is scheduled for Tuesday through Nov. 17.

This is your once-a-year opportunity to make changes to your

Benefit Elections.

Open Enrollment presentations by FCE and Aetna representatives are scheduled for KRS/CMSI/BAI eligible employees at the locations and times listed at right.

2015 Benefit information and enrollment instructions are available for you to access on the KRS HR Benefits Intranet SharePoint site or by contacting the FCE Benefits Office.

Questions? Call the FCE Benefits Office at 50939.

SCHEDULE

5:30-7:30 p.m., Tuesday, at the Health Fair at the CRC Gym

10:30-11:30 a.m., Wednesday, at the Roi Tradex Conference Room

5-6 p.m., Wednesday at the Elementary School Coconut Room

8-9 a.m., Thursday, at the REB

Disinfection by-products in drinking water on Meck

Hourglass Reports

The Meck Island water tests performed during second quarter FY14 showed Total Trihalomethane levels in the drinking water above the maximum contaminant level. Trihalomethanes represent a group of chemicals generally referred to as "disinfection by-products." They are formed when chlorine is used to disinfect water to make it safe for drinking. They result from a reaction between the chlorine and naturally occurring organic compounds in the raw water. Mandatory public notification is required when a contaminant exceeds the MCL. Potential health effects from long term consumption of water with elevated levels of TTHM include liver and kidney problems or increased risk of cancer. However, potential short term exposure by healthy adults has not been shown to lead to adverse health effects. Potential exposures to Meck personnel can be considered

short term due to the limited time the MCL has been exceeded.

Installation of a granular activated carbon filter system has begun on Meck and is scheduled to be completed in the fall of 2014. This GAC filter system will treat the entire Meck drinking water system to remove those naturally occurring organic compounds before the water is disinfected with chlorine, effectively reducing the resulting TTHMs to minimal levels.

In the mean time, an activated carbon point-of-use filter is installed on the tap outside the water treatment plant to filter out TTHMs and provide safe drinking and cooking water for Meck personnel from this tap only. Showering and face-washing at other locations will have no negative effects. These activities may continue at any shower or potable water tap.

If you have any further questions, please contact Leigh Pinney, KRS ES&H, at 50506.

Weather

Courtesy of RTS Weather

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

Yearly total: 104.74 inches

Yearly deviation: +30.98 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:38 a.m. 6:27 p.m.	2:34 p.m. 1:57 a.m.	6:33 a.m. 0.4' 6:56 p.m. 0.7'	----- 12:57 p.m. 3.1'
Monday	6:39 a.m. 6:27 p.m.	3:23 p.m. 2:53 a.m.	7:31 a.m. 0.1' 7:56 p.m. 0.2'	1:06 a.m. 3.5' 1:50 p.m. 3.6'
Tuesday	6:39 a.m. 6:26 p.m.	4:13 p.m. 3:48 a.m.	8:16 a.m. 0.3' 8:44 p.m. 0.2'	2:02 a.m. 3.8' 2:33 p.m. 4.2'
Wednesday	6:39 a.m. 6:26 p.m.	5:03 p.m. 4:43 a.m.	8:55 a.m. 0.6' 9:26 p.m. 0.6'	2:47 a.m. 4.1' 3:11 p.m. 4.6'
Thursday	6:39 a.m. 6:26 p.m.	5:53 p.m. 5:39 a.m.	9:30 a.m. 0.7' 10:04 p.m. 0.8'	3:27 a.m. 4.2' 3:47 p.m. 4.9'
Friday	6:39 a.m. 6:26 p.m.	6:45 p.m. 6:35 a.m.	10:04 a.m. 0.8' 10:40 p.m. 0.8'	4:04 a.m. 4.2' 4:21 p.m. 5.0'
Nov. 8	6:40 a.m. 6:26 p.m.	7:37 p.m. 7:31 a.m.	10:36 a.m. 0.7' 11:16 p.m. 0.7'	4:39 a.m. 4.0' 4:55 p.m. 4.9'