

VOLUME 57 NUMBER 44

OCTOBER 29, 2016

# THE KWAJALEIN HOURGLASS

## THIS WEEK

### DIVERS RELOCATE

SCORES OF CORALS - P 4-5

### PALLET TREE

EVENT APPROACHING - P 3

### KWAJ HALLOWEEN

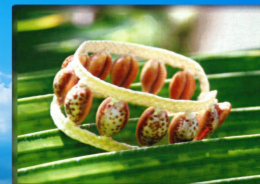
TRICK OR TREAT TIMES - P 2

Commercial diver Jonathan Ross nestles into place a relocated coral specimen removed from the Echo Pier area at Kwajalein Sunday, Oct. 23.

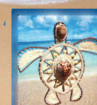
by Jordan Vinson



# 13th Annual



## At The CRC (GYM)



**(CASH SALES ONLY)**

**MARSHALLESE HANDICRAFTS ~ FRESH FISH & PRODUCE ~**

**HOME DECOR ITEMS ~ COOKED FOODS ~ COCONUT OILS & MORE!**

(CASH SALES ONLY)





*Community Activities crewmembers ready some of the paints residents will use to slather their pallet trees in cheer next week. From left to right: Zackios Kuli, Camillus Stephen and Sotin Maie.*

## CHRISTMAS PALLET TREE EXTRAVAGANZA NEARING

### HOURLASS REPORT

**It's Beginning to Look a Lot Like Christmas.** On Friday, Nov. 4 on Kwajalein and Saturday, Nov. 5, on Roi-Namur, residents will have their first opportunity to shop for a Christmas tree at the Holiday Timber Tree Lot. These trees won't be lush and green; but they will be unique—cut from pallets, into basic triangle forms. Residents can select their bare pallet form and then go to work as individuals or groups to personalize them in any way imaginable. Once finished, participants can place the trees around the island for judging in this year's pallet tree competition, funded by QOL.

The basic pallet tree form can be augmented any way the designers like. Participants may add stands, additional trees, lights or ornaments. But only a single basic shape will be provided per individual or team. A variety of paint colors will be available to choose from at the tree lot. One basic color and one accent color will be available while supplies last. Each individual or team will also be provided a paint brush and sand paper. Competitors will have until Dec. 2 to decorate the tree, decide how to make it stand and place it somewhere around the island. Competitors choose the location. But the more traffic, the more potential for votes. Trees cannot block fire exits or walkways, and trees may not be plugged into the outlets downtown. Any trees placed indoors must have the approval of the building manager. If a location for a tree is unacceptable, Community Activities will contact the registered individual or group to have it relocated.

Registration for individual and team trees will occur at the Holiday Timber Tree Lot event on Nov. 4. Groups can include departments, private organizations, families or a collection of friends. All individuals will be assigned a number, and all teams will be assigned letters. Numbers or letters must be visible for community judging, scheduled for Dec. 3-10.

Designers who wish to keep their trees can collect them between Dec. 26-Jan. 5. After Jan. 5, Community Activities will collect all remaining trees.

Special thanks to the Seabees and the CA crew for helping spread holiday cheer and cutting over 200 pallet trees for this event. Thanks also to QOL for the purchase of the supplies and prizes.

# FINDING WELLNESS THROUGH GRATITUDE

### HOURLASS REPORT

**Being well includes** more than just being physically fit. There is a psychological component as well. Studies have linked the practice of gratitude with benefits in health and well-being. Prominent researchers in the field have identified several benefits gained through practicing gratitude.

- Increased energy
- Enthusiasm and happiness
- Success in achieving personal goals
- Resilience and better stress coping mechanisms
- Increased feelings of self-confidence and self-worth
- Improved relationships

Saying thank you seems like such a simple gesture. It is often taken for granted, but engaging in the exercise of gratitude has benefits for all involved. Gratitude allows a celebration of the present. In the spirit of the upcoming Thanksgiving holiday consider accepting this 28 Day Gratefulness Challenge. Taking the opportunity to show those around you that you are grateful can go a long way.

- **Sunday, Day 1:** Accept the challenge, and express why you accepted this challenge and what you hope to achieve from it to a family member or friend.
- **Monday, Day 2:** Take a picture of one thing, person, place or specific moment that makes you feel grateful. Share it.
- **Tuesday, Day 3:** Gratitude Trigger. Place an object somewhere in your house or workspace which will remind you to feel grateful each time that you look at it. Leave it for the duration of the challenge.
- **Wednesday, Day 4:** Write down five things you are looking forward to this month right before going bed. Gratitude can positively influence sleep. The key is focusing on good, rather than stressors, which increase stress and negatively impact rest.
- **Thursday, Day 5:** Use the alphabet as a fun and quick format for making a list of things for which you feel grateful. Share this list with someone. Or arrange to work with a private organization, donating your time or talent. By getting involved, you'll better appreciate the organization, and those involved will appreciate you more, too.
- **Friday, Day 6:** Take a few minutes to call someone you haven't talked to in a while. Tell them how much you appreciate them. Or strive to be the someone who is grateful for today. Lend a hand without being asked, or surprise someone with a treat.
- **Saturday, Day 7:** For the duration of the challenge give at least one compliment daily, whether directly to a person or by sharing your appreciation of something ("I love how quiet it is in the morning, don't you?").

An alternative to the daily challenge is a gratitude log. At the end of each day, log three things that you were thankful for that day. For those who accepted the 28 day challenge, the next installment will be published in the Hourglass Nov. 5.



# CORAL RELOCATION PROJECT UNDERWAY AT ECHO PIER

BY JORDAN VINSON

**Slated for a complete overhaul** within the next few years, Echo Pier will soon be dismantled and rehabilitated, piece by piece, extending its life for another generation. But before construction crews can begin taking their jackhammers to the site, U.S. Army Garrison-Kwajalein Atoll leadership needs to make sure all corals are relocated from the pier and surrounding water to safety away from the construction zone.

Assigned to tackle the job are commercial divers with Honolulu-based underwater construction company, Sea Engineering, and the National Oceanic and Atmospheric Administration.

Four weeks into their work at the busy pier, NOAA Marine Biologist Marie Ferguson and her band of divers have extracted and relocated hundreds of buckets of coral from the construction zone to safe waters in the lagoon off Kwajalein.

Armed with chisels, hammers and buckets, they have trudged through the project, focusing their energies on branching acropora corals and pavona cactus specimens peppering the lagoon bottom and the underwater surfaces of the pier.

The process goes like this: In go the divers and 20 or so empty buckets, and an hour later up come loads of coral specimens, chiseled away from their calcium carbonate substrates. Soaked in seawater to supply the stony organisms with oxygen, they're whisked away on the Patriot dive team vessel to their new homes located in waters north and west of Kwajalein, about a quarter mile out from the Yacht Club.

Intentionally tearing apart coral might seem like a cardinal sin to lovers of marine life. But Ferguson, the scientific advisor on the project, talked up the corals' resiliency.

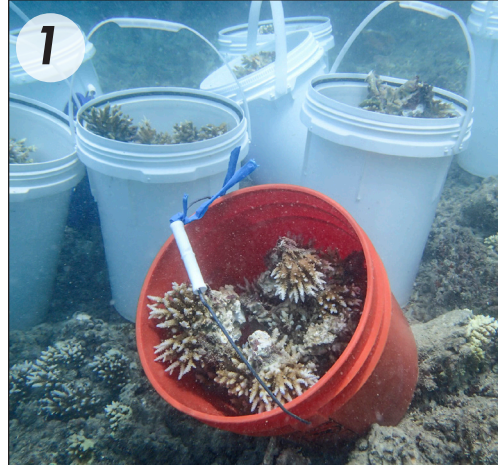
"The thing about corals is that they're colonial organisms, meaning that you can just break off a fragment, and that piece will continue to grow," Ferguson said. "It depends on the environment you put it in. But it doesn't automatically die. So corals experience what we call partial mortality on a regular basis."

Not all coral specimens will survive the relocation, the marine biologist qualified. But the sites chosen by the team to plant the extractions are protected waters, giving the organisms as good a chance as possible for survival.

"We're looking for something that's a little bit more barren, but also something that is a lit bit protected from wave energy, tidal energy, currents [and] stuff like that," she said. "Because we're not gluing them into place. We're basically just nestling them into little holes and pookas. So we kind of have to look for spots that are protected a little bit."

Once anchored at those relocation sites, back in go the divers with the buckets of live coral. They spend the next 30 minutes or so hauling the buckets into place, pulling out individual chunks of coral and nestling them into rubble under about 10 feet of water. Up come the divers, and the process begins again.

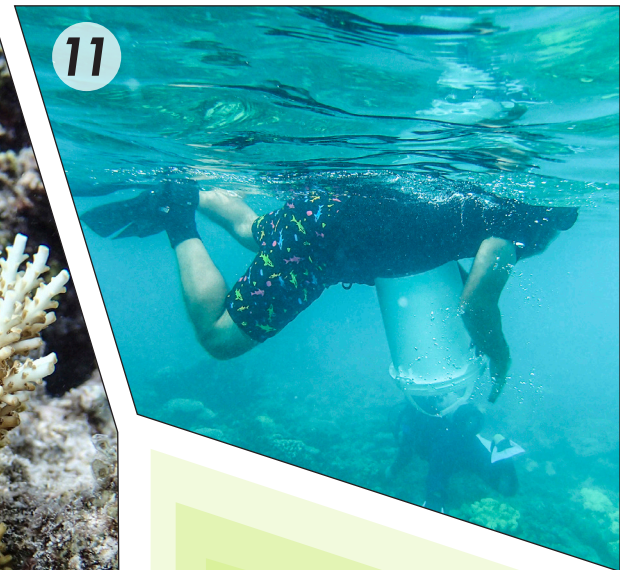
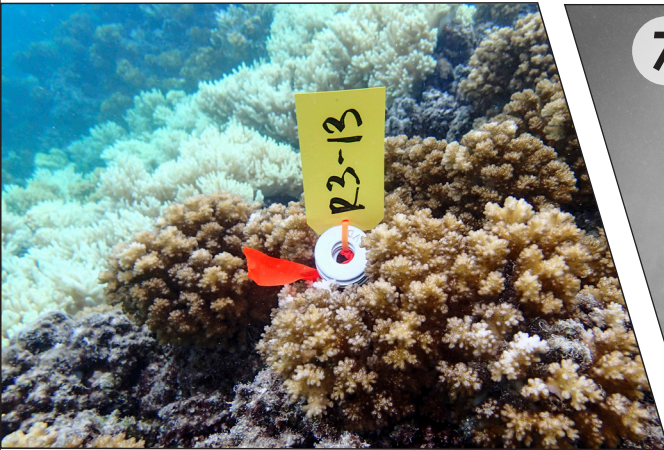
Ferguson and the Sea Engineering team will spend a total of about six weeks doing runs like these, sometimes doing four or five runs a day. The work can be tough and a bit monotonous they said. But the chance to help save local corals from sure destruction—and work with good people during the project—has been rewarding, they added.







Step 1) Chiseled away, live coral are placed into buckets. Step 2) The crew hauls up the coral onto the Patriot; pictured: Rick Broomell. Step 3) The coral specimens are oxygenated with sea water during transport; pictured: Jeff Phillips, of Sea Engineering. Step 4) Crew takes 5 to discuss plan of attack at site where corals are relocated; pictured: Tracy Hampson, right, and Jonathan Ross. Step 5) In go the buckets of coral at the relocation site about a quarter of a mile out from the Yacht Club; pictured: Tyler Borge. Step 6) Relocation site is marked for future monitoring of relocated corals.



Step 7) NOAA Marine Biologist Marie Ferguson dives down to check the relocation site. Step 8) Time to haul the buckets of coral into their exact relocation spot; pictured: Mike Scinto. Step 9) Now the team nestles the individual coral specimens into place on a rubble substrate; pictured: Jonathan Ross. Step 10) How a relocated coral could look like after time. Step 11) Time to use an empty bucket as an inflatable to mosey back to the boat and get ready to repeat the process again.





# WEEKLY WEATHER OUTLOOK

RTS WEATHER STATION STAFF



**SUMMARY:** The Joint Typhoon Warning Center (JTWC) continues to monitor a region of disturbed weather centered on 8.6N 169.3E, or 225 nautical miles west of Kwajalein known as INVEST 97W. JTWC has started monitoring a new area located at 10.6N 175.6E, or 480 nautical miles east-northeast of Kwajalein, known as INVEST 99W.

Creation of an INVEST area triggers the production of specialized satellite and numerical model products for further monitoring. An INVEST area does not correspond to any particular likelihood of the system developing into a tropical cyclone.

**CURRENT CONDITIONS:** The Intertropical Convergence Zone (ITCZ) has been firmly entrenched across the northern RMI for the past few days, extending from Palau to the dateline along the 8N - 10N parallels. At the smaller scales, weak circulations have been forming and dissipating within the ITCZ. INVEST 97W and INVEST 99W are two such circulations. Recent polar orbiting satellite passes are showing INVEST 99W having the more developed low level circulation. The upper atmosphere is marginally supportive, meaning deep convection or thunderstorms may persist in one location over four-six hours, but not persist continuously as an organized system. As these storms collapse new localized surface convergence boundaries are formed, which trigger the next series of convection. But these cannot be observed until seen by radar. Therefore, prediction of possible rain, lightning and gusty winds is difficult more than a few hours in time.

**FORECAST:** INVEST 97W drifts westward and no longer influences the weather over Kwajalein Atoll. A consensus of indicators are showing INVEST 99W will remain a weak low level circulation as it pass north of Kwajalein Saturday afternoon into the evening. Sustained winds with INVEST 99W are predicated to remain weak at 10-15 knots. The atoll will continue to experience occasional heavy showers having some lightning threat into Sunday. Winds within the atoll have been dominated by localized effects of storms, either calm or gusty up to 20 knots from various directions. With the passing of INVEST 99W, winds are expected to become predominately south-southwest into Sunday.

We expect weather conditions to be improving Sunday into Monday. Then there are indications that a possible trade-wind surge from the Southern Hemisphere could enhance the ITCZ in our region again, triggering more wet weather next week.

**Caution-outlook:** Climate indicators and observations are showing development of a possible weak La Niña late fall into early 2017. During La Niña the trends in the RMI is for the northern atolls to have above-average precipitation and the southern atolls to be below normal.

U.S. ARMY GARRISON KWAJALEIN ATOLL

## Marshallese Trade Fair

### 13th Annual

SUNDAY, NOV. 13 (3-7 PM) ~ MONDAY, NOV. 14 (9 AM - 2 PM)  
At The CRC (GYM)

MARSHALLESE HANDICRAFTS - FRESH FISH & PRODUCE -  
HOME DECOR ITEMS - COOKED FOODS - COCONUT OILS & MORE!

(CASH SALES ONLY) (CASH SALES ONLY)

SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
<b>SUNDAY</b>	6:38 a.m. 6:27 p.m.	6:01 a.m. 6:13 p.m.	3:48 a.m. 4.0' 4:04 p.m. 4.5'	9:51 a.m. -0.5' 10:16 p.m. -0.5'
<b>MONDAY</b>	6:38 a.m. 6:27 p.m.	6:47 a.m. 6:54 p.m.	4:15 a.m. 4.0' 4:30 p.m. 4.6'	10:16 a.m. -0.6' 10:44 p.m. -0.6'
<b>TUESDAY</b>	6:38 a.m. 6:27 p.m.	7:33 a.m. 7:37 p.m.	4:43 a.m. 3.9' 4:56 p.m. 4.5'	10:41 a.m. -0.5' 11:12 p.m. -0.5'
<b>WEDNESDAY</b>	6:38 a.m. 6:27 p.m.	8:20 a.m. 8:21 p.m.	5:10 a.m. 3.8' 5:22 p.m. 4.4'	11:07 a.m. -0.4' 11:41 p.m. -0.4'
<b>THURSDAY</b>	6:39 a.m. 6:27 p.m.	9:08 a.m. 9:07 p.m.	5:38 a.m. 3.5' 5:50 p.m. 4.2'	11:32 a.m. -0.2' -----
<b>FRIDAY</b>	6:39 a.m. 6:26 p.m.	9:56 a.m. 9:55 p.m.	6:07 a.m. 3.3' 6:19 p.m. 4.0'	12:11 a.m. -0.2' 11:59 a.m. 0.0'
<b>NOVEMBER 5</b>	6:39 a.m. 6:26 p.m.	10:45 a.m. 10:44 p.m.	6:39 a.m. 3.0' 6:53 p.m. 3.7'	12:44 a.m. 0.1' 12:28 p.m. 0.3'

# HAPPY HALLOWEEN!

Captain Louis S. Zamperini Dining Facility						
*MENU CURRENT AS OF OCT. 28						
<b>LUNCH</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Nov. 5</b>
Sauteed beef tips	Beef curry	Chicken wings	Honey mustard	BBQ pork ribs	Taco bar	Spaghetti
Pork chops	Egg casserole	Corned beef	Roast chicken	Turkey wraps	Refried beans	Garlic toast
Cheese quiche	Augratin potatoes	Roasted potatoes	Tuna casserole	Roasted potatoes	Chef's choice	Chef's choice
<b>DINNER</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Nov. 5</b>
Meatloaf	Pizza	Grilled chicken	Steak night	Mongolian BBQ Night	Chicken fried steak	Oriental pork steak
Fried chicken	Pasta cabonara	Beef pot pie	Vegetarian pasta		Mashed potatoes	Broccoli stir-fry
Roasted potatoes	Vegetarian Medley	Three cheese mac	Baked potatoes		Fish du jour	Fried rice



# COMMUNITY CLASSIFIEDS

## HELP WANTED

Visit [USAJOBS.GOV](http://USAJOBS.GOV) to search and apply for USAG-KA vacancies and other federal positions.

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 Bldg 700 and on the "Kwaj-web" site under Contractor Information>KRS>Human Resources>Job Opportunities. Listings for off-island contract positions are available at [www.krsjv.com](http://www.krsjv.com).

Job Opportunity at KRS. Position: KRS - Technical Writer II (Full-time). Education: High School Diploma or equivalent. Experience: Minimum of 2 years of progressive Technical Writer experience or related field. Qualification: Experience with process facilitator /documentation administrator or related to IT or Cybersecurity. Ability to obtain CAC Card & Network Access. Please submit your application to the HR Office, Bldg. 700.

## LOST

White envelope containing cash and a page with info regarding JBL Eon speakers. Lost between fuel pier and downtown area. If found please call 55509.

## COMMUNITY NOTICES

The Optometrist, Dr. Chris Yamamoto, will be on Kwajalein and will see patients on Oct. 21 through Nov. 3. Please call the Hospital for eye exam appointment at 52224 or ES&H for prescription safety glasses.

Kwajalein Yacht Club's monthly meeting is on Saturday Oct 29, 6:30 p.m. at the Yacht Club. Poc is Ursula LaBrie 5-1951.

Witches, Wizards & Warlocks Birthday Bash. 8 p.m., Saturday, Oct. 29, at the Ocean View Club. Come out come out wherever you are! Calling all witches, wizards and warlocks to join forces in casting a spell for October birthdays.

Halloween Carnival and Haunted House. 3-6 p.m., Sunday, Oct. 30, at the Youth Center. The cost is free. Enjoy crafts, cookie decorating, storying telling, a costume contest and a spooky haunted house.

The golf course and country club will be closed due to mission related activity on the following dates: Oct. 30 and Nov. 6.

The next Kwaj B-boat course is scheduled for Nov. 1-2, 6:30-8:30 p.m., at CRC Room 1. Pick up a registration package and pay your \$40 fee at the Small Boat marina.

Holiday Timber Tree Lot. Friday, Nov. 4. 4:30-6 p.m. On the Corner of Seventh Street and Lagoon. Come pick your blank pallet tree form and paint at the Holiday Timber Tree Lot. Decorate it on your own or with a group, place it around the island by Dec. 2 and enter to win!

Quizzo at the Vets Hall. 7:30 p.m., Friday, Nov. 4. Host Sean Connell with snap some trivia in our direction.

47th Annual Kwaj Open Golf Tournament. Nov. 5-15 at Holmberg Fairways. Entry fee: \$120 for KGA Members, \$130 for nonmembers. Contact Deb Crawford at [debra.b.crawford@lmco.com](mailto:debra.b.crawford@lmco.com) for a schedule of all events. Contact Carmel Shearer at [carm1022@yahoo.com](mailto:carm1022@yahoo.com) to volunteer.

Christian Women's Fellowship November luncheon. 12:30 p.m., Sunday, Nov. 6, at the Religious Education Building.

Fall Craft/Vendor Fair 2016. Monday, Nov. 7, CRC Gym. Find truly unique items inspired and created by craft and art people right here on Kwaj! Vendor applications available at the library.

Merbabes Swim Class. 9-9:30 a.m., Saturday, Nov. 12. Class is for children ages six months-three years of age. Call 52848 with questions.

Planning a holiday party this year? Think you might need tents, tables, or chairs? Contact Community Activities to complete your reservations now and ensure equipment availability. Reservations are already completely booked for the following dates: Nov. 12-14, Nov. 21-25 and Dec. 1-5. Questions?



Sexual Harassment/Assault Response and Prevention (SHARP) Contact Information

Capt. David Rice  
SHARP Victim Advocate

Work: 805 355 2139 • Home: 805 355 3565  
USAG-KA SHARP Pager: 805 355 3243/3242/3241/0100  
USAG-KA SHARP VA Local Help Line: 805 355 2758  
DOD SAFE Helpline: 877 995 5247

Contact the Community Activities Office at 5-3331.

Vets Hall Holiday Parties. HO! HO! HO! The holidays are coming don't ya know! Time to start thinks about your holiday party. Dates are starting to fill up so please book yours early.

Commercial Vendors All private sales, instruction, or services provided on-island need to be approved as part of the Commercial Vendor program. Please complete the necessary paperwork prior to offering services or conducting sales. The approved list of vendors is post on the intranet. Food, hair and nail service are not permitted. Please call 5-3331 with questions.

The following are easy ways to save energy: Turn off all lights when not in use. Use bulbs of lower wattage. Use natural sunlight when possible. Keep bulbs and fixtures clean. Focus light on your task. Use fluorescent lights wherever possible.

Safely Speaking: Never roll a cylinder to move it. Use a cylinder cart and secure it with a chain. Cylinders should be used and stored in an upright position

E-Talk: Anyone planning to dig more than 6 inches must apply for a Dig Permit; even for an excavation as small as a posthole. A signed dig permit must be on site for all excavations on USAG-KA, even in your own backyard. The Dig Permit helps avoid known utilities, archaeological sites, and unexploded ordnances. The permit holder is responsible for all stipulations of the permit, such as, marking known utilities and having a monitor on site during excavations. For more dig permit information call KRS Environmental at 5-9502.

For Medical Referrals, Kwajalein Hospital

uses a pre-determined list of medical and dental providers in Honolulu, Hawaii, on a regular basis. We serve a variety of customers who have different insurance plans, including Aetna International, Blue Cross Blue Shield, Cigna International, GEHA, Maritime, Tricare and others. It is the patient's responsibility to verify and validate that their personal insurance plan is accepted by the Honolulu medical or dental service provider. It is also the patient's responsibility to obtain an estimate for their portion of the cost of their care. The hospital's medical referral coordinator arranges appointments based on the local medical or dental provider's requests. If you have found a particular preferred provider who accepts your insurance, please feel free to provide that name to our Medical Referral Coordinator, who will add them to the approved provider list. Thanks in advance for your assistance.

**Flu vaccines are now available for all ages. Come to the hospital Tuesday, Wednesday, Thursday and Saturday afternoons 1:30- 4 p.m. No appointments are necessary. NOTE: There is egg-free or nasal vaccine available this year.**

What you should know for the 2016-2017 Flu Season

An annual flu vaccine is the first and best way to protect you and your family from the flu. People should be vaccinated before flu activity begins. CDC recommends that people get vaccinated by the end of October, if possible. A few things to note for this flu season:

- Only injectable flu vaccines (flu shots) are recommended for use this season.
- Flu vaccines have been updated to better match circulating viruses.
- There will be some new vaccines on the market this season, including an adjuvanted vaccine for people 65 and older.
- The recommendations for vaccination of people with egg allergies have changed.

Learn more about what's new for the 2016-17 flu season by visiting, <https://www.cdc.gov/flu/about/season/flu-season-2016-2017.htm>.

You can join the effort to fight the flu by getting your flu vaccine and encouraging people to protect themselves and their family by doing the same.



## Café Roi

\*MENU CURRENT AS OF OCT. 28

### LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 5
Cornish hens	Beef fajitas	French dip sandwich	Beef stew	Char siu pork sand.	Tuna casserole	Lasagna
Fish florentine	Chick. w/ orange sauce	Grilled chicken breast	Fried chicken strips	Beef stir-fry	Yankee pot roast	Spaghetti
Augratin potatoes	Breakfast burrito	Cornbread	Hot spiced apples	Veggie fried rice	Mashed potatoes	Garlic bread

### DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 5
BBQ pork ribs	Jambalaya	Fried pork chops	Roast beef	Fried chicken	English Pub Night	Asian pork roast
BBQ chicken	Cajun roast pork	Chicken curry	Herb baked fish	Beef pot pie	Fish and chips	Teriyaki chicken
Baked beans	Mashed potatoes	Mashed potatoes	Corn on the cob	Mashed potatoes	Toad in a hole	Sweet potato wedges



# HERO OF THE WEEK

## HOURLASS REPORT

**The slabs of Australian** pine drying in the yellow glow of Kwajalein's handcrafted wood drying kiln are here thanks to the ingenuity of Doug Hepler, the industrial arts and history instructor at Kwajalein Jr./Sr. High School.

"Everything is a lesson, and all pertains to history," says Hepler. "I enjoy teaching history just as much as I enjoy teaching the industrial arts."

Even before he retired as a chief petty officer from 26 years of service in the U.S. Navy and began a career in education, Hepler was a woodworker. His students in the Kwajalein Hobby Shop now learn the lessons in precision, labor and craftsmanship he began learning in 1965 beside his father's workbench. For the first time this year many of these fledgling woodworkers will use 100 percent, locally felled Australian pine, coconut palm and kamani as their primary building materials. Hepler leads projects in furniture making and cutlery, a favorite of both students and their parents.

"It's a long-term investment," says Hepler. "And we'll save a lot of money, because we can cut our own lumber and don't have buy it every year."

Hepler resides on Kwajalein with his wife, Amy LaCost. Of his five children, two currently attend college in Nebraska. In his spare time Hepler serves as the safety and training officer for the Kwajalein Scuba Club, makes knives, fishes and practices underwater photography.



U.S. Army photo by Jessica Dambruch

**Industrial artist and history teacher Doug Hepler is in his element at the Kwajalein Hobby Shop.**

# USAG-KA SPORTS KWAJ SOCCER

## RESULTS LAST WEEK

### Oct. 17

Spartan Women def. Spartan Co-ed White	6-0
KAT def. Spartan Co-ed Red	2-1
KFC def. Spartans I	2-1

### Oct. 19

Spartans I def. Spartans II	8-0
FC Swell tied Kwaj Rejects	3-3
KFC def. Bako	3-2

### Oct. 21

Spartans II def. FC Swell	6-4
Kwaj Rejects def. Bako	4-2

### Oct. 22

Spartans I def. Bako	6-1
----------------------	-----

## RECORDS

### Men's League

	Win	Loss	Tie
FC Swell	7	1	2
Spartans I	6	3	1
KFC	5	2	2
Kwaj Rejects	4	3	2
Bako	2	6	1
Spartans II	1	9	0

### Women's League

	Win	Loss	Tie
Go Green Go	6	0	1
Spartan Women	6	1	1
K.A.T.	4	4	0
Spartan Co-ed Red	2	5	0
Spartan Co-ed White	0	8	0

# HEALTH AND WELFARE BENEFITS OPEN ENROLLMENT

Enrollment packets have been mailed to KRS/BAI eligible employees. Contact your FCE Benefits office at 805 355 0939 or 805 355 1701 if you have questions concerning the benefits presentations or your 2017 benefits enrollment.

Saturday, October 29, 2016 / Volume 57 Number 44

# NOV. 3-17

FOR KRS-----CMSI-----BAI EMPLOYEES

Enroll online at  
**[www.fcebenefits.com](http://www.fcebenefits.com)**