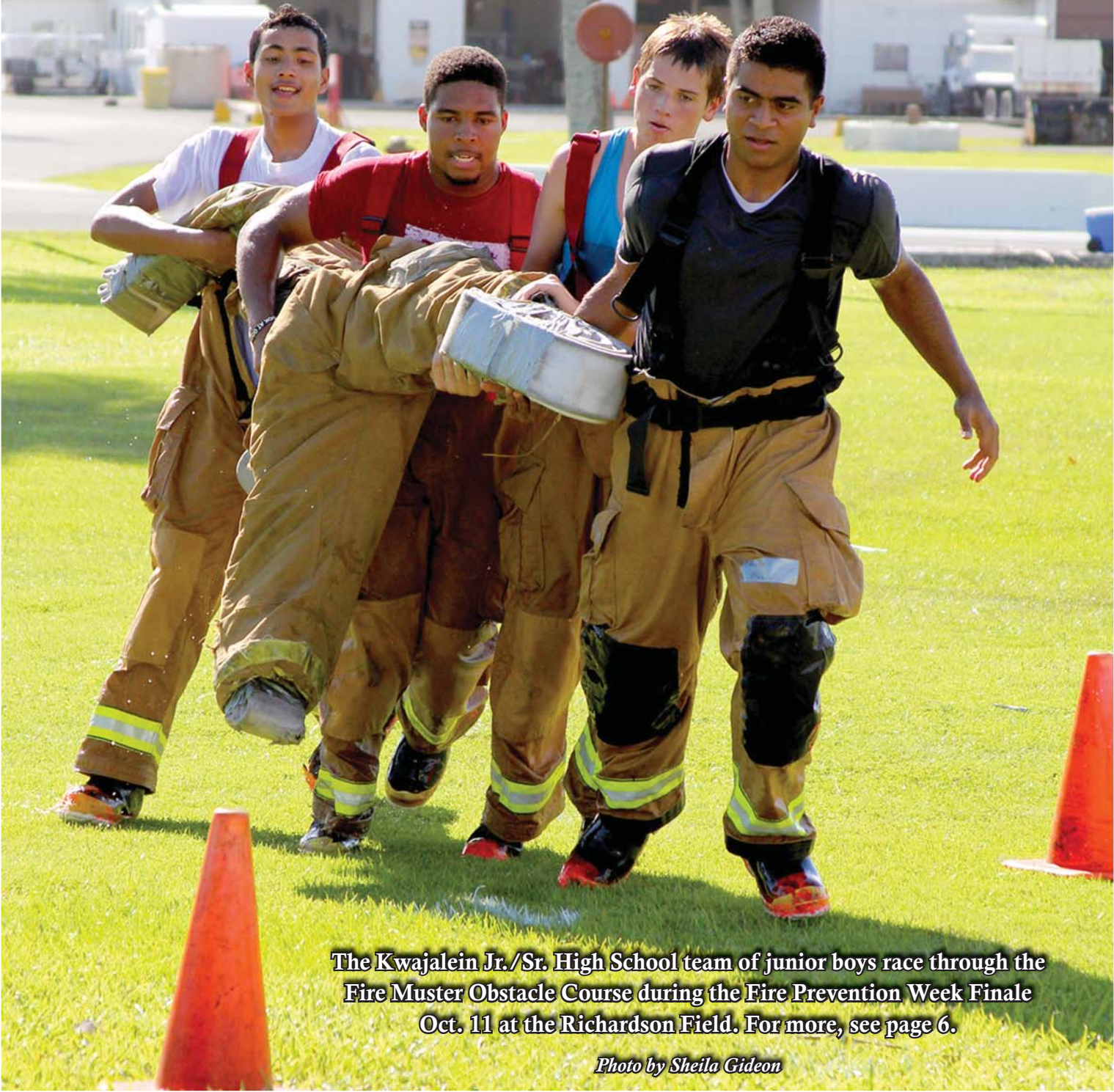


VOLUME 55 NUMBER 42

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THE KWAJALEIN HOURGLASS



The Kwajalein Jr./Sr. High School team of junior boys race through the Fire Muster Obstacle Course during the Fire Prevention Week Finale Oct. 11 at the Richardson Field. For more, see page 6.

Photo by Sheila Gideon

KAISC Sunday Series Wraps Up



From left to right: Jeff Anderson, Steve Young, Spencer Anderson and son John, and Billy Kilgore.

Article and photo by Kwajalein Atoll International Sportfishing Club

The capture of a large mahi mahi Sunday completed the Kwajalein Atoll International Sportfishing Club's Sunday Series Fishing Challenge.

Captain Spencer Anderson and crew members Steve Young, Jeff Anderson, and Billy Kilgore landed a 28.5-pound mahi mahi in the waters off Kwajalein, capturing the final category of the Sunday Series Challenge.

The fishing competition had been ongoing since February.

The captain and his crew will be awarded \$1,650 for their prize winning catch.

USAG-KA's cafeteria dining policies published

Hourglass Reports

The Dining Committee that oversees cafeterias on U.S. Army Garrison-Kwajalein Atoll decided last week to remind the installation's community of the policies governing the dining facilities on Kwajalein, Roi-Namur and Meck.

The dining facilities are operated primarily for unaccompanied personnel with meal cards issued by the Housing Office. Accommodations are made for temporary duty personnel, official Defense Department visitors and authorized visitors.

Zamperini Dining Facility

- Military personnel, Department of the Army civilians and contract employees (with K-badges) without meal cards may use the Zamperini Dining Facility for breakfast, lunch and dinner on normal workdays.
- Only on Sundays and for special holiday meals may

permanent accompanied families (as a group), family members and authorized visitors of accompanied residents use the facility.

- Individuals on USAG-KA visiting unaccompanied personnel entitled to meal cards are authorized to use the facility for every meal when accompanied by his or her unaccompanied sponsor.

- USAG-KA and KRS employees escorting official visitors may dine with their visitors at both the Zamperini Dining Facility and Café Roi.

Roi-Namur

- USAG-KA and KRS employees with K-badges, their families and authorized visitors of residents may use Café Roi for any meal.

Meck

- The Meck Dining Facility is currently closed. It is only operational to support specific mission customers when requested.

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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LEFT: Two runners race south while trying to avoid the living dead in the abandoned New Housing neighborhood Sunday. **MIDDLE:** A pack of man-eating zombies are spotted in the area of a truck graveyard. **RIGHT:** Zombies pursue their prey in the dark.

RESIDENTS SURVIVE ZOMBIE APOCALYPSE

Article and photos by Molly Premo
Media Services Intern

Kwajalein’s bravest took on legions of the living dead Sunday night during the Kwajalein Sports Association’s second Zombie Apocalypse Run. Snaking throughout the northern half of Kwajalein, the two-mile course tasked survivors with getting through several zombie-infested stations and obstacle courses without succumbing to the man eating masses. Given three red flags each, the objective for each survivor was to make it back to the Richardson Theater with at least one flag remaining. Those who completed this mission survived the apocalypse.

Some runners—high school senior Dori Debrum, for instance—only barely made it.

“The zombie run was amazing,” said Debrum, who made it back to the Rich with only one flag. “It was thrill-



A zombie gets comfortable in a hiding spot prior to the start of the second annual Zombie Apocalypse Run sponsored by the Kwajalein Sports Association.

ing and exciting, especially when you do it with friends.”

The course itself took a route that had been planned by volunteers to put runners through an array of stations and obstacles and keep them on their toes.

After a quick trip by van to the start of the course near the abandoned New Housing neighborhood, groups of about 15 survivors entered into the darkness and headed south to safety. Standing in their way were packs of Kwajalein undead waiting to sink their rotting teeth into the flesh of living.

Zigzagging up and down Third Street and Second Street, runners kept their eyes open and their feet moving. They came upon a graveyard of trucks crashed all over the field north of the High School. What at first looked like a relatively safe, open space to pass through became a nightmare for some: Some zombies had maintained enough of their wits to use the wrecked trucks to their advantage, hiding behind them and jumping out at unsuspecting runners passing through.

Those runners who were lucky to get through the truck graveyard alive had a harder time making it through the MP Room. Completely darkened except for pulsating strobe lights, the “carn-evil” inside the MP Room was an easy hunting ground for zombie clowns who used inflatable obstacles for cover and snagged runners’ flags as they struggled through the course.

Along with an insane asylum operated by undead employees from the



Mereille Bishop channels her inner zombie by covering herself with fake wounds at the Namo Weto Youth Center before runners hit the course Sunday night.

Kwajalein Hospital, stations featuring zombie tennis players at the Tennis Courts and other packs of the living dead elsewhere made it challenging for runners to get back to safety at the Rich Theater unscathed.

Some survived; others fell to the undead masses. But while survival was desired, the real objective of the event was to have fun. Both the living and the undead alike took the opportunity after the run to come together, enjoy drinks and food, buy T-shirts and listen to Halloween-themed music.

An event designed to help kick Kwajalein’s Halloween season into gear, the Zombie Run was open to runners of all ages, and it wouldn’t have been possible without the dozens of volunteers who helped out, said Colleen Furgeson, a KSA school representative who helped plan the event. She and fellow representatives Danielle Rivera and Caleigh Yurovchak had spent two months organizing the run.

“The Zombie Run was lots of hard work, but definitely worth it,” Furgeson said. “It was a huge success, and I hope everybody had a fun time.”

Canvasback Missions offers eye, dental care to Ebeye community

Article and photos by Sheila Gideon
Managing Editor

Canvasback Missions is a nonprofit organization founded in 1981 whose mission is to serve remote Pacific islands with needed health care and health education. Founder Jacquie Spence and her vast team of volunteers brought dental and ophthalmology services to Ebeye Sept. 27-Oct. 10. The team included four ophthalmologists, one optometrist, two nurses, four ophthalmology assistants, five dentists, two dental hygienists, one dental assistant and a bio medical technician. Former Kwajalein resident Janet Burki also came along as the team coordinator to help with the dental aspects of the trip like patient flow, scheduling and data entry. 10 Kwajalein volunteers also assisted the team.

In total the ophthalmology team saw 553 patients. They performed 141 surgeries that treated issues relating to cataracts, pterygia and sclerectomy for glaucoma patients.



Canvasback volunteers Dr. Adrian Tomarere and Dental Hygienist Tasha Lambson work on a patient at Ebeye Hospital.



Kwajalein volunteers Barbara Alquist, far left, and Addison Cossey, far right, assist Canvasback volunteer May Ing in dispensing glasses to patients during the Canvasback Mission at Ebeye Hospital Oct. 6.

They also performed YAG laser treatments and Pan Retinal Photocoagulation. They dispensed 600 pairs of glasses. The total estimated value of their services is \$500,427. The dental team saw 428 patients and performed 1,762 procedures. Work included 732 sealants, 547 fillings and 181 extractions. The estimated value of services, not including donations, is \$248,059.

Spence, the founder of the organization, works with Republic of the Marshall Islands Ministry of Health to determine which services they need most. Canvasback Missions comes every year, but the last time they brought an ophthalmology team was in 2011 and a dental team in 2012. While the Ebeye Hospital regularly offers dental services, the one dentist and dental nurse on staff are overwhelmed with the number of patients requiring dental care. The hospital does not have an ophthalmologist on staff.

“Not only did we provide care for those needing cataract surgeries, but we also provided YAG laser treatment for those who had secondary cataracts,” Spence explained. “The team also provided laser treatment

for people who are going blind from diabetic retinopathy. We also provided surgeries for two individuals who had advanced glaucoma. In addition, our optometrist refracted and dispensed glasses.”

The focus for the dental team was preventative care. The dental staff at Ebeye Hospital is capable of performing extractions and fillings, so the Canvasback team only extracted teeth if necessary. Instead, they concentrated on seeing patients between the ages of 7-9, who already have their permanent molars. Sealants and fillings will help to preserve their teeth into their adult years.

“There are 12,000+ people on Ebeye who require dental services,” Spence said. “So, Canvasback’s dental team provided much needed services. Even though our team was fast and efficient, there is a tremendous amount of work that needs to be done on Ebeye.” This is where dental education was emphasized. Patients were given a toothbrush and instruction on dental care. “Patients tend to come into the clinic when they are in pain and by that time, the decay has gone too far. Preventive dental care is really needed.”



Dr. Jeffrey Ing and his assistant, Angelica Chan, examine a patient getting pterygia surgery at the Ebeye Hospital during the Canvasback Mission Oct. 6.



A student from Ebeye Public School entertains his classmates as he demonstrates the proper way to brush your teeth.

Performing the work is just one part of the mission. The other part is recruiting volunteers and donations.

Dr. Harry Chambers, a dentist with the Canvasback Missions group this year, has volunteered for two other missions in the Marshall Islands and the Federated States of Micronesia, but this was his first trip to Ebeye. He met Spence in the early 1980s at a dental convention; he has been supporting Canvasback in some fashion ever since. Dr. Tom Chen, another dentist, spent much of this year volunteering on dental missions, but this was his first visit to Ebeye. Nickie Porter, a dental assistant from Oklahoma, is new to Canvasback. The dentist she works for had ties to Canvasback and once

she found out about it, she signed right up.

Some volunteers may not come on missions, but do their part by organizing donations. Adrian Fenderson is on the Canvasback dental committee and has come on a previous dental trip to Ebeye. This year, he wrote a letter to all the dentists in his area, telling them about the mission and asking them to donate supplies. Anesthetic, composite and gloves were generously donated.

Other dental supplies were donated by companies like Septodont, Sunstar and ADEC. The ophthalmology supplies were donated by Alcon, SEE International and Iridex. A great deal of the equipment was also purchased through generous dona-



Kwajalein volunteer Kristin Kornegay fills out patient paperwork for children waiting to be seen by the Canvasback dental team.

tions from individuals. Donations included a photocoagulation laser for treating diabetic retinopathy, two phaco machines for cataract surgery, two portable fiber optic operating room microscopes and all the clinic equipment including a YAG laser, AB scanner and keratometer.

Once all the equipment is rounded up, the next challenge is to ship it all to the Marshall Islands. Courtesy of Triple J Enterprises and Matson, Inc., nine wooden crates of dental and ophthalmology supplies and equipment—a total of 360 cubic feet—were successfully shipped.

While Canvasback brings most of their equipment, Ebeye Hospital also assists in a vital way.

“The Ebeye Hospital was an integral part of the team,” Spence said. “They provided some of the most important components to the mission: They advertised, screened, prioritized and scheduled people who were in need of cataract surgery and other ophthalmic needs. For dental, they scheduled schools to bring their entire classes to the clinic for our team. The hospital provided personnel who managed crowd control and worked side by side with our team to provide translation and other vital support services. We couldn’t have provided the number of services without the hospital’s support.”

Canvasback sent 11 specialty teams to the Marshall Islands this year. Plans for next year are already in full force. Their first team in 2015 will be a gynecology mission to Majuro. They’re also working on bringing a colonoscopy and another dental mission to Ebeye in 2015.

Fire Prevention Week educates, entertains community with fire safety training events

Article and photos by Sheila Gideon
Managing Editor

Education is important, in general. But, absorbing lessons taught during Fire Prevention Week could potentially save your life. Each year, the Kwajalein Fire Department hosts a week worth of events spotlighting Fire Prevention Week. This week's theme highlighted the importance of smoke detectors, how to operate and test them and what to do if yours ever sounds off.

KFD Fire Chief John Finley said the most important point to take away from this year's Fire Prevention Week is that even minor incidents like burnt toast can escalate quickly. If your smoke alarm goes off, leave your residence immediately, alert your neighbors if you live in adjoined quarters, head to your pre-planned family meeting place, and then call 9-1-1. The few instances of fire damage in Kwajalein homes are largely attributed to fire prevention, Finley said. Inspections are done in quarters when there is a change of occupancy; however, if you are having an issue, don't hesitate to contact the fire prevention team for assistance.

Fire Prevention Week activities started Oct. 5 with a kickoff event at the Richardson Theater. Children had the opportunity to meet Sparky and Fire Pup, take a tour of the inflatable Fire House and watch a short fire safety movie. The next afternoon, kids met Sparky and Fire Pup at the AAFES Food Court for lunch.

Sparky and Fire Pup continued their rounds during the week, making appearances at the Child Development Center and George Seitz Elementary School. KFD personnel accompanied them, taking the opportunity to teach children important lessons regarding fire safety. The inflatable Fire House may seem like just a fun toy for kids to enjoy. On the contrary, the inside is outfitted to portray potential fire hazards in your home. Firefighters toured classes through the Fire House, pointing out the hot stove and fireplace, warning kids to stay at least three feet away. They discussed the importance of having two exits from your



Team "Mighty Bees," made up of U.S. Navy Seabees, take on the bucket challenge during the 5th annual Fire Muster Obstacle Course at the Fire Prevention Week Finale Oct. 11.

home and knowing where to meet your family if you need to evacuate. Children simulated evacuating from a window by bouncing out of the Fire House and into a "safe zone."

Fire Prevention Week activities concluded Oct. 11 at the Richardson Theater Field. The finale offered fun activities for the kids like coloring books, fire hats and temporary tattoos. More educational booths included fire extinguisher training and an exhibit about smoke detectors, how to test them and how to change the batteries. It is recommended that you change your smoke detector batteries twice per year.

Teams for the 5th Annual Fire Muster Obstacle Course showed up ready to compete. Each four-man team raced to put on fireman boots, pants and suspenders at the sound of the fire alarm. Once dressed, they climbed into a large pool, swam under a rope and hauled themselves, along with several gallons of water, out of the pool. They stood in a line and passed buckets of water to one another. The last one in line had to toss the bucket of water onto a box connected to a trough; the water travelled down the trough into a large container. They continued this until the water line in the container set off an alarm signaling movement to the next obstacle. The team dragged a dummy through a winding course marked with cones and dropped it in a designated area. Next, the members split off, each taking a section on the fire hose stretched across the field. Each member had to connect the hose to the next section, and once all were set, the water was turned on, aimed at a wooden target. They sprayed until they knocked it over, stopping their time.

The four high school teams competed first. The senior girls started strong, giving the junior boys incentive to waste no time during their run. Seventh- and eighth-graders made two teams and gave a tremendous effort. It was tough for some of the smaller competitors to keep their gear on, and even with their fireman pants falling down to their ankles, they never gave up. KFD personnel stood nearby, offering strategic tips and cheers of encouragement. In the end, Peyton Smith, Ben Tavutavuwale, John Tippetts and



Kaya Sylvester, left, and Amber Tippetts work together to spray the target at the end of the Fire Muster Obstacle Course.

Fire Muster Results			
Teen Teams	1st	Juniors: Peyton Smith, Ben Tavutavuwale, John Tippetts, Jared Wase	3:06:15
	2nd	Seniors: Mereille Bishop, Dori deBrum, Molly Premo, Daisy Wiltrot	4:20:50
	3rd	7/8th Grade Mixed Islanders: Mackenzie Gowans, Kamy Legere, Kaya Sylvester, Amber Tippetts	8:11:50
	4th	7/8th Grade Mixed YOLO-27s: Graeson Cossey, Andrew Elkin, Christian Kirk, Aiden Mitchell	10:32:50
Workforce Teams	1st	The Mighty USAG-KA: Maj. Jeffrey Anderson, Command Sgt. Maj. Reginald Gooden, Operations Sgt. Maj. David Negron Jr., Col. Nestor Sadler	2:23:56
	2nd	Fire Department: Joshua Cole, Jason Del Biaggio, Christopher Gondringer, Michelle La Moia	2:25:50
	3rd	The Mighty Bees: Christopher Kosooski, Jordan Lloyd, Bridget Osborn, Darren Sandstorm	2:49:15
	4th	The MayBees: Davey Jalliet, Zachary Kloss, Leonard Lector, Warren Ward	4:44:47



Team “The Mighty USAG-KA” dive into the pool during the Fire Muster Obstacle Course Finale Oct. 11 at the Richardson Field.

Jared Wase took the win with a time of 3 minutes and 6 seconds.

The adult teams were mostly newcomers to the course. U.S. Navy Seabees made up two teams and showed they can fight just as well on land as they do at sea. For the first time ever, the KFD formed a team built by a fire chief, fire captain, fire systems technician and fire inspector—and they had a lot to prove seeing as all the obstacles are technically part of their job description. The U.S. Army Garrison-Kwajalein Atoll command formed a team and hoped to replace their last-place blunder from last year with first-place bragging rights—which was why a huge cheer erupted when they were announced the first place team. Operations Sgt. Maj. David Negron proudly snagged the trophy and planted a big kiss on the shiny award. Col. Nestor Sadler, Command Sgt. Maj. Reginald Gooden and Maj. Jeffrey Anderson joined him in the celebration.

The KFD team lost first place by only two seconds, but would have actually won had it not been for two 5-second penalties for out-of-bounds violations.

The obstacle course may be fun, but it also teaches participants important lessons regarding fire safety. October is a busy time of year on Kwajalein, but taking a few minutes to learn about fire safety is important.



Team “MayBees,” made up of U.S. Navy Seabees, finish up the last obstacle of the Fire Muster Finale Oct. 11.



Sparky and Firefighter Carmel Shearer high five George Seitz Elementary School students during a fire safety demonstration Oct. 9.



Kwajalein Fire Department Assistant Chief Joshua Cole helps Gabriela Jones exit the Fire House at the Child Development Center Oct. 8 during Fire Prevention Week activities.



KWJALEIN ARES CORNER

Current virus threats: how to protect yourself, your family

Note: What follows is the final part of a two-part series on viral diseases and methods to combat them.

By **Ralph C. Jones, M.D.**
Kwajalein Hospital

Chikungunya Fever

Chikungunya virus is spread via the bite of infected Aedes mosquitoes in endemic areas world-wide. Our closest neighbor, Samoa, is currently struggling with increased case reports from this virus. There is no vaccination available for this illness. Patients that are bitten by infected mosquitoes have a high occurrence of symptoms that develop in 3-7 days. The most common symptoms are fever and joint pains. Additionally, muscular aches, rash, joint swelling and headache may occur. Fatality is very low. People most susceptible to severe disease are infants and elderly >65 years old. Those patients with medical illness like diabetes, hypertension and heart disease have more difficulties with day to day activities. Like many viral illnesses, supportive care to reduce fever and treat joint pain is effective. However, some patients may require this supportive treatment for protracted periods long after the virus is gone. Preventative measures are those that limit skin exposure to biting mosquitoes, DEET repellent, restricting activities to times when mosquitoes are not feeding and avoid areas of breeding. There have been no cases reported in the Republic of the Marshall Islands. For more information if you are traveling into endemic areas go to <http://www.cdc.gov/chikungunya/index.html>.

Japanese Encephalitis

The virus that causes Japanese Encephalitis is the leading vaccine-preventable cause of encephalitis in Asia and the Western Pacific. The key to prevention is vaccination. Disease is spread via the bite of an infected Culex mosquito. Most humans that are bitten will be asymptomatic or only develop mild flu like symptoms. A minority of patients exposed will develop severe headaches, fever, disorientation, convulsions, tremors, and coma. Incubation period after exposure ranges between 5-15 days. For patients that develop the encephalitis, the case fatality rate is one in four. This disease is not transmissible from human to human as it requires the mosquito vector. Once you leave an endemic zone, your risk is curtailed. Maps of reported cases can be found on the CDC website so you may get properly vaccinated before entry into an endemic zone. Once in the area at risk, wear appropriate clothing that reduces the surface area available for mosquito bites and use DEET containing repellents. Arrange your activities during times when mosquitoes are not feeding and away from breeding areas. Treatment of the minor symptoms and encephalitis is supportive, meaning there is no specific wonder drug just good medical care to allow your body to fight effectively. There have been no cases of Japanese encephalitis reported in the Marshall Islands. For more information you can visit <http://www.cdc.gov/japaneseencephalitis/symptoms/index.html>

2015 Health and Welfare Benefits Open Enrollment

The 2015 Health and Welfare Benefits Open Enrollment for the USAG-KA community is scheduled for Nov. 4-17.

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., Nov. 4, at the Health Fair at the CRC Gym

10:30-11:30 a.m., Nov. 5, at the Roi Tradex Conference Room

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

8-9 a.m., Nov. 6, at the REB

DISPATCH FROM ROI



From Mike Sakaio



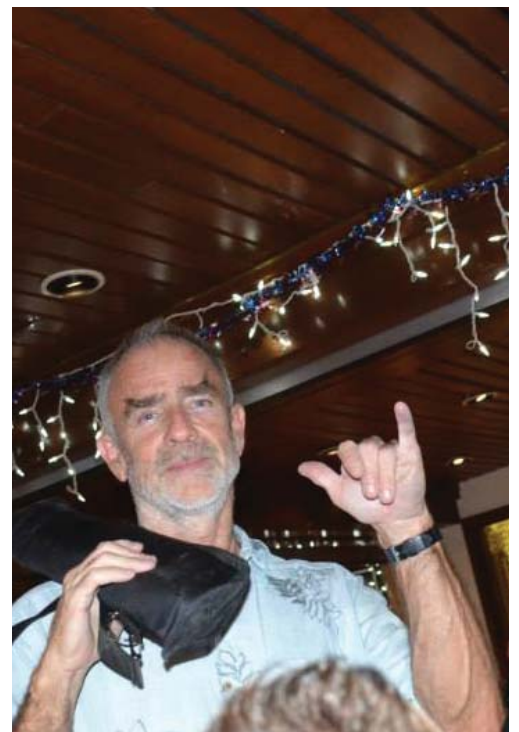
From Jordan Vinson



From Mike Sakaio



From Mike Sakaio



From Alana Brooks

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

RAIN JACKET, WOMEN'S MARMOT royal blue, size large, no name written on it, \$25 if returned, no questions asked. Call Paula at 53474.

HOODED, ZIP-UP SWEATER, lightweight, gray, with "Garmish" logo on the front, has sentimental value. Call Sonya at 50876 or 53118.

FOUND

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

SOCCKER BALL WITH INITIALS "LKH." Call Ray at 53400 to claim.

PATIO SALE

TODAY, 11:30 a.m.-6 p.m., quarters 134-B, kitchen items and household goods.

FOR SALE

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 opti-

cal 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 shipped to Kwaj. Email gabriella.b.barlow2.ctr@mail.mil.

TWO FLAT SCREEN RCA TVs, 32 inch, built in DVD players, one year old, remote and pivoting wall mount bracket, \$350 each; 10x10-foot portable canopy with side curtains, new, espresso color, \$125. Call 52642.

COMMUNITY NOTICES

AFN UPDATE: Repairs have been made. AFN|Xtra and DTS are now being broadcast on their regular channels. Pacific-K and Pacific-J are back up and running, showing regular programming.

THE 2014 ANNUAL SHAVING Cream Social takes place tonight at the Richardson Ravine. Group times: 4:30-4:40 p.m., Pre-School (must be accompanied by an adult in the "Pit" area); 4:40-5 p.m., K-2nd grade; 5:10-5:30 p.m., 3-6th grade; 5:40-6 p.m., Jr./Sr. High. Each participant will receive one free can of shaving cream; no gel, menthol or mint creams allowed. Participants are encouraged to wear goggles and will only be allowed in the "Pit" area during their grade groups; arrive early. Come out and enjoy this Kwaj-Unique kick-off to Halloween!

FAREWELL PAGE FAMILY! Come see Preston, Leanne and Elli off, island-style, at 6:30 p.m., tonight, at Emon Beach Large Pavilion. Bring a pupu and beverages.

COME OUT TO THE KWAJALEIN Scuba Club's Underwater Pumpkin Carving Contest at 1 p.m., Sunday, at the Emon Beach Dive Shack. 15 pumpkins will be provided by KSC, and prizes will be awarded for the best jack-o'-lanterns. Questions? Contact Dan Farnham.

BOY SCOUT SURVIVAL CAMPOUT begins at 1:30 p.m., Sunday, at the Scout Hut. Scouts will practice outdoor survival tips from local expert Dr. Ralph Jones. They'll build shelters, practice survival cooking and start three fires using three different methods. Come back the next day at 11:30 a.m. for pizza. Questions? Call Glen McClellan at 54641.

KWAJALEIN ATOLL INTERNATIONAL Sportfishing Club meeting will be held Wednesday at the Pacific Club. Food and beverages will be served at 6:30 p.m., and the meeting will start at 7 p.m. All anglers welcome to attend! Questions? Contact Stan at 58121.

INDOOR VOLLEYBALL SEASON play is Nov. 5-Dec. 19. Registration ends Friday. Cost is \$100 per team. Limited number of team slots available, so register early! For questions and registration, contact Carlos at 51275.

DAY OF THE DEAD Birthday Bash will be at 8 p.m., Oct. 25, at the Ocean View Club. Celebrate your birthday and get into the Halloween spirit with all the trimmings—cof-fins, 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.

THE FIRST ANNUAL KWAJALEIN vs. Roi-Namur Scuba Challenge will take place Oct. 25-26. The event starts at 6:30 p.m., Oct. 25 at the Vet's Hall. There will be a team-based "Family Feud"-style quiz tournament, a photo and video contest, pizza and more! On Oct. 26 teams will dive selected sites in an scavenger hunt. Meet at the Pacific

Club to tally points, award the trophy and shop at the Dive Locker. KSC members, check your email for messages from KSC News. Questions? Contact Michael Hayes or Dan Farnham.

HALLOWEEN CARNIVAL presented by Keystone and Torch Clubs is Oct. 26 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., Oct. 26. 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 Oct. 29. 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 Oct. 29. 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 Oct. 29. 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.

HEALTH AND WELLNESS FAIR is 5:30-7:30 p.m., Nov. 4, at the CRC Gym. Booths presented by: Recreation and Programs, Aetna and FCE Benefits, Kwaj Hospital and Medical Services, Fire Prevention, Kwajalein Running Club, Kwajalein Swim Team, Kwajalein Sports Association and Kwajalein Open Yoga Association. Browse booths, gain useful information and participate in fitness demonstrations. 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.

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

LIGHTING: An easy way to save energy is to cut down on unnecessary lighting. You can: turn off all lights not in use; use bulbs of lower wattage; use natural sunlight when possible; keep bulbs and fixtures clean; focus light on your task and use fluorescent lights wherever possible.

E-TALK: PROTECTING SPECIES at USAG-KA: USAG-KA's Environmental Standards define protected animal species and habitats. Transporting protected species can result in heavy fines. Contact Environmental at 51134 for more information.

SAFELY SPEAKING: Please inspect propane tanks before use and at regular intervals when stored. Recently there have been a few home-use propane tanks that have leaked their contents due to corrosion. If a leak is found call 9-1-1. If the tank is in questionable condition contact ES&H at 51134.

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., Sunday School for Kids, REB. Contact Dolly Ghearing with questions.
- 11 a.m., Sunday, Island Memorial Chapel
- 6:30-7:30 p.m., Thursday, Christianity Explored, quarters 203-A (Robinson's). Come check it out and invite a friend; anyone is welcome. Call the Wilsons at 52370 with questions.

- 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	Oct. 25
Baked Spaghetti	Baked Tuna Casserole	Beef Stroganoff	Bratwurst and Sauerkraut	BBQ Short Ribs	Grilled Ham and Swiss	Cheese Manicotti
Scalloped Potatoes	Quiche	Chicken Sandwich	Roast Turkey	Grilled Chicken Breast	Pot Roast	Italian Sausage
Eggs Benedict	Oven-roasted Potatoes	Vegetarian Stir-fry	Sage Stuffing	Potatoes au Gratin	Fish Du Jour	Garlic Bread

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 25
Oriental Chicken Stir-fry	Beef Curry	Kwaj Fried Chicken	Grilled Ribeye Steak	Grilled Pork	Hamburger Bonanza	Chicken Fried Steak
Steamed Red Potatoes	Buffalo Style Chicken	Hawaiian Chopped Steak	Chicken Cordon Bleu	Assorted Pizza	Picante Chicken Breast	General Tso's Chicken
Mixed Vegetables	Rice Pilaf	Potatoes O'Brien	Noodles Romanoff	Steamed Potatoes	Rice Pilaf	Oven-roasted Potatoes

Crowd turns out for Columbus Day Run

By Bob Sholar
Kwajalein Running Club Vice President

The Kwajalein Running Club conducted the 37th Annual Columbus Day Run on Tuesday with a 6 a.m. start at Namo Weto Youth Center. Nearly 100 runners and walkers participated, including five TDY Seabees. 15 runners took on the 13.04 mile challenge, and the rest took on the 6.52 mile distance. The participants, who ranged between 10-70 years in age, again represent a remarkably broad swath of the Island's resident population.

The first runners to cross the line for the half marathon were Gerritt Schellin and Sharon Shultz. For the quarter marathon it was TDY visitor Erik Dahl and Julia Sholar, a sixth-grader. KRC President Ray Drefus took the Social Security Eligible Division for one loop around the island.

U.S. Army Garrison-Kwajalein Atoll command leaders were prominent in the field. USAG-KA Commander Col. Nestor Sadler, Lt. Col. Humberto Jones and Command Sgt. Maj. Reginald Gooden came out for the run.

Two course-side water stations were staffed by local Boy Scout Troop 314 members, led by Scout Leaders Glen McClellan and Steve Tippetts. Finishers were presented custom T-shirts designed by local artist Melissa Dethlefsen. Division first place finishers are listed at right. KRC considers every finisher a winner!



Photo by Cynthia Rivera

The Miller family crosses the finish line Tuesday.

Division	Miles	Division Winner	Time
FM	13.04	Sharon Shultz	2:02:48
FO	13.04	Jamye Loy	2:05:37
MM	13.04	Lorenzo Damian	1:50:11
MO	13.04	Gerritt Schellin	1:48:44
FM	6.52	Song Banducci	1:05:33
FO	6.52	Heather Sadowski	1:03:01
FT	6.52	Molly Premo	1:08:00
FY	6.52	Julia Sholar	0:59:17
MM	6.52	Jeffrey Fluhrer	0:53:25
MO	6.52	Erik Dahl	0:46:44
MT	6.52	David Sholar	0:53:48
MY	6.52	Dominic Leines	1:06:53
SSE	6.52	Ray Drefus	1:12:20

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. 2. Smoking Cessation Classes, open enrollment, call 55362.	1. Pick-up Soccer, 6 p.m., Brandon Field.	1. Cross Fit, 5:15 a.m., Adult Pool. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts.	1. Zumba, 5:30 p.m., CRC Room 1.	1. Cross Fit, 5:15 a.m., Ivey Gym. 2. Interval Training, 5:15 p.m., Emon Beach. 3. Pick-up Tennis, 5:30 p.m., Tennis Courts. 4. AA Program, 7 p.m., REB Library.	1. Registration for Indoor Volleyball season ends. Call the Recreation Office at 51275.	1. Cross Fit, 5:15 a.m., Ivey Gym. 2. Pick-up Tennis, 5:30 p.m., Tennis Courts.

<i>Café Roi</i>						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 25
Roast Beef	Glazed Ham	Corn Dogs	Monte Cristo Sandwich	BBQ Chicken Sandwich	Salmon Cakes	Chicken Quesadillas
Breakfast Frittata	Chicken Strips	Dry Rub Roast Beef	Pork Chop	Beef Stroganoff	Italian Sausage	Beef Tacos
Potato au Gratin	Herb-roasted Potatoes	Mashed Potatoes	Wild Rice	Roasted Potatoes	Onion Rings	Pinto Beans
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 25
BBQ Spare Rib	Chicken Pasta Olivetti	Roasted Turkey	Steak Night	Roi Fried Chicken	Pork Osso Buco	Char-grilled Burgers
Fried Fish	Marinara Sauce	Beef Stew	Huli Huli Chicken	London Broil	Italian Baked Fish	Homemade Chili
Dirty Rice	Fresh Bread	Stuffing	Baked Potatoes	Cornbread	Creamy Polenta	Three-Cheese Pasta



SOCCER RESULTS

MEN'S LEAGUE

WOMEN'S/CO-ED LEAGUE

FRIDAY, OCT. 10

KFC vs. USAG-KA: 3 - 1

KFC: Dan Simas - 1, Shane Nez - 1, Chris Delisio - 1
USAG-KA: Billy Kilgore - 1

FC SWELL vs. SPARTANS MEN: 3 - 2

Spartans: Ben Tavutavuuale - 1, Cameron Jones - 1
FC Swell: Wes Kirk - 1, Paul McGrew - 2

SATURDAY, OCT. 11

NANSENSE vs. SPARTANS MEN: 1 - 2

Spartans: Manini Kabua - 1, Aidan Alejandro - 1
Nansense: Javier Solongren - 1

THURSDAY, OCT. 9

KAT vs. GO GREEN GO: 0 - 0

THURSDAY, OCT. 16

KAT vs. WHITEOUT: 3 - 1

KAT: Jill Brown - 2, Ornela Kilgore - 1
Whiteout: Ethan Dean - 1

GO GREEN GO vs. BLACKTIPS: 3 - 2

Green: Melina Lake - 1, Lindsay Mattson - 2
Blacktips: Carlon Zackhras - 1, Collette Walker - 1

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

KFC:	5-0-1
NANSENSE:	5-2-1
SPARTANS MEN:	3-3-2
FC SWELL:	2-2-2
USAG-KA:	0-7-0

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

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

NEXT WEEK'S SCHEDULE: MEN

WEDNESDAY, 6 P.M.: PLAYOFFS GAME 1:
#4 SEED vs. USAG-KA
FRIDAY, 6 P.M.: PLAYOFFS: KFC vs. WINNER GAME 1
FRIDAY, 7:30 P.M.: PLAYOFFS: #2 SEED vs. #3 SEED

NEXT WEEK'S SCHEDULE: WOMEN/CO-ED

TUESDAY, 6 P.M.: PLAYOFFS GAME 1: WHITEOUT vs. GO GREEN
THURSDAY, 6 P.M.: PLAYOFFS: SPARTANS vs. WINNER GAME 1
THURSDAY, 7:30 P.M.: PLAYOFFS: BLACKTIPS vs. KAT

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Sunny	10%	NNE-ESE at 3-8 knots
Monday	Mostly Sunny	10%	ENE-ESE at 3-8 knots
Tuesday	Partly Sunny	15%	S-SE at 3-8 knots
Wednesday	Mostly Sunny	10%	S-SE at 3-8 knots
Thursday	Partly Sunny	10%	NNE-ESE at 4-9 knots
Friday	Partly Sunny	20%	NNE-ESE at 7-12 knots

Yearly total: 101.97 inches
Yearly deviation: +33.56 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. 6:31 p.m.	2:42 a.m. 3:13 p.m.	7:50 a.m. 0.5' 8:02 p.m. 0.7'	1:25 a.m. 3.0' 2:04 p.m. 3.0'
Monday	6:37 a.m. 6:31 p.m.	3:28 a.m. 3:54 p.m.	8:21 a.m. 0.2' 8:36 p.m. 0.3'	2:06 a.m. 3.3' 2:33 p.m. 3.5'
Tuesday	6:37 a.m. 6:31 p.m.	4:13 a.m. 4:35 p.m.	8:49 a.m. 0.1' 9:07 p.m. 0.1'	2:39 a.m. 3.6' 3 p.m. 3.9'
Wednesday	6:37 a.m. 6:30 p.m.	4:59 a.m. 5:16 p.m.	9:16 a.m. 0.4' 9:38 p.m. 0.4'	3:09 a.m. 3.9' 3:28 p.m. 4.2'
Thursday	6:37 a.m. 6:30 p.m.	5:46 a.m. 5:59 p.m.	9:43 a.m. 0.6' 10:07 p.m. 0.6'	3:39 a.m. 4.0' 3:55 p.m. 4.5'
Friday	6:37 a.m. 6:29 p.m.	6:35 a.m. 6:44 p.m.	10:10 a.m. 0.7' 10:38 p.m. 0.7'	4:08 a.m. 4.1' 4:24 p.m. 4.7'
Oct. 25	6:37 a.m. 6:29 p.m.	7:26 a.m. 7:32 p.m.	10:38 a.m. 0.7' 11:10 p.m. 0.7'	4:38 a.m. 4.1' 4:53 p.m. 4.7'