

THE KWAJALEIN HOURGLASS



From left, Installation Management Command-Pacific Director, Debra Zedalis, U.S. Army Garrison-Kwajalein Atoll Sgt. Maj. Roderick Prioleau, and Garrison Commander, Col. Nestor Sadler, uncase the IMCOM flag, signifying the transfer of headquarters from SMDC to IMCOM. For more, see page 3.

Photo by Sheila Gideon

Thumbs Up!



... to Kwajalein Hospital staff, friends and the Caring Meals volunteers for inspirational support during my surgery and recovery.

... to all the performers on Manit Day. What an exceptional show you put on! Very entertaining and special experience, especially for us new to the island.

... to Karen Brady and Harden Lelet for all their hard work organizing Manit Day. We had an amazing time!

... to Tammy and the Post Office staff for their great help and service when Community Bank had a large amount of mail to send out.

... to the security officers who gave Community Bank a timely escort and help, which is above and beyond regular service.

MANIT MINUTE

Mats are a traditional part of the Marshallese life. Mats are woven from pandanus leaves. They range from coarsely woven floor mats to intricately woven sleeping mats. There are three common Marshallese mats:

1. TOLAO or sitting mat
2. JEPKO or floor mat
3. JANINI or sleeping mat



Due to the government shutdown that has resulted in furloughs, AFN Kwajalein TV channels 17-35 will continue to be off-air. Channel 14 will continue to air AFN News. Local channels 9 and 13 will also continue to air. Publication of the TV and Entertainment Guide is also suspended for the duration of the shutdown. Movie listings will be printed in the Hourglass each 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.

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USAKA base operations officially transferred to Installation Management Command-Pacific

Article and photos by Sheila Gideon
Managing Editor

U.S. Army Garrison-Kwajalein Atoll headquarters was officially transferred from U.S. Army Space and Missile Defense Command to Installation Management Command in a ceremony Wednesday at the metro hangar. The ceremony marked the official establishment of Garrison Command Kwajalein Atoll as part of the IMCOM organization. The official party consisted of Debra Zedalis, regional director of Installation Management Command-Pacific, USAG-KA Sgt. Maj. Roderick Prioleau, and Col. Nestor A. Sadler, commander of USAG-KA.

A brief history of Kwajalein narrated how the command has changed over the years. Kwajalein officially became Kwajalein Test Site in July 1964, under the U.S. Army Space and Strategic Defense Command. Command changed to SMDC in October 1997. IMCOM was stood up in October 2002, in an effort to standardize Army garrisons. As of Wednesday, IMCOM is now responsible for synchronizing, integrating, and delivering installation services and sustaining facilities in support of senior commanders in order to enable a ready and resilient Army here at USAG-KA.

The IMCOM colors were uncased by Zedalis, Sadler and Prioleau. The uncasing ceremony serves two purposes. First, it allows the com-



Ronald Chronister, deputy to the SMDC/ARSTRAT commander, and Debra Zedalis, director of IMCOM-P, stand with the newly uncased IMCOM headquarters flag at USAG-KA.

mander the opportunity to assess the readiness and discipline of the unit and second, marks a definite point in time to commemorate the beginning or continuation of a unit's history and lineage. The uncasing signified the official transfer of all base operations from SMDC to IMCOM.

Sadler welcomed guests and distinguished visitors to the ceremony. "This is a special day for the Kwajalein family," he said. "Today truly marks a day of unity as Installation Management Command becomes an official partner of the Space and



Col. Nestor Sadler and Debra Zedalis cut the cake after the uncasing ceremony.

See IMCOM, page 10



USAG-KA Commander, Col. Nestor Sadler, speaks to the community at the Installation Management Command uncasing ceremony Wednesday at the metro hangar.

IMCOM-P Director Zedalis talks specifics regarding USAG-KA headquarters transfer

By Sheila Gideon
Managing Editor

Debra Zedalis, regional director of Installation Management Command-Pacific, visited U.S. Army Garrison-Kwajalein Atoll this week for the uncasing ceremony that officially transferred the garrison from U.S. Space and Missile Defense Command to IMCOM. Zedalis was accompanied by Command Sgt. Maj. Phillip D. Pandy, Command sergeant major of IMCOM-P. During their visit, they toured infrastructures and community facilities on both Kwajalein and Roi-Namur, and visited the host nation on Ebeye. They conducted a town hall meeting Wednesday in Corlette Recreation Center Room 6 for active duty military, Department of the Army civilians and contractors.

The decision to transfer the garrison from SMDC to IMCOM comes from utilizing strengths. IMCOM's strength is running base operations, while SMDC's strength lies in the mission. Handing over base operations to IMCOM allows the senior commander to focus on the mission. "I think the combination works incredibly well," Zedalis said. "IMCOM was designed to relieve commanders of the burden of having to focus on the garrison [as well as] the technical mission. That's what really works – when we all maximize what we do well as one team; it improves the final product."



Director of IMCOM-P, Debra Zedalis, center, tours the pier on Roi-Namur during an infrastructure tour on Tuesday.

Photos by Michael Sakai

What's important, Zedalis pointed out, is that the senior commander of SMDC, Lt. Gen. David Mann, will remain the senior commander here at USAG-KA. "We have senior commanders throughout the Pacific for a really good reason. They are the person who represents all Soldiers and families that we serve." Garrison Commander, Col. Nestor Sadler, working on behalf of Mann, represents the Army here on Kwajalein and to the RMI. The RMI will be the third host nation to join the IMCOM-P ranks, follow-

ing Japan and Korea. Zedalis visited Ebeye on Wednesday. She was able to see firsthand the difference being made in the lives of host nation people, including employment and aid. "[Host Nation workers] enhance our capabilities, but really I think it's bigger than that," Zedalis commented. She said we rarely remember the tasks that we perform, but we do remember the people whose lives we impact. "It's really about ... people taking care of each other." That includes the Soldiers and families at each IMCOM-P installation.

As an enterprise, IMCOM has a great military construction program, Zedalis commented. With the current budget constraints, new infrastructure is not in the plans. The goal is to ascertain which assets require the most immediate attention, and concentrate on their repair and sustainment. "In the Pacific, we have some challenging environments. ... I think that's what we do extraordinarily well is trying to protect the tax payer's investment by smart sustainment, restoration and modernization." On



Director of IMCOM-P, Debra Zedalis, and IMCOM-P Command Sgt. Maj. Phillip Pandy address questions at the town hall meeting on Wednesday.

Kwajalein, priority repairs will be made at Echo Pier and the Bucholz Army Air Field. Fixing and upgrading the energy efficiency of roofs on housing is also a future plan, along with all-around corrosion control. IMCOM engineers will study the island infrastructure over the next few years to map out a long-term plan which will articulate the best choices for construction requirements. They are also working on what should be the vision for Kwajalein: what needs to be here, taken down or repurposed. "When you have that, then you have a story to tell," Zedalis said. "You can say, 'This is where we are now, here's where we want to be, this is what it takes to get us there.'"

The power of the IMCOM enterprise is that all bases give so that all can receive. Even though one base doesn't take in as much money as another, the system is designed so they will still receive funding for their critical needs. It's important for the senior commander to identify and communicate what our specific base requirements and needs are.

At the town hall meeting, Pandey addressed the audience, remarking on how resilient people on Kwajalein are. "We're resilient, we understand our mission and we're doing the best we can." Pandey toured the Child Development Center facilities earlier that day and remarked how inspired he was by what he saw there. He told the audience, "Welcome to the [IMCOM] team, thank you for doing the important work that you're doing and you truly inspire me as being resilient folks."

Zedalis addressed concerns at



Debra Zedalis, Command Sgt. Maj. Phillip Pandey and USAG-KA command members tour the George Seitz Elementary School on Wednesday.

the town hall. The first question was whether there will be a Morale, Welfare and Recreation presence on Kwajalein. "The answer is I don't know," she said. Now that the contract is extended through 2018, they need to look at what we need, how much we need and how things would be run.

Next, Zedalis talked about the five-year rule and how IMCOM handles requests. In IMCOM, three years plus two is a normal tour. Tours under five years can be approved by the commanding general. Anything over five years must be approved by Zedalis. She commented that if you want to be a leader, a variety of assignments work in your favor. "The more experience you have in a variety of places helps you understand a bit more ... about what we do in the

Army." The five-year rule is meant to keep you competitive in the job market.

The last question was directed to Pandey and asked what his vision was for the garrison sergeant major here at USAG-KA. "You really have to be a dynamic leader," he said. It's important to pull together technical experts to function as a team. Accountability is also an important function of a leader. "Be a good battle buddy."

Zedalis closed the town hall meeting by thanking everyone for the work they do; she is impressed. "Although you're under a new enterprise, I think this enterprise brings lots to your [mission]," she said. If there are further concerns or issues, bring them to the USAG-KA command team and they will raise them up.

Upcoming rainy season brings lightning

By Rich Cullin
ATSC Meteorologist

October is the peak of the rainy season over the central Republic of the Marshall Islands and Kwajalein Atoll. It is also Kwajalein's peak lightning month. Those peaks are caused by the Intertropical Convergence Zone moving south on its way to the southern hemisphere. Deep convection and thunderstorms often accompany the ITCZ. It is imperative to be prepared when thunder and lightning occur.

In the U.S., 66 people are killed, and more than 300 injured, by lightning strikes each year. Studies have shown that most people are struck by lightning before

or after a thunderstorm passed overhead. This results from lightning traveling 10 to 30 miles horizontally, with many people caught unaware of how far lightning can strike from a thunderstorm. As a rule-of-thumb, if you hear thunder, you are within lightning's striking distance.

In the event of thunder and lightning, you should move into a large, enclosed building. After the last clap of thunder is heard, you should remain indoors for 30 minutes. If you are outside during a thunderstorm, you are not safe, no matter the location. This applies for taking shelter in a softball field dugout, under a pavilion at the beach, or on a B-boat in the

See LIGHTNING, page 11

Marshallese culture celebrated at Kwajalein

Manit Day offers glimpse of traditional dances, food, customs

Article and photos by Sheila Gideon
Managing Editor

“Manit” means “culture” in Marshallese. Every year, Manit Week is celebrated throughout the Marshall Islands in late September or early October. On Kwajalein, Manit Day is celebrated yearly to give Kwajalein residents a taste of the culture and traditions of their host nation. This year, Manit Day was indeed a day-long affair, taking place on Sept. 28. The Marshallese Cultural Society teamed with George Seitz Elementary School to offer manit activities throughout the day.

Manit Day began with tours of the Marshallese Cultural Center. Students from GSES toured through the facility, getting a first-hand look at Marshallese culture throughout the ages. After lunch, the Multi-Purpose Room at the Kwajalein Jr./Sr. High School was transformed into a Carnival of Culture. GSES grades K-6 each set up a station that concentrated on an aspect of Marshallese culture. Students traveled to each station, getting their “passport” stamped after they participated.

Jennifer Cossey’s kindergarten class sponsored coconut bowling. Students used plastic coconuts to knock down plastic pineapple pins.



Basket weaving demonstrations are just part of Manit Day activities.



The Kwoj Bok Non Won group performs dances during the evening portion of Manit Day in the MP Room on Sept. 28.

Jamye Loy’s first grade class sponsored a fishing exhibit. Students “caught a fish” and brought it over to a chart where they learned to say its name in Marshallese. Karen Brady’s second grade class designed a word toss game. Students tossed a plastic puck on a slanted board and learned to say the Marshallese phrase they landed on. Cher Kirk’s third grade class designed a stick chart game. Stick charts represent the method of navigation used by the people of the Marshall Islands. The arrangement of the sticks corresponds to wave patterns generated when normally parallel ocean crests encounter an atoll reef or island shore. These wave patterns can be seen from the deck of a canoe and are used to navigate between islands, which are depicted on the chart by shells. Deanna Cain and Jane Premo’s fourth grade classes hosted a table where students could get traditional (marker) Marshallese tattoos; choices included a turtle, sunrise or shark. Anne Jahnke’s fifth grade class teamed with Art Teacher Jane Woundy in the art room; fifth-grade students read about Marshallese legends, drew them along with the legend on paper, and visiting stu-

dents got to color them in. Tarah Yurovchak’s sixth grade class documented major historical events that happened in the Marshall Islands and recorded a summary and year on pieces of paper. A “cake walk” was designed where 12 students at a time walked in a circle to music and when it stopped, they halted on a paper. Yurovchak picked a random date and whoever was standing on that paper read aloud their historical fact and then received a color square, which was redeemed for a traditional Marshallese food sample. When students’ passports were stamped by all seven stations, they received a prize, which was a handmade Marshallese necklace.

After students finished visiting all the stations, the entertainment program began. The KHS Drama Club performed a skit about the importance of Marshallese customs and how they can affect teens in the Marshall Islands. Cossey’s kindergarten class sang a song, counting from 1-10. The Jinetipeip Marshallese Women’s Club, which included KHS Ri’katak students, performed a stick dance. Finally, all the Ri’katak students from grades K-12 performed a dance to end the school program.



Jane Woundy assists students as they color in pictures of Marshallese legends.



Elementary students flip through old photos at the Marshallese Cultural Center during Manit Day on Sept. 28.



Above, GSES Ri'katak students perform a dance number during the evening program of Manit Day Sept. 28.



GSES students learn RMI historical facts during a "cake walk" at Manit Day.

Right, Kalani Wase and guest participant Monica Sadler perform a stick dance with the Jinetiptip Women's Club.



Dori DeBrum, member of the Jinetiptip Marshallese Women's Club, hands a sample of coconut ice cream to Zane Breen.

Later that day, the community was invited back to the school for the evening portion of Manit Day. In a tent outside the high school, the Jinetiptip Club set up a table of traditional Marshallese cuisine, including rice balls, bread fruit and coconut ice cream, for everyone to sample. There were basket weaving demos, a coconut husking demo and a craft table where handicrafts could be purchased.

Around 6 p.m., residents made their way into the MP Room where they listened to music by the Mon La Mike Band until the evening entertainment program began.

Harden Lelet served as the master of ceremonies. He explained what Manit Day is and what it means to the Marshallese. He said Marshallese parties always consist of two things: music and food; that's what

they wanted to share with the Kwajalein community that day.

Maj. Matt Sova, director of Host Nation activities, welcomed guests to the program and thanked the various groups for their participation.

Kevin Wilson, Kwajalein Protestant chaplain, read aloud an invocation, giving praise and thanks for many cultures coming together to celebrate, and for our Marshallese friends.

U.S. Army Kwajalein Atoll Commander, Col. Nestor Sadler, welcomed guests and also thanked the various groups for their participation and hard work on behalf of Manit Day. He mentioned he was excited for the two communities to come together in celebration in order to learn and grow in appreciation of each other's cultures.

Finally, Lanny Kabua, RMI liai-

son, gave some historical background on Marshallese manit. He believes celebrations like this one which give insight into the host nation's culture help to make the mission at USAKA more interesting and meaningful. He urged residents of Kwajalein to interact with their host nation partners and learn about their customs; he said this will positively impact your time here on Kwajalein and be rewarding for all.

Manit Day ended with several entertainment activities. The Ri'katak students performed again, showing off their dance skills for community members. The Kwoj Bok Non Won dance group from Ebeye, dressed in matching green outfits, performed several dances. To end the show, the Jinetiptip Club again performed their stick dance.



KWAJALEIN ARES CORNER

There have been significant changes in the Kwajalein Hospital procedures over the last 10 months and there are plenty more changes to come. We wanted to take a moment and let our community know about these exciting new processes. Please continue to complete the feedback surveys either on paper or online, and let us know how these changes are working and what else we can do to address your individual healthcare needs.

Labs and results

The hospital is working to call or mail all results from labs, X-rays or pathology. All X-rays are read initially by the Kwajalein physicians and then over-read by the radiologists with Virtual Radiology. Mammograms and breast ultrasounds are read by a radiology team in Honolulu. Generally, you can expect your lab results to be available within 3-5 business days if they are done on island and three weeks if they are sent to Honolulu. There is now a results message line, and we encourage our patients to call if you have not heard about your results within those time frames. Call the hospital at 52223 and ask for the results line. Leave your name, date of birth and what results you are wait-

ing for, and you should receive a call within 24 hours.

Prescriptions

Unless there is an emergency, local prescription refills should be requested at least 72 hours prior to needing the medication. Mail-in prescriptions are generally handled by fax or called in by the hospital and can be confirmed on the Aetna prescription website. There have been recent problems on the Aetna side with their fax receipts of prescriptions. Please confirm that you have the correct number of refills by logging onto the Aetna website. There is now a prescription message line for refills. Let us know when you call that you need to leave a message regarding your prescriptions. You should receive a response within 24 hours of your message.

Routine Appointments and Follow-Ups

Your three primary care physicians rotate duty call for emergencies every three weeks. If you want to see a specific physician for follow-up, you may ask to make an appointment with that MD. Know that if your appointment is during that physician's week of emergency call, your appointment will be taken in order of urgency, and may be delayed by

ER or off-island emergencies. We will always try to call you if we know ahead of time that your appointment will be delayed, and notify you or offer a chance to reschedule the appointment. You may want to schedule your appointment on a different week, though, to avoid any significant delays. Within the next six months, Kwajalein Hospital will be implementing early morning and evening clinic hours on a limited basis. We hope to make appointments more available for shift workers, students and teachers.

Emergency Room

While the emergency room is available 24 hours a day, seven days per week, there are also same-day appointments available with the duty doctor. If you have an urgent or emergent health issue, the triage nurse will review your symptoms with you and determine if the visit requires emergency room care or if you can be seen in a same-day appointment. Obviously, emergency room level care is significantly more expensive than a same-day appointment.

Any patient who has questions regarding these changes, or feels they have been charged erroneously, can call Linn Ezell at 58107.

The importance of vitamin D; you need more

Most people believe that vitamin D is only important to calcium homeostasis and maintenance of bones. But, did you know that many cells in the body have vitamin D receptors that help modulate our immune system and protect us against acquired autoimmune diseases, heart disease and some common forms of cancer?

Vitamin D plays an important role in the absorption of calcium. Vitamins cannot be produced by humans, so they must be synthesized or absorbed. Vitamin D is one of the fat or lipid soluble vitamins, so to a certain degree it can be stored and used fluidly based on our individual needs and availability. Throughout our lives, we use our vitamin D differently at differ-

ent times. For example, during puberty or pregnancy we use more vitamin D and calcium as we grow and need to synthesize and construct bone matrix.

So if we eat vitamin-enriched foods and live close to the equator, why do we develop low vitamin D levels? Think of the amount of fat soluble vitamins stored in your body as your savings account. We have to add very consistent "deposits" of vitamin D to our vitamin savings account to be able to match the continued "withdrawals" that our body demands to maintain our bone structures as well as support our immune system – especially as we age. Eventually we need to make very large deposits (in the form of supplementation) in order to maintain our vitamin balance.

Fire Prevention Week

Oct. 6 - 12

Cooking safely in your home

- Stay in the kitchen when you are frying, grilling, broiling or boiling food.
- If you must leave the room, turn off the stove.
- When simmering, baking or roasting, check food regularly, stay in the home and use a timer.
- If you have young children, use the stove's back burners. Keep children and pets at least three feet away from the stove.
- When you cook, wear clothing with tight fitting sleeves. Can burn, away from your stovetop.
- Clean up food and grease from burners and stovetops.

6:30-7:30 p.m., Sunday, at **Richardson Theater** Meet Sparky and Fire Pup, try out the "New Fire House," and watch a short fire safety movie, followed by the regular movie.

11 a.m. - 1 p.m., Monday, at **the AAFES Food Court** Lunch time with Sparky and Fire Pup!

Sign up for the annual Fire Muster Challenge! Details on page 14.



More than you're getting from the sun's rays

"I drink milk so I don't have to take vitamin D." Eight ounces of fortified milk contains 120 International Units of vitamin D. There are 128 ounces in one gallon of milk which equals 16 servings of vitamin D or 1920 IUs. What that means, is that you can drink one gallon of milk and it will only equal 2.5 of the 800 IU capsules of vitamin D. Every day, you would have to drink an entire half gallon of milk (or eat an equivalent amount of cheese) to reach the 800-1,000 IU recommendations for vitamin D supplementation.

Most professional recommendations are that you should assume you are vitamin D deficient and start from there. Unless you have kidney stones or kidney disease, the recommended daily allowance for an adult of vitamin D

is 400-800 IUs per day. Exclusively breast fed infants should begin vitamin D supplementation immediately because excretion of vitamin D is so low in breast milk. Remember that daily allowances and supplementation are two different things. Daily allowances are intended to maintain a balance. Supplementation is intended to be those "big deposits" that make up the difference between what we have and what we need.

So, think a little differently about vitamin D and it's worth to your body. Remember the "savings" rules that we all learned as kids - it's harder to make up a deficit than it is to plan ahead and keep up with our needs. This adage is as true for our money as it is for our storable vitamins.

KRS makes safety a fun focus

Hourglass Reports

To embody Kwajalein Range Services' safety impact goals for 2013, several departments are engaged in an ongoing and meaningful challenge between colleagues called the Safety Star Contest. The contest, championed by Human Resource's Sheri Hendrix, is designed to ensure the following goals are met: involve team members (engagement and ownership), identify hazards and their associated risks, implement corrective actions, and track success and provide recognition. It is designed to make employees think about the everyday safety of coworkers, family and friends.

The second contest began July 23 and ran for six weeks. The goal was to identify hazards and their associated risks. During the contest period, team members suggested safety improvement possibilities within their own departments or throughout company work-sites, and worked as safety partners to achieve results.

The winning team was Kwajalein's own Cool Cats & One Dog, whose members include: Sheri Hendrix, Michelle Novotny, Larry Cavender, Julie Gooch, Asia Williams, Jane Bobo, Naomi Lavin-Michael, Jaclyn Solomon, Chris Hadley and Tracy Pennington. At the end of the contest period, Cool Cats & One Dog was the team with the highest number of implemented corrective actions, and every team member identified at least one item and began the corrective action during the contest period. One of their rewards was making their team leaders and Department Program Manager Ben



Photo courtesy of Julie Gooch

The Kwajalein KRS Human Resources Department is the winner of the second Safety Star Contest that focuses on safety in the workplace.

Souther wear the "Safety Partner" outfit for a day. This consisted of a cowboy hat, bandana and "Safety Partner" badge. The team's grand prize for being the overall winners of the contest will be a breakfast or luncheon.

The next challenge begins on Tuesday and will focus on actively learning about safety. Each participant will record times that they've actively explored and learned about safety.

Even if your department isn't part of the contest, you can each be Safety Stars by learning about a safety topic and taking tests available on the ES&H SharePoint site. Together, we can make safety a value in our homes, workplaces and community.

IMCOM, from page 3

Missile Defense Command." Sadler commented that IMCOM's expertise in the management and resourcing of base operations will have a positive impact on the quality of life for the residents and the mission. "The Kwaj family will no doubt continue to work as a team and continue to meet and exceed all expectations as we move forward together," he said in closing.

Next, Ronald Chronister, deputy to the commander, SMDC/ARSTRAT, thanked the Kwajalein team for all their hard work, especially with the busy mission schedule over the past few months. "What you all do here is phenomenal in terms of its criticality to the defense of the nation." Chronister visited Kwajalein earlier this year in January. He was given a tour of the island infrastructure and saw firsthand the magnitude of repairs needed. "I was a little concerned when I left," he noted. On Tuesday, he repeated the same tour and was very encouraged by the prog-

ress that had been made. "I think that's a direct reflection of the base ops being [transferred] to IMCOM." Everyone at SMDC is committed to this transfer and will continue to support the RTS mission, Chronister said.

Finally, Zedalis addressed the guests. She began by saying, "To the entire Kwajalein community, I extend an official welcome to the Installation Management Command-Pacific region." On Wednesday, US-AG-KA became the Pacific region's 12th garrison and the second garrison in support of SMDC. IMCOM-P is comprised of American and Korean soldiers, supporting U.S., Korean, Japanese, and now Marshallese civilians and contractors in all garrisons. The region supports more than 202,000 servicemembers and their families spanning an area of 15,000 nautical miles that make up the Pacific area. But IMCOM is even more than the Pacific. IMCOM is a worldwide enterprise covering 17 time zones, seven different

countries on three different continents, with over 76,000 employees serving more than 1,200,000 active duty Soldiers, civilian employees and contractors in 74 garrisons.

"And so it is an exciting day for everyone in the Pacific region and in IMCOM," Zedalis continued. "I hope it is an exciting day for everyone here at Kwajalein because you have now joined an installation management enterprise that spans the globe, and contributes significantly to the U.S. Army."

"I tell our team we have the best jobs in the U.S. Army, because daily we get to positively impact the lives of our great Soldiers and families," Zedalis commented.

She closed by saying, "To all the units represented here today, I wish to personally thank you for your support. I know that Col. Sadler and his garrison staff will work with you to ensure they provide the finest installation capabilities, services and quality of life for your Soldiers, civilians and families."

YYWC kicks off new year with meet and greet

By Jane DeJoie
YYWC Advisory Board

The women of the Yokwe Yuk Women's Club are eager to start the 2013-2014 year and are extending an invitation to all women on Kwajalein to join them for the kick-off celebration. Join us for a YYWC Meet and Greet at 7 p.m., Friday, hosted by Monica Sadler at quarters 241.

Since the 1960s, the YYWC has been a vital part of life on Kwajalein. The club participates in several areas of support for both the Kwajalein community and our host nation. The YYWC continues to promote cultural understanding and to assist toward the improvement of education in the Marshall Islands and throughout Micronesia. To this end, the club operates two businesses, the Micronesian Handicraft Shop and the Bargain Bazaar. The proceeds from these two businesses are distributed in support of schools in all areas of the Marshalls and Micronesia, with special emphasis on

the Marshall Islands. Proceeds from the Bargain Bazaar are disbursed to the schools on Ebeye; the remaining funds go to schools in other areas of the Marshalls, Federated States of Micronesia, Yap and Palau. In the spring of 2013, approximately \$53,000 in grant money was distributed to schools throughout the Marshalls and FSM.

The YYWC also gives scholarships to Kwajalein High School seniors. The money to provide the scholarships is obtained through the annual Kaleidoscope of Music. The Kaleidoscope is a talent show where the Kwajalein community is invited, and urged, to participate. This event is being planned for January 2014.

A third form of revenue for the club is the annual Silent Basket Auction. Proceeds from the basket auction in previous years went towards the very popular Outer Island Christmas Drop to Majetto and Ebadon. When the Drop was discontinued due to logistics issues, the funds went

towards the education grants dispersed to the Marshalls and FSM schools.

The YYWC also provides a social medium for the women of Kwajalein to come together. The YYWC is currently being run by an Advisory Board and new members are welcome. The members of the advisory board currently are: Karen Brady, Becky Harris, Jane Premo, Cynthia Rivera, DeDe Hall and Jane DeJoie. Please contact any member of the board for questions concerning the club.

The YYWC depends very much on the command, community and the YYWC members. Without all of the various groups, it would not be possible to accomplish the things the club has been able to do.

YYWC Meet & Greet

7-9 p.m.

Friday

Hosted by Monica Sadler at
Quarters 241

All island ladies welcome!

LIGHTNING, from page 5

lagoon. Outdoor sports have the fastest rising lightning casualty rate, so coaches and players need to be vigilant and have a lightning safety plan.

If you are caught outside and your skin tingles or your hair stands on end, a lightning strike may be imminent. In that event, you should crouch down on the balls of your feet, with your feet close together. Keep your hands on your knees or covering your ears, and lower your head. Get as low as possible without touching your hands or knees on the ground. Do not lie down.

The vast majority of lightning injuries and deaths on boats occur on small boats with no fully enclosed cabin. If you are out on the water in a B-boat and a lightning warning is issued, get back to land immediately and find a safe building. If you are caught in the thunderstorm, drop anchor and crouch down underneath the canopy as described above, remembering not to touch any metal.

RTS weather meteorologists will give advanced warning for thunderstorms over the B-boat areas, if possible. This will give boats an opportunity to return to the marina before the lightning threat is present in

the B-boat area. However, there are occasionally cases when thunderstorms develop over the B-boat areas. In all lightning cases, boaters should contact the Small Boat Marina for advice on what actions are required.

Plan ahead and check the latest weather conditions. These can be found on channel 13 of your television, on the internet at www.rts-wx.com, and by calling 54700 for a recording of the current forecast. When outside, look for tall, vertical clouds with a 'cauliflower' appearance located towards the east. Trade winds generally flow from east to west, and threatening weather to the east will likely head towards Kwajalein, and may adversely affect outdoor activities. During doldrums, thunderstorms may cycle up and down off-shore, and lightning can be a continuous threat without the thunderstorms ever reaching an island.

As the National Weather Service states, "When thunder roars, go indoors." Hearing thunder indicates it is time to seek shelter. Do not wait for lightning to strike nearby before taking cover, as the first strike can be your last.

Sources: National Weather Service and the National Lightning Safety Institute.

KWAJALEIN ATOLL THEATERS

NOW SHOWING
AT THE MOVIES

Saturday

7:30 p.m., Rich — *White House Down* (PG-13)

7:30 p.m., Roi — *World War Z* (PG-13)

Sunday

7:30 p.m., Rich — *Despicable Me 2* (PG)

7:30 p.m., Yuk — *The Heat* (R)

7:30 p.m., Roi — *The Hangover Part 3* (R)

Monday

7:30 p.m., Yuk — *This is the End* (R)

Wednesday

7:30 p.m., ARC — *The Heat* (R)

All movies subject to change with shipments.

For updates, call the movie hotline at 52700.

White House Down (PG-13) — Capitol Policeman John Cale has just been denied his dream job with the Secret Service of protecting President James Sawyer. Not wanting to let down his little girl with the news, he takes her on a tour of the White House, when the complex is overtaken by a heavily armed paramilitary group. Now, with the nation's government falling into chaos and time running out, it's up to Cale to save the president, his daughter and the country.

World War Z (PG-13) — A U.N. employee is racing against time and fate, as he travels the world trying to stop the outbreak of a deadly Zombie pandemic.

Despicable Me 2 (PG) — Gru is recruited by the Anti-Villain League to help deal with a powerful new super criminal.

The Heat (R) — Uptight FBI Special Agent Sarah Ashburn and foul-mouthed Boston cop Shannon Mullins couldn't be more incompatible. But when they join forces to bring down a ruthless drug lord, they become the last thing anyone expected: buddies.

The Hangover Part 3 (R) — This time, there's no wedding. No bachelor party. What could go wrong, right? But when the Wolfpack hits the road, all bets are off.

This is the End (R) — Six friends are trapped in a house after a series of strange and catastrophic events devastate Los Angeles. As the world unravels outside, dwindling supplies and cabin fever threaten to tear apart the friendships inside. Eventually, they are forced to leave the house, facing their fate and the true meaning of friendship and redemption.

Movie ratings

G = general audiences, all ages admitted

PG = parental guidance suggested, some material may not be suitable for children.

PG-13 = Parents strongly cautioned, some material may be inappropriate for children under 13.

R = restricted, under 17 requires accompanying parent or adult guardian.

Notice of Availability

Kwajalein Echo Pier Repair

The U.S. Army Space and Missile Defense Command/U.S. Army Forces Strategic Command has completed an Environmental Assessment, prepared in accordance with the National Environmental Policy Act of 1969 and the Council on Environmental Quality regulations implementing NEPA. The Kwajalein Echo Pier Repair EA analyzes the potential environmental consequences that could result from the implementation of repairing the pier to continue its use as a location for transfer of supplies and a major berthing location for USAKA/RTS. Given its significant deterioration, Echo Pier cannot currently support any loading or off-loading operations beyond manual operations. No vehicles (trucks, cranes, forklifts, etc.) are allowed on Echo Pier at several places. Consequently, extensive restoration and repair is needed to meet current and future demands.

Based on the analysis, the USASMDC/ARSTRAT has determined that proposed activities are not expected to result in significant impacts to the environment. A draft Finding of No Significant Impact and the EA are available at www.govsupport.us/eprea and at the following locations:

- Office Lobby of the Republic of the Marshall Islands Environmental Protection Authority, Majuro, Marshall Islands

- Grace Sherwood Library
P.O. Box 23
Kwajalein, Marshall Islands
APO, A.P. 96555

- Roi-Namur Library
Roi-Namur, Marshall Islands

Public comments on the EA and Draft FONSI will be accepted through Nov. 5. Submit written comments to: U.S. Army Space and Missile Defense Command, ATTN: SMDC-ENE (Mr. Mark Hubbs), P.O. Box 1500, Huntsville, AL 35807-3801. Comments may also be faxed to SMDC-ENE-V (Hubbs), Huntsville, AL, (1)-(256)-955-6659.

View from Kwaj

We need your submissions to keep this page full! Email to: usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil



From Sheila Gideon



From Julie Savage



From Molly Premo



From Julie Savage



From Sheila Gideon



From Molly Premo



From Julie Savage

HELP WANTED

KRS AND CMSI job listings for on-island positions will be available at the Kwajalein, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board by the Continental Travel Office, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job listings for contract positions will be available at www.krsjv.com, on the bulletin board by the Continental Travel Office and on the Roi-Namur Terminal/Post Office bulletin board. Full job descriptions and requirements for contract openings are located online at www.krsjv.com.

LOST

CHICAGO BULLS baseball cap, red and black, at CRC on Thursday. Has sentimental value. Call 53244 if found.

WANTED

CREW TO SAIL onboard the *Mali* for a few hours. Prospective buyers only. Call 52625.

FOR SALE

SCUBAPRO WETSUIT, black, new, sleek and warm, men's size XXXL, retails for \$225, asking \$100; women's white Adidas

soccer cleats, never worn, size 10, \$30. Call Jamye at 52485.

CATALINA 34 SAILBOAT, 1988 model hull #540, in good shape, well appointed with lots of gear, fun, fast, comfortable, excellent for lagoon and beyond, \$25,000. Call Ed at 52459 evenings or leave message.

PIANO, \$200; piano desk, \$150; beautiful green couch set, \$500; rear surround sound speakers, \$100 per pair; new children's golf set, \$100; weedeater, \$15; fleur de lis brass curtain rods, \$20 each, valances \$10 each. Call 51829.

JVC 32-INCH TV with built-in DVD and two HDMI ports; microwave; VTech cordless phone; new men's size 11 rollerblades. Call Brent at 51794.

DIVE GEAR, BCD, size small, large dive bag, \$250; pirate boots, black leather, thigh-high, fold over, 1-inch heel, unisex sizing, women's size 9 or men's size 8, \$35. Call 51597.

COMMUNITY NOTICES

CHRISTIAN WOMEN'S Fellowship monthly luncheon will be held at noon, Sunday, in the Religious Education Building. All Kwajalein women are invited to join us for a time of fellowship, sharing, listening to a talk from Love Diaz from Ebeye and great food. Call Judy McGuire at 51157 for more information.

SMALL BOAT MARINA new operating hours: Friday, 1:15-6:30 p.m.; Saturday, Sunday, Monday and holidays, 8 a.m.-6:30 p.m.

CATHOLIC MASS SCHEDULE effective through Oct. 26 during Fr. Langhan's holiday: Fr. Tet from Ebeye will celebrate Mass at 5:30 p.m. on Saturdays; Communion Service at 9:15 a.m. on Sundays.

BARIATRIC SURGERY support group will meet at 4:45 p.m., Tuesday, in the hospital conference room. Topic: "Why Bariatric Surgery Can Fail." Questions? Call Marion Ruffing at 55362.

JOIN US FOR QUIZZO at 7:30 p.m., Fri-

day, at the Vet's Hall. Special Guest Host Amanda Wuttke will be taking charge of things that night. Questions? Contact Neil Dye or Mike Woundy.

REGISTER YOUR 4-PERSON team to participate in the annual Fire Muster Challenge, held Oct. 12 at the Richardson Theater. Teen Fire Muster will be held from 3:30-5:30 p.m. Adult Fire Muster will be held from 5:30-7:30 p.m. Register by today! Questions? Call the Fire Department at 53364 or 52222.

CYSS OPEN REC "Movie Night" will be from 7-9 p.m., Oct. 12. Meet at the SAS classroom and ride together to the Richardson Theater to watch "Monsters University." Register through Oct. 12 with Juliana Lucido at 52158 or juliana.l.lucido.ctr@mail.mil.

GET IN THE HALLOWEEN spirit by celebrating "Day of the Dead," a Mexican holiday with all the trimmings — coffins, skulls, flowers, drink specials and more! 8 p.m., Oct. 12, at the Ocean View Club. Questions? Call Community Activities at 53331.

SMALL BOAT MARINA Columbus Day hours are: Saturday, 1:15-6:30 p.m.; Sunday, Monday, Tuesday, 8 a.m.-6:30 p.m. Reservations recommended!

KWAJALEIN RUNNING CLUB'S 36th annual Columbus Day Runabout is at 6 a.m., Oct. 15. Registration forms with course maps are available at the minimal bulletin board, or at quarters 473-A on Palm Road. Pre-registration by Oct. 12 is required. Call Bob and Jane at 51815, or stop by quarters 473-A with questions.

VETERINARY SERVICES will be closed until Oct. 15. Call the hospital at 52223 or 52224 for any animal-related emergencies.

KWAJALEIN SCHOOL Advisory Council public meeting is scheduled for 7 p.m., Oct. 16, in the Elementary School Coconut Room. The public is invited to attend.

THE UNIVERSITY OF MARYLAND University College announces 2013 Fall 2 Session registration is now open! Registration ends Oct. 16. Session dates

Religious Services

Catholic

5:30 p.m., Saturday, Small Chapel
 9:15 a.m., Sunday, Island Memorial Chapel
 Roi-Namur service, 7 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 a.m., Sunday School
 11 a.m., Sunday, Island Memorial Chapel
 7 p.m., First and third Friday, 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. 12
Kwaj Fried Chicken	Basil Cream Chicken	Philly Cheesesteak	Vegetable Noodle Soup	Dry Rub Cajun Beef	Tortilla Soup	Lasagna
Pork Pimento	Beef Pot Pie	Roast Pork Loin	Beef Stew	Corn Dogs	Mini Taco Bar	Eggplant Parmesan
Crab Benedict	Quiche Lorraine	Stuffing	Wing Dings	Roasted Potatoes	Baked Pollock	Chicken Cacciatore

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 12
Swiss Steak Jardiniere	Pot Roast	Pasta	Grilled London Broil	Stir-fry to Order	Hamburger Steak	Jamaican Jerk Chicken
Chicken Stir-fry	Turkey Cordon Bleu	Garlic Bread	Thai Peanut Noodles	Char-siu Pork Roast	Tuna Casserole	Seafood Curry
Carrots	Vegetarian Stir-fry	Wax Beans	Onion Rings	Chinese Fried Rice	Vegetable Medley	Island Style Rice

are Oct. 21-Dec 15. Schedules can be viewed by visiting the website <http://www.asia.umuc.edu/> Need help? Email the Asia office at de-asia@umuc.edu or call or visit the Kwajalein office at 52800, Coral BQ, Room 1.

SHAVING CREAM SOCIAL IS Oct. 19 at the Richardson Ravine. 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.: 3rd-6th grade; 5:40-6 p.m.: Jr. and Sr. High.

KWAJALEIN SPORTS ASSOCIATION'S free kick-off event will start at 7 p.m., Oct. 19, starting in front of the Bowling Alley. Come participate in a Zombie Obstacle Course! Be a runner or a zombie. Concessions will be available for purchase and include food, adult and family-friendly beverages. Call Danielle at 50704 for more information.

OCEAN VIEW CLUB Birthday Bash presents *Radar Love*, 8 p.m., Oct. 19. Bring your K-badge and present it to the bartender. Must be 21 years old! Complimentary drinks and cake for registered October birthdays. Call Barbara Hutchins at 58228.

KWAJALEIN YACHT CLUB'S Swashbuckler's Ball is at 6:30 p.m., Oct. 20, at the Yacht Club. Food, fun, music and dancing. Pirate costume contest awards. Tickets are \$25 for members, \$35 for non-members. Contact KYC officers to purchase tickets.

THE OPTOMETRIST, Dr. Chris Yamamoto, will see patients on island Oct. 20-31. Call the hospital for an eye exam appointment at 52223 or 52224 or ES&H at 58855 for prescription safety glasses.

ANNUAL FALL ART SHOW will be held the evening of Oct. 25. If you are interested in displaying art, stop by the Hobby Shop to sign up. This will be an exhibition only and all ages are welcome!

INDOOR VOLLEYBALL season registration is Oct. 16-25. Season play is Nov. 6 through Dec. 20. Cost is \$100 per team. There is a mandatory manager's meeting at 5 p.m., Oct. 25. Questions, call

Kaylee at 51275.

CYSS YOUTH SPORTS Start Smart Golf season is Nov. 6-Dec. 11. Cost is \$20. Open to all CYSS children 4-7 years of age. Register at Central Registration, Building 358 or 52158, through Oct. 26. Questions? Call Michelle Huwe at 53796.

CYSS YOUTH SPORTS golf season is Nov. 7-Dec. 12. Cost is \$30. Open to all CYSS children in Kindergarten-Grade 6. Register at Central Registration, Building 358 or 52158, through Oct. 26. Questions? Call Michelle Huwe at 53796.

CYSS YOUTH SPORTS flag football season is Nov. 5-Dec. 12. Cost is \$25. Open to all CYSS children in Kindergarten-Grade 6. Register at Central Registration, Building 358 or 52158, through Oct. 26. Questions? Call Michelle Huwe at 53796.

INDOOR VOLLEYBALL Learn to Play will be from 5-6 p.m., Oct. 30, at the CRC gym. Come out and learn basic skills and the rules of the game. This is a great opportunity for new players to find a team to play on! Questions, call Kaylee or Mandie at 51275.

ARTISTS & VENDORS: applications for tables for the Holiday Arts & Crafts Fair on Nov. 4 are available on the Mini-mall porch and at the Bali Store.

CARING MEALS needs volunteers (men and women) to cook and deliver an evening meal in disposable containers to people in need of a little extra help due to illness, crisis, new baby, etc. Most volunteers cook and deliver once a month. We also need people to assist with grocery shopping. For additional information or to volunteer, contact Judy McGuire at 51157 or judymcguire2@gmail.com.

ARE YOU READY for some football? 7 a.m., college on Sundays and NFL on Mondays, at Bogey's at the Country Club. Popcorn, hot dogs, brats, chili-rice. 70-inch TV plus three other TVs. Air conditioned. NFL Sundays: salsa, chips and popcorn on the bar. Drink specials.

KRS/CMSI/BAI Health and Welfare 2014 Open Enrollment: The open enrollment period for 2014 is scheduled for early No-

Military Casualties

Staff Sgt. Thomas A. Baysore, Jr., 31, of Milton, Pa., died Sept. 26, in Paktya Province, Afghanistan, from wounds suffered when enemy forces attacked his unit with small arms fire during combat operations. He was assigned to 1st Battalion, 506th Infantry Regiment, 4th Brigade Combat Team, 101st Airborne Division, Fort Campbell, Ky.

vember. This is your once-a-year opportunity to make changes for 2014 benefit elections. You can choose to change your medical/dental plan; enroll eligible family members; or add, drop or change the level of your life insurance or accidental death and dismemberment coverage. Watch for more information in the following weeks regarding open enrollment.

CONTESTANTS NEEDED for the Roi-Namur Rib and Brew Festival, Veteran's Day Weekend, Nov. 10. We are looking for rib cooks and homebrewers to join in on the fun. Prizes will be awarded for the best tasting ribs and people's choice brew. Games, tie dye and music will be provided throughout the afternoon and evening. Local band, *Smells Like Fish*, will perform. Register with Laura Pasquarella-Swain at Laura.a.pasquarella-swain.ctr@mail.mil.

E-TALK: The sting of some "jellies" can be deadly. Others are harmless to humans. A jellyfish fires its poison whenever its tentacles brush against an object. In humans, the poison usually causes a sharp, burning sensation that may last from minutes to hours. If stung, wash the wound with vinegar. Don't rinse with fresh water; that could release more poison.

SAFELY SPEAKING: Steps to good housekeeping in your workplace and home: Take into account the layout of your area. Consider all materials to be stored. Designate safe and adequate storage areas.

		<i>Café Roi</i>					
Lunch		Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 12
Sunday		Hamburger Steak	Roast Beef Sandwich	Beef Stew	Char-siu Pork	Tuna Casserole	Lasagna
		Breakfast Burrito	Grilled Chicken	Chicken Strips	Beef Stir-fry	Yankee Pot Roast	Italian Sausage
		Scalloped Potatoes	Fried Zucchini	Hot Spiced Apples	Vegetable Fried Rice	Vegetable Medley	Cheesy Garlic Bread
Dinner		Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 12
Sunday		Pizza	Corned Beef	Carved Steamship	Fried Chicken	Sausage and Peppers	Philly Cheesesteak
		Baked Ziti	Chicken Curry	Pesto Chicken	Baked Fish	Chicken Cacciatore	Chicken Nuggets
		Cheesy Garlic Bread	Potatoes	Corn on the Cob	Mashed Potatoes	Toasted Polenta	Potato Wedges



SOCCKER RESULTS

<u>MEN'S LEAGUE</u>	<u>WOMEN'S/COED LEAGUE</u>
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WEDNESDAY, SEPT. 25

SPARTANS VS. JUICE — 3-0
Spartans: JJ Wase - 1, Jared Wase - 2

LOCALS VS. FC SWOLLEN — 7-3
Locals: Bill Williamson - 1, Tommy Ryon - 1, Allen Hennings - 2,
Rich Ereksen - 1, Thomas Cardillo - 1, Steve Alvarado-1
FC Swollen: Rob Ewbank - 1, Brent Peterson - 1, Alex Coleman - 1

FRIDAY, SEPT. 27

LOCALS VS. JUICE — 1-1
Locals: Allen Hennings - 1
Juice: James Young - 1

SPARTANS VS. FC SWOLLEN — 3-2
Spartans: Keith Brady - 2, Austin Wiley - 1
FC Swollen: Rob Ewbank - 1, Alex Coleman - 1

THURSDAY, SEPT. 26

SPARTANS COED I VS. K.A.T. — 2-0
Spartans Coed I: Dash Alfred - 2

SPARTANS COED II VS. GO GREEN — 2-2
Spartans Coed II: Abigail Bishop - 1, Shawna Wiltrout - 1
Go Green: Christina Sylvester - 1, Lindsey Mattson - 1

TUESDAY, OCT. 1

K.A.T. VS. GO GREEN — 2-2
K.A.T.: Kristen Hosek - 1, Trina Ellison - 1
Go Green: Kaylee West - 1, Krystal Peterson - 1

SPARTANS I VS. SPARTANS COED II — 6-1
Spartans I: Leightyn Cossey - 1, Annie Hepler - 2,
Addison Cossey - 1, Caleigh Yurovchak - 2
Spartans Coed II: Kaikane Busquets - 1

TEAM STANDINGS (WIN-LOSS-TIE)

MEN'S LEAGUE

Locals	3-1-2
FC Swollen	3-2-1
Juice	1-2-3
Spartans	2-4

WOMEN'S/COED LEAGUE

Spartans I	3-0-1
K.A.T.	2-1-2
Go Green	2-1-2
Spartans Coed I	2-3
Spartans Coed II	0-4-1

Weather

Courtesy of RTS Weather

<u>Day</u>	<u>Skies</u>	<u>Chance</u>	
		<u>of Rain</u>	<u>Winds</u>
Sunday	Mostly Sunny	10%	ENE-ESE at 4-9 knots
Monday	Partly Sunny	20%	ENE-E- at 5-10 knots
Tuesday	Partly Sunny	20%	NE-ESE at 6-11 knots
Wednesday	Mostly Cloudy	30%	ENE-ESE at 8-13 knots
Thursday	Partly Sunny	10%	ENE-ESE at 8-13 knots
Friday	Partly Sunny	10%	ENE-ESE at 7-12 knots

Yearly total: 43.49 inches
Yearly deviation: -19.96 inches

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

	<u>Sunrise</u> <u>Sunset</u>	<u>Moonrise</u> <u>Moonsset</u>	<u>High Tide</u>	<u>Low Tide</u>
Sunday	6:37 a.m. 6:37 p.m.	7:18 a.m. 7:29 p.m.	4:36 a.m. 4.5' 4:52 p.m. 4.8'	10:40 a.m. -0.9' 11:06 p.m. -0.9'
Monday	6:37 a.m. 6:37 p.m.	8:13 a.m. 8:20 p.m.	5:08 a.m. 4.3' 5:25 p.m. 4.8'	11:10 a.m. -0.8' 11:41 p.m. -0.7'
Tuesday	6:37 a.m. 6:36 p.m.	9:10 a.m. 9:14 p.m.	5:42 a.m. 4.0' 6:00 p.m. 4.7'	11:42 a.m. -0.6' -----
Wednesday	6:37 a.m. 6:36 p.m.	10:08 a.m. 10:10 p.m.	6:19 a.m. 3.7' 6:39 p.m. 4.3'	12:20 a.m. -0.5' 12:17 p.m. -0.3'
Thursday	6:37 a.m. 6:35 p.m.	11:07 a.m. 11:09 p.m.	7:01 a.m. 3.2 7:25 p.m. 3.9'	1:04 a.m. -0.1' 12:56 p.m. 0.2'
Friday	6:37 a.m. 6:35 p.m.	12:05 p.m. -----	7:56 a.m. 2.7' 8:29 p.m. 3.4'	2:00 a.m. 0.4' 1:47 p.m. 0.7'
Oct. 12	6:37 a.m. 6:34 p.m.	1:01 p.m. 12:08 a.m.	9:30 a.m. 2.3' 10:13 p.m. 3.1'	3:25 a.m. 0.8' 3:15 p.m. 1.1'