

THE KWAJALEIN HOURGLASS



**Turtles get new
nesting area**

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**Sea shells
uncovered**

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**Backpacks are
a weighty issue**

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(A turtle peeks over the edge of the turtle pond—photo by Jan Waddell)

Dieting just isn't my cup of tea

My wife and I attended a wedding and reception this past week. It was a very nice affair with really good food prepared by the Food Services personnel.

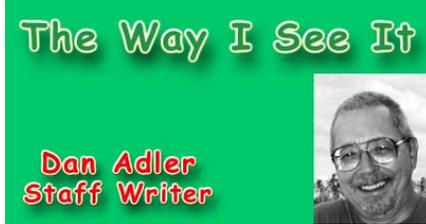
It was buffett-style, so after I got the first crack at loading up my plate, I made sure the host (the guy who was paying for it) wasn't looking and went back, oh, I don't know, five or six times.

The folks at the table with us mentioned that they were on a popular diet plan and my wife listened attentively. I had beef gravy and melted cheese dripping down my chin, so I wasn't really listening.

My wife said we ought to try this diet and I, as I have always done in 32 years of marriage when I just wanted her to let me eat in peace, said, "Yes dear."

The next day, we went to Surfway for groceries when she announced we were going to start the diet right now.

I stood there with a box of Cheeze-Its in one hand and a box of Munch'ems in the other and asked, "Are these included and what do you



mean we?"

Then she hit me with the old 'if you love me, you'll do this with me' bit.

So now, instead of getting my usual four or five chocolate donuts with my morning coffee from the bakery, I get to look forward to two spinach quiches, each of which are about the size of a quarter. But hey, I get a cheese stick for a mid-morning snack! Lunch is green leafy stuff with two or three pieces of chicken on it. Yum, yum.

The best part was the asparagus I had for dinner last night. I HATE asparagus.

My co-workers have noticed I'm more snarly than usual. That's funny since snarly is pretty much the way I am all the time. Especially when I'm HUNGRY.

I might as well go turn myself into KPD for the murder I'm probably going to commit.

The paper this is printed on is starting to look mighty tasty.

Stork news

Arriving four weeks early, Lana Michele Brewster was born at 1:10 a.m., Aug. 20, 2004 at the Kwajalein Hospital. She weighted 5 pounds, 10 ounces and was 18 inches long. She was welcomed home by her big sister 18-month old Kalia Nichole and parents Brian and Brandi Brewster.



Lana Michele Brewster

Letters to the Editor

After being on Kwaj for the better part of 30 years, it never ceases to amaze me the camaraderie that exists within our little community. This letter is to thank all my friends, old and new, that came to help launch *Mali*. It's hard to mention names because invariably, someone will be left out. There is one person that I have to mention though, because nothing would have happened if he had not gone to Ebeye and picked up Mike, the crane operator. A big *komol tata* to you, Mike. Dick Pacific was the center of the operation and my hat is off to all the guys. Again, to my Kwaj family, thanks for making a very special day even more so.

— Nate Jackson

Marshallese Word of the Day *jakiu* — baseball or softball

The Kwajalein Hourglass

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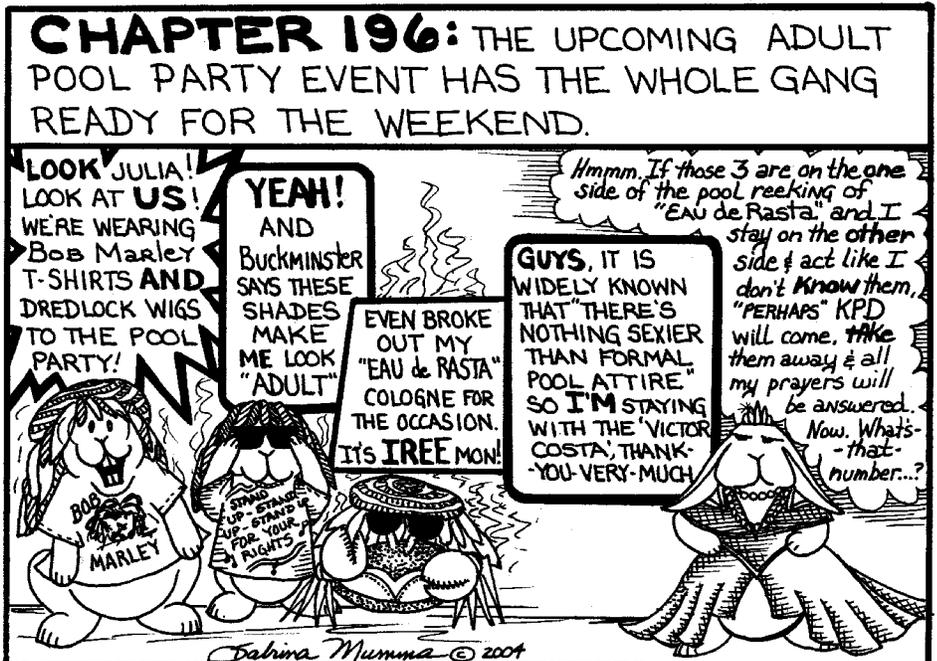
The *Hourglass* is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb 4, 1944.

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Buckminster and Friends

by Sabrina Mumma



Nesting area developed for turtles

By Jan Waddell
Reporter

One of the highlights on Kwajalein for young and old is the turtle ponds.

The ponds are being improved daily by San Juan Construction, working with U.S. Army Kwajalein Atoll Environmental and KRS Environmental. They are donating their time to renovate the turtle ponds and surrounding area.

“The current pond was a community goodwill gesture that one of the Corps of Engineers’ contractors built on volunteer time by their employees,” said James Schilling, Kwajalein resident.

According to Ken Sims, USAKA Environmental Management Office chief, a long-term plan for the turtle ponds is now formulated.

San Juan Construction is building a new nesting area next to the Turtle Pond as a community service project.

Larry Cotton, San Juan Construction site manager, said they have installed the ramp and barricade and will be digging out inside the barricade and filling it with about 25 to 30 yards of sand.

He added they should be finished with the project by the end of August.

It would “improve the opportunity for nesting,” Sims said. “The turtles do mate, but do not have an opportunity to lay their eggs.”

Sims said turtles must be on land to lay their eggs.

Sims added, the whole area is going to be renamed the Dr. Don Ott Memorial Park and Turtle Pond.

Ott was a USAKA Environmental

Office employee from 1990-2000. He retired in 2003 and passed away shortly after from a heart attack, Sims said.

The turtle pond will be dedicated to Ott, along with two others, whose plaques currently are displayed at the ponds; they are Ellis Ronald Amundson, a former Kwaj resident

turtles. There were turtles in the old pond when I was on my first tour in 1971. At least four of the current population were brought to the pond by the Marshallese people. The oldest turtles have to be over 30 years old.”

According to Jim Rugg, KRS Environmental manager, in July 2003, a veterinarian was brought to Kwajalein to check on the health and welfare of the turtles.

It was determined there were two mature female and three mature male green sea turtles and one mature male Hawksbill. The turtles weighed between 63 to 237 pounds.

A plan of action was also developed with KRS Environmental to improve the health of the turtles.

Benten Mawilong, Turtle Pond assistant, feeds them daily with a specific diet of turtle pellets, squid and fresh green leafy vegetables.

Rugg added rotten vegetables and hotdogs are no longer allowed.

Rugg said that there has been garbage, golf balls and other marine life dumped in the turtle ponds.

“Please don’t put things in the pond,” Rugg said. “The only thing is turtle pellets and squid. Feed them what is approved.”

Along with an improved turtle pond area, both Simms and Rugg

said there will be an educational program about the turtles.

Sims and Rugg also said both departments are looking at different areas where the baby turtles, if any, can be relocated.

Rugg added KRS has taken over the management of the area and is working to protect and improve the habitat of the turtles.



(Photo by Jan Waddell)

Turtle pond ramp and nesting area in place awaiting sand.

and Tinker, the dog who survived Operation Flintlock in 1944.

The ramp will allow the turtles to climb out of the water to a mini-

“The turtles do mate, but do not have an opportunity to lay their eggs.”

— Ken Sims, USAKA Environmental Management Office chief

sandy beach area, surrounded by native foliage, with concrete pillars as a barricade.

“Hopefully they will take to it,” Sims said.

The turtles currently in the pond are six green sea turtles and one Hawksbill turtle.

“There is one Hawksbill turtle in the pond,” Schilling said. “All of the others are ordinary green sea

SEA SHELLS BY

Throughout Kwajalein and the Pacific Ocean, there are many varieties of shells and sea life. These are just a few found on Kwajalein and Roi-Namur.

By Jan Waddell
Reporter

Conch Shell

The conch is a common name applied to many different mollusks that belong to the *Strombidae* family.

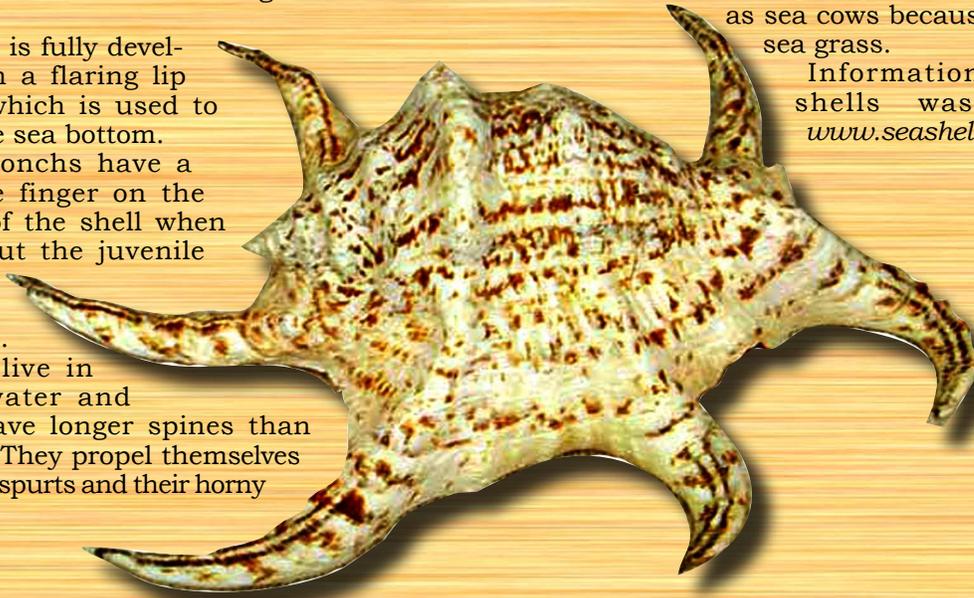
The shell is fully developed when a flaring lip appears, which is used to dig into the sea bottom.

Spider conchs have a spider-like finger on the outer lip of the shell when mature, but the juvenile ones resemble cone shells.

Conchs live in shallow water and females have longer spines than the males. They propel themselves using short spurts and their horny operculum.

Conchs live in colonies and can be found in sand and grassy areas. They are referred to as sea cows because they eat algae and sea grass.

Information about conch shells was obtained from www.seashellworld.com.



Cowry Shells

Cowry shells are from the *Cypraeidae* family and range in size and color.

There are about 250 known species living in warm sea areas. They live under rocks and feed on algae at night.

The outside of the shell is smooth and appears to be polished. The animal living inside covers the shell with a mantle, which can be brightly colored and has finger-like projections that make the shell appear like a sponge. The mantle withdraws into the shell when touched. Because of this camouflage technique, the cowry is difficult to find.

Cowries remain hidden during the day and emerge at night.

Empty shells that are unbroken are the result of the cone shell, which feeds on cowries.

Female cowries lay clusters of egg capsules and sit on them until they hatch.

Cowries have represented fertility, protection from evil and a good luck to fishermen.

The golden cowry has also represented power and rank.

The shells have been used as money, jewelry and religious symbols.

Cowry shells can readily be found throughout the Kwajalein Atoll washed up on beaches and between rocks.

This can be a favorite of the collector because of their variety and colors.

To avoid ruining cowries, do not boil, soak in water, bleach or leave decaying flesh in the shell. Also, keep out of direct sunlight to slow the fading process.

A collection of cowry shells can be seen at the Marshallese Cultural Center.

Information about cowry shells was obtained from www.seashellworld.com and www.coralreefnetwork.com.



THE SEA SHORE

Cone Shell

Cone shells come from the *Conidae* family and can be found in warm water.

They have a harpoon-like stinger [radular], which can extend the length of the shell and is used to immobilize their prey.

The poison of some cones can be lethal to humans.

The cone locates its prey by smell and then harpoons its victim with the stinger.

The venom then immobilizes the victim, which is swallowed whole. The indigestible parts are expelled; similar to that of a snake's eating habits.

Cones mainly eat mollusks and a few eat fish, but the textile cones and geography cones have caused human



fatalities.

The danger to humans can occur when picking up one of these shells.

The least dangerous way to hold a cone is at the widest part of the shell, but the cone can extend the radular and still reach around and harpoon where it is being held.

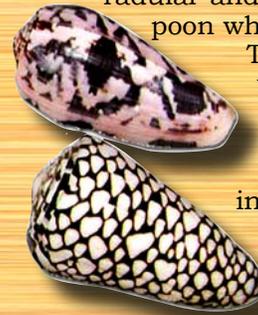
There are about 500 known varieties varying in size and color, but all have a distinctive cone shape.

The cone eggs are deposited in purse-shaped capsules.

A collection of cone shells along with other varieties of shells that can be collected in the Marshall

Islands can be seen at the Marshallese Cultural Center.

Information about cone shells was obtained from www.seashellworld.com, the Island Orientation manual and the Environmental Safety and Health office.



Triton Shell

Triton shells belong to the *Cymatiidae* family, which includes about 100 different species, and are touted as one of the largest living gastropods. Many of the tritons have a hairy covering.

They eat at night and colonize on the ocean's sandy bottom.

Tritons eat mollusks and starfish by secreting a fluid that immobilizes their prey. They insert the mouth part into the animal inside the shell covering and eat the soft animal inside.

The triton egg capsules attach to rocks and the larvae

are free swimmers for up to three months, which enables them to disperse.

The Triton Trumpet is protected in some areas because it feeds on the coral-eating Crown of Thorns Starfish. Information about triton shells was obtained from

www.seashellworld.com
and www.malawicichlidhomepage.com.



Backpack weight needs to be monitored

Mig Owens
Assistant Editor

With the start of the school year, backpacks in every size, shape and color accompany students wherever they go. Though backpacks are a convenience most wouldn't want to do without, improper use can lead to spinal injuries.

Approximately 4,928 emergency room visits last year are attributed to overloaded and incorrectly worn backpacks, according to the Consumer Product Safety Commission.

Studies also show that children are experiencing an increase in spinal distress, postural misalignments, and conditions that put them at risk for disc herniation.

Mike Moore, USAKA Installation Safety Officer, says that backpacks themselves are safe; it's the load and how you wear them that make the difference.

"Improperly carrying the backpack can cause problems from the get go," Moore said. "Backpacks should be supported by both shoulder straps and adjusted properly."

Preventing injury is something parents and children can work at together. According to Backpack Safety America, the following guidelines can help.

Step 1 ...Choose Right. Be sure to select a backpack that is sturdy and appropriately sized.

Padded shoulders and waist straps are a plus.

Step 2 ...Pack Right. The maximum weight of the loaded backpack should not exceed 15 percent of the wearer's body weight. See Backpack Safety America's weight guidelines below. If the wearer is forced to arch forward, the backpack is too heavy.

Step 3...Lift Right. Face the backpack, bend at the

knees, use two hands and check the weight. Then lift with the legs and apply one shoulder strap then the other. If possible, place the backpack on a surface that is hip high and then slip on the straps to reduce stress on the shoulders and back.

Step 4...Wear Right. Use both shoulder straps – snug, but not too tight. Use the waist strap, if one exists, to help position the backpack over your hips.

Dan Frazier, Kwajalein school superintendent, also suggests that students store backpacks in their bicycle basket on the ride to and from school. "Wearing a backpack raises the center of gravity for a child and increases the chance for accident or injury," Frazier said.

He added that the number of books handled by older children with mature muscles and bone structure differs from the number smaller children can handle, encouraging parents to monitor backpack loads. Parents can also help by prioritizing what is carried in a child's backpack to eliminate unnecessary items and by teaching children to evenly distribute the backpack's contents.

"Parents need to practice what they preach," added Moore, who says that he's seen many instances where backpacks worn by adults are slung over one shoulder.

"Younger kids have growing spines and are at risk, but anyone with a backpack is vulnerable to back-related injuries," Moore said, calling them a "tax on backs."

Moore tells his own children, "Unless you're studying every subject that night, don't bring all your books home." If there is no alternative to lugging numerous books, Moore advises them to carrying some under their arm. Kids also have a responsibility to let parents know about back and neck pain, Moore said. Pain is a signal from your body telling you something is wrong, he said, adding that that's when it's time to see your healthcare provider.

"Backpack responsibility rests with children and parents," Moore said.



First-grader Allison Tomas heads off to school with her backpack.

Backpacks should not exceed the recommended weight shown.

Person's weight (lbs)	Backpack weight (lbs)
60	5
60-75	10
100	15
125	18
150	20
200	25

"Heavy" math

12 pounds in an average child's backpack
X 10 lifts per day

120 pounds per day
x 180 days per school year

21,600 pounds lifted in one school year
(equivalent to 11 tons)

Wednesday, August 25th

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors		
12:00AM	Movie: <i>The King And I</i>	2004 Summer Olympics	Good	Movie: <i>The King And I</i>	AFN Olympic Intermission	2004 Summer Olympics <i>Synchronized Swimming,</i> <i>Men's Water Polo,</i> <i>Men's Field Hockey</i>	Monday Night Football		
12:30AM		(Continued) <i>Equestrian -</i>	Morning America				(Continued)		
1:00AM		<i>Team Jumping Gold</i>	Headline News				ESPNNews		
1:30AM		<i>Medal Final (1st Round)</i>	ABC World News				Headline News		
2:00AM		ESPNNews	The Early Show		2004 Summer Olympics		The Late Show w/David Letterman		
2:30AM	Ebert & Roeper	NFL Yearbook		Ebert & Roeper	<i>Men's Soccer,</i>				
3:00AM	The Wild Thornberrys	SportsCenter		The Wild Thornberrys	<i>Women's Water Polo,</i>	2004 Summer Olympics	2004 Summer Olympics		
3:30AM	SpongeBob Squarepants			SpongeBob Squarepants	<i>Cycling</i>	<i>Sailing, Cycling</i>	(JIP - From AFN Family)		
4:00AM	The Simpsons	ESPNNews	FOX News Live	The Simpsons		AFN Olympic			
4:30AM	Happy Days	Baseball Tonight		Happy Days		Intermission	2004 Summer Olympics		
5:00AM	Bulletin Board	Monday Night		7th Heaven			2004 Summer Olympics <i>Gymnastics, Track &</i> <i>Field, Beach Volleyball,</i> <i>Weightlifting</i>	2004 Summer Olympics <i>Track & Field, Women's</i> <i>Water Polo, Diving,</i> <i>Beach Volleyball</i>	
5:30AM		Football							
6:00AM	Good Morning	<i>Rams @ Chiefs</i>			Movie: <i>Doctor Dolittle 2</i>				
6:30AM	America								
7:00AM				Headline News					
7:30AM				Inside Politics					
8:00AM	Sagwa	ESPNNews: Hot List			ED		AFN Olympic	ESPNNews: Hot List	
8:30AM	Wheel of Fortune			Navy/Marine Corps News			Intermission	Headline News	
9:00AM	Dr. Phil	Around The Horn	Lester Holt Live	E.R.	2004 Summer Olympics <i>Boxing</i> <i>Quarterfinals</i>	2004 Summer Olympics <i>Synchronized Swimming,</i> <i>Men's Water Polo, Men's</i> <i>Field Hockey</i>	The Today Show		
9:30AM	Oprah Winfrey	PTI							
10:00AM	<9:46>	SportsCenter	Headline News	The Residents					
10:30AM	Guiding Lt. <10:35>		NBC Nightly News						
11:00AM	General Hospital	4 QTRS	ABC World News	The Wild Thornberrys			Star Trek: The Next Generation		
11:30AM	<11:17>			CBS Evening News	SpongeBob Squarepants				
12:00PM	Bulletin Board	MLB <i>Teams TBD</i>	Countdown With	The Simpsons	AFN Olympic Intermission	2004 Summer Olympics <i>Sailing, Cycling</i>	2004 Summer Olympics <i>Track & Field,</i> <i>Gymnastics, Diving,</i> <i>Wrestling, Beach</i> <i>Volleyball</i>		
12:30PM	Judge Judy		Keith Olbermann	Happy Days					
1:00PM	Amazing Race		Hannity & Colmes	Amazing Race					
1:30PM									
2:00PM	Andromeda		The Newshour	Andromeda					
2:30PM									
3:00PM	Arthur	SportsCenter	BET Nightly News	Mail Call		2004 Summer Olympics <i>Bravo Network Coverage</i>	Headline News		
3:30PM	Animaniacs		Nightly Business Rpt.	Legends Of Airpower					
4:00PM	Lizzie McGuire	ESPNNews	Larry King Live	Secrets Of War			2004 Summer Olympics		
4:30PM	All That!	Baseball Tonight					<i>Track & Field</i> <i>Women's Volleyball</i>		
5:00PM	Jeopardy	NFL Live	Newsnight	Movie: <i>Harvey</i>					
5:30PM	Headline News	CFL Crunch	with Aaron Brown						
6:00PM	Bulletin Board	SportsCenter	Paula Zahn Now		2004 Summer Olympics <i>Canoeing, Wrestling,</i> <i>Baseball</i>	AFN Olympic Intermission	Larry King Live		
6:30PM	The Simpsons								
7:00PM	The Residents	Beyond The Glory	Nightline	Wild Thornberrys					
7:30PM			Headline News	SpongeBob Squarepants					
8:00PM	Movie: <i>Jerry Maguire</i>	Tuesday Night	Hardball	The Simpsons	2004 Summer Olympics <i>Track & Field, Diving,</i> <i>Beach Volleyball,</i> <i>Wrestling, Gymnastics</i>		Jeopardy		
8:30PM		Fights	with Chris Matthews	Happy Days			Headline News		
9:00PM				CNN Daybreak			Amazing Race	ESPNNews	
9:30PM								Headline News	
10:00PM		SportsCenter	O'Reilly Factor	Andromeda			8 Simple Rules		
10:30PM	The Late Show	2004 Summer Olympics	Good Morning America	Mail Call	AFN Olympic		The Simple Life 2		
11:00PM	w/ David Letterman						Legends Of Airpower	Intermission	Fear Factor
11:30PM	Access Hollywood								

Thursday, August 26th

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors			
12:00AM	Secrets Of War	2004 Summer Olympics	Good Morning America	Secrets Of War	AFN Olympic Intermission	2004 Summer Olympics <i>Equestrian,</i> <i>Synchronized</i> <i>Swimming</i>	Las Vegas			
12:30AM		<i>(Continued) Women's</i>					Headline News	Headline News		
1:00AM	Movie: <i>Harvey</i>	<i>Basketball Quarter Finals</i>	ABC World News	Movie: <i>Harvey</i>	2004 Summer Olympics <i>Baseball, Men's</i> <i>Volleyball, Men's Water</i> <i>Polo, Women's</i> <i>Basketball</i>	2004 Summer Olympics <i>Field Hockey, Sailing</i>	The Late Show			
1:30AM		ESPNNews	The Early Show				w/David Letterman			
2:00AM		Pardon The Interruption	SportsCenter				FOX News Live	The Wild Thornberrys	2004 Summer Olympics <i>(JIP - From AFN Family)</i>	
2:30AM								SpongeBob Squarepants	The Simpsons	2004 Summer Olympics <i>Track & Field, Diving,</i> <i>Beach Volleyball,</i> <i>Canoeing, Men's Water</i> <i>Polo</i>
3:00AM								The Wild Thornberrys	Happy Days	2004 Summer Olympics <i>Access Hollywood</i>
3:30AM	SpongeBob Squarepants	Baseball Tonight	Inside Politics	8 Simple Rules	2004 Summer Olympics <i>Synchronized Swimming,</i> <i>Beach Volleyball,</i> <i>Canoeing, Men's Water</i> <i>Polo</i>					
4:00AM	The Simpsons	ESPNNews	Headline News	The Simple Life 2	AFN Olympic Intermission	<.05> Access Hollywood				
4:30AM	Happy Days	Baseball Tonight	Inside Politics	Fear Factor	2004 Summer Olympics <i>Track & Field, Diving,</i> <i>Beach Volleyball,</i> <i>Canoeing, Men's Water</i> <i>Polo</i>	2004 Summer Olympics <i>Synchronized Swimming,</i> <i>Beach Volleyball,</i> <i>Canoeing, Men's Water</i> <i>Polo</i>				
5:00AM	Bulletin Board	SportsCenter	Headline News	Las Vegas	AFN Olympic Intermission	2004 Summer Olympics <i>Track & Field, Diving,</i> <i>Beach Volleyball,</i> <i>Canoeing, Men's Water</i> <i>Polo</i>	ESPNews: Hot List			
5:30AM							Headline News	Amazing Race	Headline News	
6:00AM	Good Morning America	MLB <i>Brewers @ Cubs</i>	Headline News	Las Vegas	AFN Olympic Intermission	2004 Summer Olympics <i>Track & Field, Diving,</i> <i>Beach Volleyball,</i> <i>Canoeing, Men's Water</i> <i>Polo</i>	Headline News			
6:30AM							Headline News	Amazing Race	Headline News	
7:00AM							Headline News	Amazing Race	Headline News	
7:30AM							Headline News	Amazing Race	Headline News	
8:00AM	Blue's Clues	SportsCenter	Headline News	Amazing Race	AFN Olympic Intermission	2004 Summer Olympics <i>Track & Field, Diving,</i> <i>Beach Volleyball,</i> <i>Canoeing, Men's Water</i> <i>Polo</i>	Headline News			
8:30AM	Wheel of Fortune						Headline News	Headline News		
9:00AM	Dr. Phil	ESPNNews: Hot List	Lester Holt Live	Andromeda	2004 Summer Olympics <i>Boxing</i> <i>Quarterfinals</i>	2004 Summer Olympics <i>Equestrian,</i> <i>Synchronized Swimming</i>	The Today Show			
9:30AM	Oprah Winfrey	SportsCenter	Headline News	Mail Call	2004 Summer Olympics <i>Boxing</i> <i>Quarterfinals</i>	2004 Summer Olympics <i>Equestrian,</i> <i>Synchronized Swimming</i>	The Today Show			
10:00AM	<9:46>		NBC Nightly News	Legends Of Airpower						
10:30AM	Guiding Lt. <10:35>		ABC World News	The Wild Thornberrys						
11:00AM	General Hospital	MLB <i>Yankees @ Indians</i> <i>(JIP)</i>	CBS Evening News	SpongeBob Squarepants	AFN Olympic Intermission	2004 Summer Olympics <i>Field Hockey, Sailing</i>	2004 Summer Olympics <i>Track & Field,</i> <i>Wrestling, Diving,</i> <i>Women's Triathlon,</i> <i>Beach Volleyball,</i> <i>Cycling</i>			
11:30AM	<11:17>		Countdown With Keith Olbermann	The Simpsons			2004 Summer Olympics <i>Field Hockey, Sailing</i>			
12:00PM	Bulletin Board	MLB <i>Orioles @ A's</i>	Hannity & Colmes	One Tree Hill	AFN Olympic Intermission	2004 Summer Olympics <i>Equestrian,</i> <i>Men's Volleyball</i>	2004 Summer Olympics <i>Track & Field,</i> <i>Wrestling, Diving,</i> <i>Women's Triathlon,</i> <i>Beach Volleyball,</i> <i>Cycling</i>			
12:30PM	Judge Judy		The Newshour	Happy Days			2004 Summer Olympics <i>Field Hockey, Sailing</i>			
1:00PM	One Tree Hill	MLB <i>Orioles @ A's</i>	The Newshour	The West Wing	AFN Olympic Intermission	2004 Summer Olympics <i>Equestrian,</i> <i>Men's Volleyball</i>	2004 Summer Olympics <i>Track & Field,</i> <i>Wrestling, Diving,</i> <i>Women's Triathlon,</i> <i>Beach Volleyball,</i> <i>Cycling</i>			
1:30PM								BET Nightly News	Frontline	
2:00PM	The West Wing	MLB <i>Orioles @ A's</i>	The Newshour	The West Wing	AFN Olympic Intermission	2004 Summer Olympics <i>Equestrian,</i> <i>Men's Volleyball</i>	2004 Summer Olympics <i>Track & Field,</i> <i>Wrestling, Diving,</i> <i>Women's Triathlon,</i> <i>Beach Volleyball,</i> <i>Cycling</i>			
2:30PM	Sylvester & Tweety							Nightly Business Rpt.		
3:00PM	Teamo Supremo	MLB <i>Orioles @ A's</i>	The Newshour	The West Wing	AFN Olympic Intermission	2004 Summer Olympics <i>Equestrian,</i> <i>Men's Volleyball</i>	2004 Summer Olympics <i>Track & Field,</i> <i>Wrestling, Diving,</i> <i>Women's Triathlon,</i> <i>Beach Volleyball,</i> <i>Cycling</i>			
3:30PM	Popular Mechanics Kids							Larry King Live	Antiques Roadshow	
4:00PM	Blake Holey High School	SportsCenter	Newsnight with Aaron Brown	Inspector Morse	AFN Olympic Intermission	2004 Summer Olympics <i>Equestrian,</i> <i>Men's Volleyball</i>	Headline News			
4:30PM	Headline News						Paula Zahn Now	Headline News		
5:00PM	Jeopardy	SportsCenter	Newsnight with Aaron Brown	Inspector Morse	AFN Olympic Intermission	2004 Summer Olympics <i>Equestrian,</i> <i>Men's Volleyball</i>	2004 Summer Olympics <i>Men's Volleyball, Track & Field, Wrestling</i>			
5:30PM	Headline News						Paula Zahn Now	Headline News		
6:00PM	Bulletin Board	NASCAR Craftsman Truck Series <i>O'Reilly 200</i>	Nightline	The Wild Thornberrys	2004 Summer Olympics <i>Canoeing, Wrestling</i> <i>Taekwondo</i>	AFN Olympic Intermission	60 Minutes			
6:30PM	Headline News						Army or AFTV	SpongeBob Squarepants		
7:00PM	8 Simple Rules	NASCAR Craftsman Truck Series <i>O'Reilly 200</i>	Nightline	The Wild Thornberrys	2004 Summer Olympics <i>Canoeing, Wrestling</i> <i>Taekwondo</i>	AFN Olympic Intermission	The Simpsons			
7:30PM	The Simple Life						Hardball	The Simpsons		
8:00PM	Fear Factor	NASCAR Craftsman Truck Series <i>O'Reilly 200</i>	Nightline	The Wild Thornberrys	2004 Summer Olympics <i>Canoeing, Wrestling</i> <i>Taekwondo</i>	AFN Olympic Intermission	The Simpsons			
8:30PM	Headline News						with Chris Matthews	Happy Days		
9:00PM	Las Vegas	SportsCenter	O'Reilly Factor	The West Wing	2004 Summer Olympics <i>Canoeing, Wrestling</i> <i>Taekwondo</i>	AFN Olympic Intermission	Headline News			
9:30PM							Headline News	60 Minutes	One Tree Hill	
10:00PM	Headline News	SportsCenter	O'Reilly Factor	The West Wing	2004 Summer Olympics <i>Canoeing, Wrestling</i> <i>Taekwondo</i>	AFN Olympic Intermission	Everybody Loves Ray			
10:30PM	The Late Show						Good Morning America	Frontline	2004 Summer Olympics <i>Track & Field, Diving,</i> <i>Cycling, Wrestling,</i> <i>Beach Volleyball,</i>	
11:00PM	w/ David Letterman	2004 Summer Olympics	Good Morning America	Frontline	2004 Summer Olympics <i>Canoeing, Wrestling</i> <i>Taekwondo</i>	AFN Olympic Intermission	My Big Fat			
11:30PM	Access Hollywood						Headline News	Obnoxious Fiance		

Friday, August 27th

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors
12:00AM	Antiques Roadshow	2004 Summer Olympics	Good Morning America	Antiques Roadshow	2004 Summer Olympics	2004 Summer Olympics	C.S.I.
12:30AM		(Continued) Men's Basketball, Canoeing	Headline News		(Continued)	Men's Volleyball, Men's Field Hockey	
1:00AM	Movie: Inspector Morse		ABC World News	Movie: Inspector Morse			Headline News
1:30AM		ESPNews	The Early Show				Late Show w/ David Letterman
2:00AM		NFL Live			2004 Summer Olympics		2004 Summer Olympics
2:30AM					Men's Basketball, Women's Soccer, Women's Handball		(JIP - From AFN Family)
3:00AM	The Wild Thornberrys	SportsCenter		The Wild Thornberrys		2004 Summer Olympics	
3:30AM	SpongeBob Squarepants			SpongeBob Squarepants		Sailing, Basketball	
4:00AM	The Simpsons	ESPNews	FOX News Live	The Simpsons		AFN Olympic	<:05> Access Hollywood
4:30AM	Happy Days	Baseball Tonight		Happy Days		Intermission	2004 Summer Olympics
5:00AM	Bulletin Board	MLB	60 Minutes	Everybody Loves Ray		2004 Summer Olympics	Women's Soccer, Water Polo
5:30AM		Padres @ Mets		Scrubs		Track & Field, Diving, Beach Volleyball, Women's Triathlon, Cycling	Gymnastics
6:00AM	Good Morning America		FOX News Live	My Big Fat Obnoxious Fiance			
6:30AM			Navy/Marine Corps News	C.S.I.			
7:00AM			Inside Politics				
7:30AM							
8:00AM	Little Bill	ESPNews: The Hotlist		One Tree Hill	AFN Olympic		ESPNews
8:30AM	Wheel of Fortune		Navy/Marine Corps News		Intermission		Headline News
9:00AM	Dr. Phil	NFL Live	Lester Holt Live	The West Wing	2004 Summer Olympics	2004 Summer Olympics	The Today Show
9:30AM	Oprah Winfrey	Totally Nascar			Men's Basketball, Women's Volleyball, Taekwondo	Men's Field Hockey, Men's Volleyball	
10:00AM	<9:46>	SportsCenter	Headline News				
10:30AM	Guiding Lt. <10:35>		NBC Nightly News				
11:00AM	General Hospital	NFL Live	ABC World News	The Wild Thornberrys			The Simpsons
11:30AM	<11:17>		CBS Evening News	SpongeBob Squarepants			The Simpsons
12:00PM	Bulletin Board	NFL	Countdown With Keith Olbermann	The Simpsons	AFN Olympic	2004 Summer Olympics	2004 Summer Olympics
12:30PM	Judge Judy	Steelers @ Eagles	Hannity & Colmes	Happy Days	Intermission	Sailing, Women's B-Ball	Track & Field, Diving, Men's Triathlon, Women's Volleyball
1:00PM	Charmed		The Newshour	Charmed		2004 Summer Olympics	
1:30PM						Men's Basketball, Women's Volleyball	
2:00PM	Boston Public			Boston Public		2004 Summer Olympics	
2:30PM						Bravo Network Coverage	
3:00PM	Real Monsters	SportsCenter	BET Nightly News	Crocodile Hunter			
3:30PM	Weekenders		Nightly Business Rpt.				
4:00PM	Yu-Gi-Oh!	Baseball Tonight	Larry King Live	World Of Wildlife		AFN Olympic	Headline News
4:30PM	Mucha Lucha			Jack Hannah's Animals		Intermission	2004 Summer Olympics
5:00PM	Jeopardy	ESPNews	Newsnight with Aaron Brown	Buffy The Vampire Slayer			Wrestling, Synchronized Swimming
5:30PM	Headline News	NFL Yearbook					
6:00PM	Bulletin Board	SportsCenter	Paula Zahn Now	X-Files	2004 Summer Olympics		Primetime
6:30PM	Headline News				Track & Field, Canoeing		
7:00PM	Everybody Loves Ray	MLB	Nightline	The Wild Thornberrys			Dead Zone
7:30PM	Scrubs	Twins @ Rangers	Headline News	SpongeBob Squarepants			
8:00PM	Window on the Atoll 7:50		Hardball	The Simpsons		2004 Summer Olympics	Jeopardy
8:30PM	Obnoxious Fiance 8:00		with Chris Matthews	Happy Days		Track & Field, Diving, Men's Triathlon, Women's Volleyball	Headline News
9:00PM	C.S.I.		Primetime	Charmed			ESPNews
9:30PM							Headline News
10:00PM	Headline News		O'Reilly Factor	Boston Public			The Apprentice
10:30PM	The Late Show w/ David Letterman	2004 Summer Olympics	Good Morning America	Crocodile Hunter	AFN Olympic		
11:00PM					Intermission		
11:30PM	Access Hollywood						

HELP WANTED

KRS has the following on-island job openings. Unless otherwise noted, call Jack Riordan, 55154. For full job description and requirements, come to HR, Building 700, and check the job listing books at the counters.

ADMINISTRATIVE ASSISTANT I., Marine Operations. Full time. Requires excellent communication and customer service skills, knowledge and experience in Microsoft Word and Excel. Will oversee the daily administrative duties for the Marine Operations manager.

ADMINISTRATIVE ASSISTANT, ES&H. On island contract hire. Must have excellent computer skills and be well versed in KEAMS, Word, Excel and PowerPoint. Will perform a variety of administrative/clerical tasks in areas such as finance, purchasing and human resources for the ES&H department. Will coordinate schedules, perform key control functions, interdepartmental activities, time card submission to payroll, compile and generate reports, CDRL documents and other support as required by ES&H.

HELP DESK TECHNICIAN I. IT Dept. On island contract hire. Provide first line technical telephone support to computer system users, software repair and maintenance services to end users and network administrators, troubleshoot and resolve software and hardware issues, open and assign trouble tickets as needed. Act as first line trainer for user general applications.

PEST CONTROL TECHNICIAN II. Full time. Must comprehend training material both written and spoken in English. Assist certified pest management technicians in the performance of daily operations. Inspect structures, grounds or plants to identify problems or potential problems. Must obtain DoD certification in the required EPA Pest Certification categories.

JUNIOR ACCOUNTANT. Responsible for contract payroll processing, payroll maintenance, data entry and 401K payroll processing. Ability to cross-train in Accounts Payable and General Accounting areas. Requires 2-5 years of related experience and computer proficiency in Excel and Word. Ideal candidate will be a Certified Payroll Professional and have knowledge of electronic timekeeping systems and the AS400 payroll system.

RECREATION SPECIALIST, Community Activities Hobby Shop Woodshop instructor. Part time. Individual will instruct specialty wood classes, provide customer service and general assistance in Hobby Shop. Must have experience in woodworking and be interested in teaching classes.

HAZMAT SPECIALIST I, Hazmat Dept. Full time. Requirements are high school diploma or equivalent, customer service skills, fluent in English, proficient in Excel, Word and PowerPoint. Duties include providing a central point of contact and customer service to direct HAZMAT calls and e-mails. Work with HSMS and KEAMS. Prefer HAZMAT, KEAMS and previous customer service experience.

ASSISTANT YOUTH DIRECTOR. Casual. Supervises students at the Youth Center under the direction of the Youth Activities Director. Requires childcare clearance. Approximately 20 hours per week.

BOEING COMPANY has the following job vacancy:

OFFICE ADMINISTRATOR. Temporary for 4-6 weeks. Secret clearance required. Duties include administrative assistance to executive level management. Administer and maintain calendar, telephone, travel planning and reservations, expense reports and associated reconciliations, maintain office supplies, operate automated business equipment and tools to support composition of reports, presentations and correspondence. Good interpersonal, customer and communication skills required. Proficient in MS Word, PowerPoint, Excel and Outlook. E-mail resumé to carol@moseleytechnical.com.

WANTED

MICROWAVE. Call 51298.

LOST

WALLET, black leather with ID cards and credit cards inside. Lost Sunday night or Monday morning in housing or downtown area. Call 51590 or 58991.

FOR SALE

FREEZER small. Great for BQ room, \$275. Call 51103

BOATHOUSE ITEMS, Scubapro BC and regulator, 80-cubic-foot scuba tanks, 13-cubic-foot pony tanks, 50-foot low pressure hoses, handheld VHF submersible radio Icom, 2,000,000 CP corded spot light, 300W inverter, coolers, 3 rolls asphalt roofing, snow roof primer and sealer, chain hoise, electric winch, heavy-duty battery charger, 4-ton hyd jack, orbital buffer. Call 58331

FIVE-CD CHANGER stereo system with three surround sound satellites and auxiliary input jacks, \$75. Call 58672.

MATERNITY CLOTHES; Graco infant carseat, \$15; air purifier, \$5; stainless steel dishrack, \$10; Dirt Devil hand vacuum, \$18; dive weights; heavy-duty extension cord, \$5; dive camera with case, \$85. Call 52763.

SINGLE-SPEED bike, excellent condition, \$75. Call 51006 or 54586.

TWO DESK chairs, \$40 each; computer monitor, \$50; assorted DVD movies, \$10 each. Call 52797.

MICROWAVE, excellent condition, \$50; blue recliner, \$100; two computer desks, \$40 each. Call 51077.

GE MULTI-PURPOSE oven/broiler/microwave/stainless steel oven, like new, \$200 or best offer; men's size 10 rollerblades with protective guards and pads, \$80. Call 54555 and leave a message.

SEATECH MANTA XL BC, Scuba Pro jetfins, canvas dive bag, \$150 for all. Call 50153.

USED 21" HUFFY Pitstop bike, great condition, new chain and seat, saddlebag baskets, bike lock. Call 55545, after 6 p.m., or on weekends.

CUSTOM MOUNTAIN BIKE, 15" frame, seven-speed internal rear end, 190mm redline flight cranks, Cloud 9 seat, new custom paint, blue/white stripe, spare set of 185mm crank arms plus lots of custom parts. Call 51020.

12½ ZODIAC Futura 50 hp, four-stroke, center console, 11-gallon gas tank, running lights, speedometer, tach, gas gauge, new trailer, \$6,000. Call 53644 and leave a message.

PCS SALE. Magnovox 27" TV with remote, \$150; computer desk, \$30; carpet sweeper, \$5; Panasonic tank vacuum, \$40; 100 MB EXT zip drive, \$15; IGB jazz drive, \$15; BQ-size Panasonic microwave, \$50;

Kwaj Sun bike, good condition, \$40; 17" Micron computer monitor, \$50. Call 55465 or 53553, after 6 p.m.

COMPAQ PRESARIO 1400 laptop, 566 Mhz processor, 4.1 GB hard drive, 184 MB RAM, W98SE, 6x DVD, CD burner and other extras, \$300. Call 53569, after 6 p.m.

MEN'S FOUR-SPEED Sun bike, good condition, available as of today, \$35. Call 53403, after 5 p.m.

COMMUNITY NOTICES

KYC. The Kwajalein Yacht Club's monthly meeting is Saturday, Aug. 28 at 6:30 p.m. at the Yacht Club. Hamburgers and hotdogs will be served. Bring a side dish to share.

HAIRCUTS. Don't wait to make appointments for back-to-school haircuts. The next walk in days for the Salon will be Friday, Aug. 27 and Sept. 10.

WOMEN'S EQUALITY DAY is Thursday, Aug. 26. Women's Equality Day is the celebration of granting women the right to vote. Women and men of our generation, and the ones to follow, are living the legacy of the struggle for women's rights. In honor of this day, and to highlight our election year, there will be a voting assistance booth and voting registration information on Thursday, Aug. 26 from 11 a.m.-1 p.m. and 4-5:30 p.m. on Macy's porch.

ELEMENTARY SCHOOL OPEN HOUSE schedule is Wednesday, Aug. 25 at 7 p.m. for first and second grade; Thursday, Aug. 26, 7 p.m. for third grade; Wednesday, Sept. 1, 7 p.m. for fifth and sixth grade; Thursday, Sept. 2 at 7 p.m. for fourth grade and Friday, Sept. 3 at 7 p.m. for ESL. The Open House is for parents only. Question call 53601 or 53761.

MONTHLY ISLAND ORIENTATION and Ebeye Cultural tour is Wednesday, Aug 25. Orientation begins at 1 p.m. in CAC room 6. It is required for all new island arrivals and recommended for dependants over 10 years old. Questions? Call 51134. The orientation is preceded by the optional Host Nation Tour of Ebeye. Please RSVP to Host Nation at 54848 or 55033 if you will be taking the tour. Meet at the DSC in order to catch the 7:20 a.m. ferry. Women should wear long dresses or skirts. Sunscreen and bottled water are recommended. Questions? Call Host Nation at 54848.

SOCCER SPONSOR. Attention USAKA residents, sponsors are needed for the upcoming soccer season. School teams from Ebeye must have a sponsor to participate. If you are interested in sponsoring an RMI team, or have questions, call Key at 53331.

ECCF CHILI COOK-OFF Update: The Catamaran is full. The Catamaran will depart Kwajalein at 8 a.m. and depart Roi-Namur at 4 p.m. on Sunday, Sept. 26. You can still make flight reservations by calling Joe Coleman at 56279 or E-mail to Joseph.Coleman@smdck.smdc.army.mil. Chili entry forms are available on Kwajalein at the Post Office bulletin board and on Roi-Namur at Gimble's, Roi Café, TRADEX, and the Post Office. There is no cost to enter your favorite chili and each chili entrant will receive a free T-shirt. First, Second and Third Place chili winners will receive stained glass art by Kerry Young. If you would like to be a Chili Judge call or E-mail Joe Coleman. The cost is \$10.

WOOD SHOP SAFETY orientation is scheduled for Tuesday Sept. 7 at 6 p.m. The class is mandatory to use the Wood Shop. Preregistration is necessary. Call Andee, 51700, with questions

or to register.

CERAMIC MOLD POURING demonstration. Come by the Hobby Shop Thursday, Sept. 2 to learn the basics of pouring slip in to a mold. Demonstration starts at 6 p.m. Call Andee at 51700 for details.

KWAJ KWILTERS will meet Thursday, Aug. 26, 7 p.m., in CRC Room 1. All quilters of every level of experience are invited. Questions? Call Loretta, 53884.

MEDITATION. The new location for the weekly meditation gathering starting Thursday, Aug. 26 is at Qtrs. 215-A at 5 p.m. People new to meditation as well as those who have meditated for a long time are welcome. Questions? Call Eileen, 52244.

IVEY FITNESS Center will hold an equipment orientation class, Wednesday, Aug. 25, 7 a.m. The class is designed for first time users of the equipment and will also include basic lifting techniques. To register, call Key, 53331.

FALL SWIM TEAM start date has changed to Aug. 25. Pre-registration required. Forms are available at the mini-mall bulletin board. Questions? Call Valerie, 58121.

STUDENTS IN grades 7-12 are invited to bring their families to the Child and Youth Services (CYS) Namo Weto Youth Center fall open house for an evening of open recreation, Saturday, Aug. 28, 7-8 p.m. Questions? Call 53796.

MARSHALLESE CULTURAL Center visitor hours are Fridays, 3-5 p.m. and Mondays, 4-6 p.m. Handicraft demonstrations are presented Mondays, 4-6 p.m. Come learn about Marshallese culture and traditions. Questions? Call Cris, 52935.

CHRISTMAS CARDS and *Jobwa* dancers T-shirts are available at the Marshallese Cultural Center. Come by and take a look Fridays, 3-5 p.m. and Mondays, 4-6 p.m. For special arrangements, call Cris, 52935.

EFFECTIVE IMMEDIATELY, DCCB will have new hours of operation: Tuesday, unsolicited bid sales will be 8-11:15 a.m. and 1-3:30 p.m.; Friday, receiving only, 8-11:15 a.m. and 1-3:30 p.m.; Saturday, pickup of purchases, 8-11:15 a.m. and 1-3:30 p.m. Members of any KRS facility wishing to screen property for reutilization may call for an appointment. Visitors wishing to screen available property through invitation from the USAKA Plant Clearance office to the RMI office should be accompanied by an RMI/Host Nation representative and call for an appointment. All visitors must have escorts in the warehouse. Only individuals with closed-toe shoes will be allowed. No children are allowed in or around the warehouse grounds.

ANNUAL REGISTRATION for Child and Youth Services is underway. Children must be registered by Sept. 18 to continue use of any CYS program. Registration is at the CDC office. Fee is \$18 per child or \$40 for three or more children. Questions? Call Ann, 53606.

KWAJALEIN ART GUILD is sponsoring a Batik class. Registration forms may be picked up on the Post Office bulletin board. Questions? Call Linda, 51359.

STUDENTS IN GRADES 7-12 registered with CYS: Attend the back-to-school dance bash, Saturday, Aug. 25, 8-11 p.m., at the Youth Center. Refreshments, door prizes and more. Questions? Call Heather, 53796.

THE 2004 main soccer season begins Wednesday, Sept. 8 and runs through Thursday, Nov. 11. Registration fee is \$150 per team. Registration deadline is Friday, Aug. 27. Late registrations will not be accepted. A managers' meeting will be held Friday, Aug. 27, 5:30 p.m., in the Community Activities conference room, Building 805. A beginner's clinic will be held Saturday, Aug. 28, 5:30 p.m., on the main soccer field. An officials' clinic will be held Thursday, Sept. 2, 5:30 p.m., in the Community Activities conference room, Building 805. A scorekeeper's

clinic will be held Thursday, Sept. 2, 6:30 p.m., in the Community Activities conference room, Building 805. Questions? Call Key, 53331.

PARENTS OF students in grades 7-12 are invited to attend "back-to-school" night at Kwajalein Junior/Senior high school, Friday, Aug. 27, 7 p.m., in the MP room. A letter with details should be arriving in the mail. Questions? Call the high school.

BACK BY POPULAR DEMAND
COUNTRY/WESTERN NIGHT



SEPT 5,
8 P.M.-MIDNIGHT
AT GILLIGAN'S!



MOONLIGHT MADNESS

KGA "Moonlight Madness Golf Tournament is Saturday, Aug. 28. Format is five-person scramble. KGA members entry fee is \$20 per person. All participants should be at the golf course by 7 p.m. Entries are limited. Call Mark, 53808.

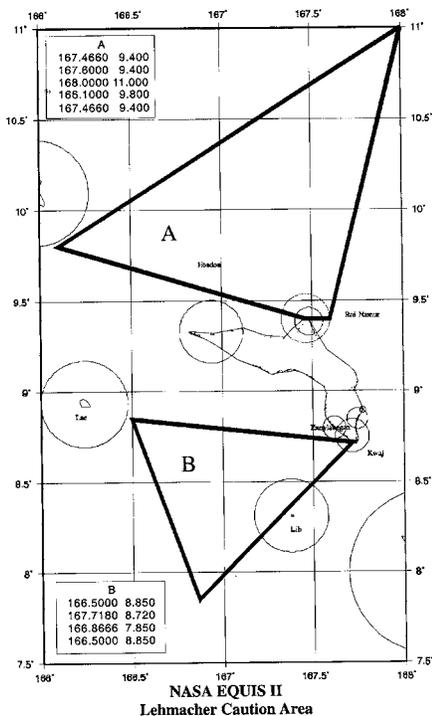
Range operation set for Thursday

A RANGE OPERATION IS SCHEDULED WITH A WINDOW OPENING THURSDAY, 26 AUGUST 2004. CAUTION TIMES ARE 7:00 A.M. THROUGH 6:00 P.M. KWAJALEIN MID-ATOLL IS NOT PART OF THE CAUTION AREA FOR THIS MISSION. REEF SWEEPS AND LAGOON CAUTION SWEEPS ARE NOT REQUIRED IN SUPPORT OF THIS MISSION. PLEASE REFER TO CAUTION AREA MAP.

IN THE EVENT OF MISSION DEMANDS, THE CAUTION TIMES AND AREAS WILL BE IN EFFECT FOR THE FOLLOWING DAYS:

7:00 A.M. THROUGH 6:00 P.M. FRIDAY, AUGUST 27, 2004
 7:00 A.M. THROUGH 6:00 P.M. SATURDAY, 28 AUGUST 2004
 7:00 A.M. THROUGH 6:00 P.M. SUNDAY, 29 AUGUST 2004

QUESTIONS REGARDING THE ABOVE SAFETY REQUIREMENTS FOR THIS MISSION SHOULD BE DIRECTED TO THE COMMAND SAFETY OFFICE, RANGE SAFETY OFFICER AT EXTENSION 5-2477.



Caution areas for mission

The one that didn't get away



Caught off Ocean-side, by the golf course, a 350-pound Blue Marlin was landed in 1-3/4 hours by Mark Thimsen, Mike Butler and Doug Hoskins. It measured 8 feet, 8 inches from the tail to the tip of the lower jaw and was 4 feet, 1 inch in girth, just behind the dorsal fin, according to Hoskins.

Weather

Courtesy of RTS Weather

Tonight: Variably cloudy with scattered showers.
Winds: Southeast-southwest at 5-10 knots with higher gusts in showers.
Tomorrow: Partly cloudy with widely scattered showers.
Winds: Southeast-southwest at 5-10 knots with higher gusts near showers.
Temperature: Tonight's low 80°
 Tomorrow's high 87°
August rain total 16.62"
Annual rain total: 53.45"
Annual deviation: -2.30"
 Call 54700 for updated forecasts.
www.rts-wx.com



Sun • Moon • Tides



	Sunrise/set	Moonrise/set	High Tide	Low Tide
Tuesday Aug. 24	0641/1902	1325/0022	0926, 3.4' 2242, 4.1'	0341, 2.0' 1530, 2.0'
Wednesday Aug. 25	0641/1901	1428/0119	2400, 3.1'	0604, 2.1' 1739, 2.2'
Thursday Aug. 26	0641/1901	1532/0220	0045, 4.3' 1356, 3.4'	0754, 1.6' 1930, 1.9'
Friday Aug. 27	0641/1900	1635/0325	0204, 4.8' 1453, 3.9'	0851, 1.1' 2034, 1.4'