Kwaj resident and ultimate frisbee buff Gary Lide fends off opponent Sean Ryan during an informal ultimate frisbee match on Kwajalein Monday. For more, see page 7.

Photo by Jordan Vinson
ARMY CELEBRATES NATIONAL HISPANIC HERITAGE MONTH

HISPANIC AMERICANS: ENERGIZING OUR NATION'S DIVERSITY

During National Hispanic Heritage Month we honor Hispanic Americans and reflect on the invaluable contributions they have made and continue to make to our Nation. Diversity is America’s strength and Hispanic Americans have greatly contributed to that strength through their military service and leadership.

We appreciate the dedicated service of the nearly 60,000 Hispanic American Soldiers who occupy positions of trust at all ranks. Our Army understands the power and potential created by embracing diversity. It is the Army’s culture to value the strengths and experience of all while uniting as one professional fighting force.

We encourage the entire Army Family to honor the more than 236 years of Hispanic American military service to the U.S. Army by continuing to tell the Army story to diverse audiences. Together, we can increase awareness of the many educational and career opportunities available in our Army and ensure our force represents the strength of our Nation. Army Strong!

COMMAND SGT. MAJ. DANIEL DAILY—SGT. MAJ. OF THE ARMY
GEN. MARK MILLEY—ARMY CHIEF OF STAFF
SEC. JOHN MCHUGH—SECRETARY OF THE ARMY

THE KWAJALEIN HOURGLASS

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

The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Garrison-Kwajalein Atoll. Contents of the Hourglass are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or USAG-KA. It is published Saturdays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff. Phone: Defense Switching Network 254-2114; Local phone: 52114 Printed circulation: 1,200 Email: usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil

Pink anemonefish by Brad Nelson. *Reprint

Underwater Photo of the Week

HOURGLASS REPORTS

This stunning photo by Kwaj resident Brad Nelson captures a small group of pink anemonefish (Amphiprion perideraion) huddled around their anemone home. Pink anemonefish, also known as pink skunk clownfish, are a non-migratory species found in the sheltered waters of lagoons and reefs throughout the western Pacific, from the Gulf of Thailand to Samoa and Tonga.

The fish enjoy symbiotic relationships with anemones, which offer shelter, protection and food in exchange for the fish’s fecal matter—a source of nutrients for anemones—and other benefits like heightened algae growth.

Protandrous hermaphrodites, the fish can change from male sex to female sex if the need arises. The largest fish of a group that lives in an anemone is always a female, which the next-largest fish, always a male, mates with. If the female dies or is removed from the group, the second-largest male gains weight and switches his sex from male to female. The third-largest fish in the group then takes the responsibility of mating with the newly-christened female. This hierarchical relationship results in the spawning of 2,000-4,000 eggs every year.

THE KWAJALEIN HOURGLASS

Garrison Commander..........Col. Michael Larsen
Garrison CSM...............CSM Angela Rawlings
Public Affairs Officer..........Nikki Maxwell
Managing Editor ................Jordan Vinson
Media Services Intern..........Molly Premo
The Kwajalein Boy Scouts recently started construction of a large community fire pit at Coral Sands Beach.

The driving force behind the project is Kwajalein Jr./Sr. High School senior David Sholar. Sholar took on the job as part of his Eagle Scout Project, knowing that the finished product would be a great benefit to the whole island—a community asset that would see a lot of use. The Kwaj community as a whole has shown a lot of interest in the project, and many island residents are anxiously awaiting its completion.

The fire pit site is located in an area rich in historical significance. During the 1940s and 1950s the Coral Sands area was the site of the U.S. Army Officer’s Club, thought to be constructed in 1944 or 1945. The original, rectangular pavilion that used to be located in this area was constructed here in 1963, utilizing the original concrete floor of the Officer’s Club. In 2014 the old pavilion was completely replaced with a new round pavilion and concrete slab.

Apart from the area’s long-time use as a recreational site for service members, civilian contractors and families, Coral Sands was also once the site of an important event in U.S.-R.M.I. relations. In 1980-1981 the beach area was the site of one of the longest “sail-in” protests staged by Marshallese Kwajalein Atoll residents who camped out in the area, calling for increased dialogue regarding the signing of the original Compact of Free Association.

Because of the historical significance of the area, all digging for this project was supervised by professional archeologists, Grant Day and Mary Schmidt. The two opted to use the project as an opportunity to help the scouts earn their Archeology Merit Badge. It was a great opportunity for the Scouts to work side-by-side with real archeologists and learn how to lay out excavation units and perform site surveying techniques, systematic excavation, artifact identification and soil testing. The Scouts used their math and geometry skills to lay out excavation units using triangulation to meticulously section off excavation units. The boys then dug the units in layers 10 centimeters deep and screened all of the dirt to look for artifacts as well as record their findings for each layer and perform soil testing.

In addition to the archeologists, several key Kwaj residents helped move this project forward. Mike Woundy helped with the initial design; Don Ryan assisted with the construction; Doug Hepler helped build the concrete forms used for the fire pit; and Space Fence construction teams may help out as well.

For Sholar, the help has gone a long way, but they’re not done yet.

“We still have a lot of work to do,” Sholar said after completing the initial dig. “But things are progressing.”

The Boy Scouts expect construction efforts at Coral Sands to take a few more weekends to complete. When finished, the fire pit can be reserved by calling Community Activities. An accompanying fire permit will also be required and is easily obtained from the fire department, circumstances permitting.
Gen. Milley, new Chief of Staff of the Army, addresses Army Family

HOURGLASS REPORTS

Army Gen. Mark Milley became the 39th chief of staff of the U.S. Army last month, replacing now-retired Gen. Raymond Odierno. Milley previously served as the four-star commander of the U.S. Army Force Command at Fort Bragg, North Carolina. His 35-year career has taken him from leadership positions at the platoon level, to the command of a wide array of Army infantry and Special Forces commands—and now to the position of chief of staff, the most senior uniformed officer in the Department of the Army and the principal advisor to the Secretary of the Army, John McHugh.

Milley took a moment recently to address the Army family, outlining the goals he will strive to achieve during his command.

We have the most skilled, ethical, and combat hardened Army in our Nation’s history. No matter where we are around the world, America’s Soldiers are displaying courage, commitment and character.

We are demonstrating unparalleled competence and agility. And no matter the challenge, no matter how complex the environment, or how dangerous the situation, our Soldiers fight and win.

I am honored to lead this remarkable team.

I have three priorities:

1. Readiness: (Current Fight)
   Our fundamental task is like no other - it is to win in the un forgiving crucible of ground combat. We must ensure the Army remains ready as the world’s premier combat force. Readiness for ground combat is - and will remain - the U.S. Army’s number one priority.

   We will always be ready to fight today, and we will always prepare to fight tomorrow. Our most valued assets, indeed, the Nation’s most valued assets, are our Soldiers and our solemn commitment must always be to never send them into harm’s way untrained, poorly led, undermanned, or with less than the best equipment we can provide. Readiness is number one, and there is no other number one.

2. Future Army: (Future Fight)
   We will do what it takes to build an agile, adaptive Army of the future. We need to listen and learn - first from the Army itself, from other services, from our interagency partners, but also from the private sector, and even from our critics.

   Developing a lethal, professional and technically competent force requires an openness to new ideas and new ways of doing things in an increasingly complex world. We will change and adapt.

3. Take Care of the Troops: (Always)
   Every day we must keep foremost in our minds our Soldiers, Civilians, and their Families. Our collective strength depends on our people - their mental and physical resilience is at our core.

   We must always treat each other with respect and lead with integrity. Our Soldiers are the crown jewels of the Nation; we must love them, protect them, and always keep faith with them.

I am honored and proud to serve with you. Thank you for your service and commitment to a cause larger than yourselves.

Gen. Milley’s education includes a bachelor’s degree in political science from Princeton University, a master’s degrees in international relations from Columbia University and a master’s degree in national security and strategic studies from the U.S. Naval War College. He is also a graduate of the MIT Seminar XXI National Security Studies Program.

Chief Warrant Officer 4 Shamta’ Adams
SHARP Victim Advocate

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

Saturday, September 26, 2015 / Volume 56 Number 39
**From Jordan Vinson**

**INSPECTING FALL PROTECTION EQUIPMENT**

OSHA requires that fall protection equipment be inspected by the user before each use. We take this requirement a step further and require that all fall protection be inspected on a quarterly basis as well and noted by a specific color for that quarter. Whether it is a daily or quarterly inspection the following is what you as the user should be looking for when inspecting fall protection equipment.

**Harness Inspections** Items that should be inspected on a safety harness include:
- **Stitching** - if any stitches are pulled or broken, the harness must be removed from service. Closely inspect “critical stitching” which will be in a color that contrasts with the webbing.
- **Webbing** - inspect for cuts, tears, stretching of fibers, fraying, raveling of edges, excessive wear or abrasion, chemical damage, burns, and weld splatter. Hold hands six to eight inches apart and flex webbing into a “U” shape to reveal frayed or broken fiber. The presence of hardened or discolored spots on the webbing indicate a chemical or excessive heat exposure.
- **Connectors** - inspect all metal components including “O-rings”, “D-Rings” leg grommets, chest strap connecting hardware, and adjustment components. Look for cracks, heat damage, distortion, corrosion, and excessive wear.

**Cleaning and Storage Instruction**
Clean harnesses with a solution of water and mild laundry detergent. Dry hardware with a clean cloth and hang harness to air dry. Do not speed dry with heat. Excessive accumulation of dirt, paint, or other foreign matter may prevent proper function of the harness, and in severe cases, weaken the webbing. Store the harness in a dry place, out of direct sunlight, preferably hanging by the rear D-ring.

**Lanyard inspections** Items that should be inspected on a safety lanyard include:
- **Connectors/Snap hooks** - Make sure connectors are operating properly. Snap hook must have a double locking mechanism that does not allow latch to open without releasing the first lock, and springs into locked position when released. Also inspect for cracks, distortion, or corrosion.
- **Webbing / Wire Rope** - inspect body of lanyard including areas where lanyard and connectors join. For webbed lanyards look for abrasion, chemical damage, burns, welding spatter, and excessive heat exposure. For wire rope lanyards, ensure that no frayed cables, birdcaging, or crushing has occurred. Inspect both sides of lanyards and flex them as you inspect to reveal damage which may not be apparent.
- **Shock Absorber** - Inspect all areas of the cover. The cover should not be torn or damaged. Ensure the webbing content of the absorber has not been stretched, or Un-stitched in anyway. Evidence of such indicates a mild fall has occurred, and the lanyard should be removed from service.

**Cleaning and Storage Instruction**
Shock absorber should be cleaned with a damp sponge, wiped dry with a clean cloth and hung in a dry area. No abrasives or solvents should ever be used, nor should the absorber ever be immersed in water. The covers are usually water resistant, though they will not repel water if submerged. Once internal webbing is soaked, it will not dry completely, and can cause damage.

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**The USAG-KA community’s Person of the Week for September 26 is Kwaj resident Dilip Saha.** A native of Bangladesh, Saha is an engineer for Range Radio/AFRTS on Kwajalein. He’s the man that keeps the TV programming coming your way. He was integral in the analog-to-digital TV programming conversion and the local TV station’s recent transition to a different satellite for programming feed.

During his free time he enjoys gardening and walking. He has two daughters; one is studying for her master’s degree in biochemistry in Tennessee, and another lives in Germany and works in electrical engineering. Saha has lived on Kwaj since 2011 and says that he loves living and working here.

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**DILIP SAHA**

*The Kwajalein Hourglass*
The 2015-2016 school year kicked off a couple of weeks ago—and that means the return of the Spartan Expresso. A local Kwajalein staple, the school event feeds community members gallons of tasty caffeine-laden beverages to help jump start their mornings.

Operated on a volunteer basis by Kwajalein Schools’ junior and senior classes, the Spartan Expresso events are a useful forum to not only bring people together over coffees and lattes, but to also raise money for the school. Keep your eyes peeled for the next Spartan Expresso event coming to an MP Room near you.

Kwajalein’s religious community came together Monday to help usher in the new school year with a large picnic at Emon Beach. The burgers and hotdogs were hot; the drinks were cold; and the fellowship was warm and inviting.

Sponsored by Kwajalein’s Protestant, Catholic and Latter Day Saints congregations and organized by Kwaj resident Amber Bates, the event brought out about 70 people to eat, chat and relax. For LDS leader Jon Sok, the timing of the picnic was useful in meeting the new folks on the island.

“I do think that events like this really do make the community smaller and tighter,” Sok said while flipping burgers at the grill. “And I appreciate the fact that when we have events like this we get to know people a little bit better, especially in the fall when there are so many new faces. It’s a great way to put names to faces and, in terms of jobs, find out who’s doing what.”

Libbie Lide, a Protestant, made it clear that, while the attendees belonged to different congregations, there were few differences between congregations and certainly nothing to keep them from enjoying each other’s company.

“I’m sitting at a table—I’m Protestant—the lady to my left is Catholic, and the couple across from me, well, I have no idea, and I don’t care,” Lide said. “We’re all brothers and sisters.”

TOP: Picnic goers dig into a meal sponsored by Kwajalein’s religious community. BOTTOM: Sam Engelhard, second from right, and Jon Sok, left, man the burger grill; Jim Talich, right, and others look on.
ULTIMATE FRISBEE BECOMES ATHLETIC STAPLE ON KWAJ

Ultimate frisbee matches have become a regular part of the garrison community’s long list of fitness and athletics options. Open to anyone who enjoys vicious cardio workouts while having fun competing against friends, Kwajalein’s ultimate frisbee matches are a great avenue to both lose a few inches on the waist line and meet new people.

Originally started by Kwaj resident Ben Gleich earlier in the year, the current ultimate frisbee community has bloomed in size, bringing out about a dozen players each Friday and Monday evening (6 p.m. Fridays, 5 p.m. Mondays).

Interested in getting in on this fun, alternative sport? Come out to the next session near the soccer fields at 5 p.m., Monday. Don’t forget your water—you’ll need it!

Ultimate frisbee players duke it out in friendly, yet competitive, matches Monday near the soccer fields on Kwajalein.
Jim Hockenberger and dozens of other Kwaj residents earn cash for old junk Sept. 19 at Emon Beach.

Roi residents Bob Barker, Allan Foreman, Shelley Easter and Stacey Helt aren’t your run-of-the-mill Roi rats. Sure, individually, they are your friendly neighbors and coworkers on the garrison. But when they join forces, they become Smells Like Fish—the hottest band to come out of Roi-Namur since ... well, ever. In a brief interview with the Hourglass, bassist Bob Barker tells a little of how the fab four got together and why they love to rock out for the folks on Roi and Kwaj.

How long have your been a group?

We have been together since mid-2012. Shelley and I played with Keven Shoemaker up here, just messing around and all. Then Mr. Foreman showed up, and that is when it all took off.

What is your favorite song to perform?

Every song that makes people get up and enjoy is my favorite song. As long as the crowd is having a good time, I am having fun.

What is the best aspect of being in the band?

The best part about being in this band is the friendship between us. If you have a bad day either playing a song or just a bad day in general, be sure and expect to get picked on. I enjoy everyone in the band. We hang out when we don’t practice. We’ve all got nicknames for each other. We have fun. That is what it is all about.

What is your favorite aspect of performing?

Seeing that one person tapping their feet to the beat; seeing people bobbing their head, singing along with the songs, and then dancing. When people dance my energy level goes up. We all feed off that energy, and it makes us have a good show. I will get out and dance with the people while I am playing; Stacey and Shelley will do the same. I have walked around the whole Outrigger before, a train following me.

How/when did you become interested in music?

I grew up in the 80s. What kid did not want to be a rocker back then? I have family members who have records out. I remember sitting in my living room when I was little watching The Band playing some CCR. Maybe it’s all their fault!

Any other interesting tidbit to share?

I can’t hold a note with a pair of pliers. That is why I don’t sing. Luckily we have Shelley and Stacey.

U.S. Army Garrison-Kwajalein Atoll’s latest “Great Kwaj Swap Meet” was held last Saturday Emon Beach. What was once some people’s junk became other people’s treasures—a useful quid pro quo for those wanting to clear out some space in their residences and earn a little cash to bat.

“It’s been a fine sale,” Jim Hockenberger said, looking over the few remaining items left on his table. “I’ve sold a lot. If the price is right, it sells. And the price was right tonight.”

Others walked away from the evening-hour flea market, which was organized and sponsored by Community Activities, with just the item they were looking for. Everything from fishing gear, scuba gear and luggage, to board games, crutches, engraved chop sticks and mountains of clothing was for sale.

Many of the leftover items were donated to Kwajalein’s Bargain Bazaar, a fundraising outlet that helps sponsor R.M.I. students’ education.

Jim Hockenberger and dozens of other Kwaj residents earn cash for old junk Sept. 19 at Emon Beach.
Most of the older generation will remember the radio and TV series called “My Friend Irma.” The actress, Maria Wilson, characterized the good-natured, hard-working Irma in a series of radio, motion pictures and TV shows. For many years in the United States, Irma was the sweetheart or friend everyone wished they knew.

Kwajalein had an Irma in the late 1950s. She also was a hard-working gal who gave the residents of Kwajalein and Ebeye a gift that continues to the present day. Irma Mills was the originator and driving force who started the Thrift Shop, which later became the Bargain Bazaar.

Irma and her Navy husband, Commander Roger Mills, came to Kwajalein in early 1958. The island was a lot different in those days. There was no television, no air conditioning, and a supply ship came only once a month—sometimes. Macy’s was located in one half of building 702 near 8th Street and Lagoon Road. There were about 1,000 people on island, mostly all military. Roi-Namur and Meck were still covered with jungle, and the Terminal building housed a snack bar, hotel for flight crews and the offices of the weather bureau.

The Navy was in charge of the island, and only a handful of Marshallese lived on Ebeye. Kwajalein had been in a caretaker’s status since the end of the Korean War, and it appeared the limited aviation operations would also cease. The island was scheduled for closure in six months.

This status changed almost overnight in February 1959 when Kwajalein was selected as the test site for the Nike-Zeus program. Concurrently, Roi-Namur was selected for a new radar acquisition program that later became known as Project Press. Kwajalein took on the new title of the Pacific Missile Range Facility with headquarters at Pt. Mugu, California.

Soon, civilian construction crews were getting started on a series of support facilities for the Nike-Zeus missile program. Places and names like the ZAR, TRADEX, and MAR began to be heard on the island. As the Navy staff was replaced by contractor personnel, there was a big turnover of officers and enlisted men in public works, utilities, supply and marine activities. The island population tripled.

PCS or garage sales were not as well organized as they are today, and the people leaving the island were expected to pack all their clothing, household goods, furniture and souvenirs. With a limit for most enlisted men of only 500 pounds, this presented a problem.

Irma Mills saw a need for some kind of a store that would be used to retain and sell some of this material to newcomers on island. Irma presented the idea to the Officer’s Wives Club, where the idea was argued back and forth.

Irma and some of her neighbors finally won out, but the toughest job was still to come. The project had to be presented for approval to the Navy Command. Now the Navy was pretty busy trying to build a new missile complex. They had little time for a bunch of Navy wives talking about some kind of a second hand store that probably wouldn’t work anyway. The Navy Command met their match with Irma.

Irma was no ordinary Navy wife. As a young bride in 1936 she made her first trip across the Pacific Ocean to Manila on an old rusty steamer. While her husband solved meteorology problems for the first Pan American Airways China Clippers, Irma busied herself with an upcoming family. After finishing up his work for Pan American, Irma's husband was commissioned to work for Howard Hughes and his round the world flight in 1938. Soon after came Pearl Harbor. Irma had suddenly become a Navy wife.

The science of meteorology was relatively new, and her husband was sent out to set up weather reporting stations all over the world. Irma saw many countries and lived on many islands. She learned to live with the barest of necessities. She says her tour on Kwajalein in 1958 was pure luxury.

Irma finally wore down the Navy brass, and a small old storage building down in front of the second Macy’s store on 8th Street and Lagoon Road was set up for the new enterprise. The new business was to be called the Thrift Store.

The operation of the store was pretty simple. People who had excess materials that they couldn’t ship home brought their items to the store. They would be assigned a number, and an inventory of their items was transcribed onto a chart. Each item was tagged with the number and an asking price. If the owners left island Irma would send off a money order for any items that were sold. If the items hadn’t sold after two months they became the property of the store; they would be marked down in price and sold. The used merchandise began to pour in. Even people that were not leaving the island began to bring in items for sale. The hottest sales items were children’s clothes, cooking utensils, toys and comic books! The little store was busting at the seams, and it was time to find a bigger location. The Thrift Store had to move again.

This time the store was located in the remains of the old Army post office and PX structure on Lagoon and 6th Street. This wooden structure later became the Corps of Engineers building in the early 1960s.

The Thrift Store was run strictly by volunteer women and any profits were returned to the Officers and Enlisted Wives Clubs. These groups eventually developed four years later into the present Yokwe Yuk Woman’s Club. The monies gained by this enterprise were used to fund stateside scholarships for the Marshallese high school graduates on Ebeye.

Irma and her helpers ran the Thrift Store for more 18 months. During that time she also worked as the secretary to the Navy public works officer and did volunteer work for the Terminal Watch Wives program.

Irma Mills perhaps set the precedence still seen on Kwajalein today. The island is fortunate for the work done by the Yokwe Yuk Women’s Club, and their active part in the operation of the Micronesian Shop, the Bargain Bazaar and many other worthwhile projects.

Irma and Roger retired in San Diego. Roger passed on a few years ago. Irma still likes to look through her scrap book about the many places where she and Roger were stationed. She tells me Kwajalein was still the best place she ever lived.
Community Classifieds

HELP WANTED

KRS and Chugach listings for on-island jobs are posted at: Kwajalein, Roi-Namur and Ebeey Dock Security Checkpoint locations; outside the United Travel Office; in the Roi Terminal/Post Office; at Human Resources in Building 700 and on the USAG-KA webpage under Contractor Information. KRS=Human Resources>Job Opportunities. Job listings for off-island contract positions are available at www.krosjv.com. A number of positions are available in the Community Services group, including teachers, dubs supervisor, nurses and more. Please see Human Resources for the file of available on-island positions or www.krosjv.com for contract slots. KRS is searching for available, on island-licensed registered nurses, individuals with medical billing and coding experience, and dental hygienists. For more information, please contact HR/Julie Gooch at the Temp Pool at 50777.

COMMUNITY NOTICES

Patrick Sieben Trio LIVE! Check out this Emmy Award Winning Singer/Songwriter and Las Vegas Arta Resort and Casino Residency performer! Show listing: 7:30 p.m., Oct. 5. Cost: $150 (includes book, pocket mask, and certification fees). Course fee due after the first class; participants must be at least 15 years old. Registration: Sept. 22 – Oct. 3. For questions and registration, call Cliff Pryor at 52848.

Celebrate September birthdays with us! Grab your friends and your flip flops for a good time! Drink specials and DJ Dyvurse on the 1’s and 2’s. Must be 21 years or older. For questions, call 53331.

American Red Cross Lifeguard Class Session Dates: Oct. 5 – Nov. 9 Classes on Saturdays and Mondays. Cost: $150 (includes book, pocket mask, and certification fees). Course fee due after the first class; participants must be at least 15 years old. Registration: Sept. 22 – Oct. 3. For questions and registration, call Cliff Pryor at 52848.

Kwajalein Atoll International Sportfishing Club is sponsoring the “18th Annual Hanap’a’A Fun Fishing Tournament,” Oct. 11-12 (Morning B-boat sessions only). Tournament is open to all Community Members. Tournament rules posted at SBM, Kwajalein. For more information, contact Andy Garden at 52079.

Quiche lorraine
Memphis spare ribs
Beef cordon bleu
Baked meatloaf
BBQ chicken
Lunch

Saturday, September 26, 2015 / Volume 56 Number 39

The Kwajalein Hourglass

Captain Louis S. Zamperini Dining Facility

**MENU CURRENT AS OF SEPT. 25**

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<td>Sunday</td>
<td>Monday</td>
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<td>Boneless chick w/ salsa</td>
<td>Chicken cordon bleu</td>
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<td>Taco beef</td>
<td>Quiche lorraine</td>
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<td>Nachos and cheese</td>
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**Dinner**

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<td><strong>Bank roast chicken</strong></td>
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<td><strong>Sliced roast beef</strong></td>
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<td><strong>Mac and cheese</strong></td>
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<td><strong>BBQ chicken</strong></td>
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<td><strong>Spicy tofu</strong></td>
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<td><strong>Mashed potatoes</strong></td>
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**American Red Cross Learn To Swim Class Session Dates:**
- Oct. 7 – 30 Wednesdays and Fridays (8 sessions) Levels III, IV, and V 3:45 - 4:15 p.m.: Levels I and II 4:30-5 p.m. Cost: $50 per participant; participants must be at least four years old. Registration: Sept. 22 – Oct. 3. For questions and registration, call Cliff Pryor at 52848.
**RELIGIOUS SERVICES**

**Catholic**
- 5:30 p.m., Saturday, Small Chapel
- 9:15 a.m., Sunday, Island Memorial Chapel
- Roi-Namur service, 4:45 p.m., second and fourth Friday of each month. Appointments available after dinner.

**Protestant**
- 11 a.m., Sunday, Island Memorial Chapel
- 6:30 p.m., Friday, Roi Chapel

**Latter-day Saints**
- 10 a.m., Sunday, CRC Room 3, Contact the chaplain’s office at 53505 for more information.

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**Friday**
- German Fest!
  - Bratwurst
  - Spaetzl

**Saturday**
- Roast pork loin
- Baked chicken
- Egg florentine

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**Monday**
- Garlic roast beef
- Chicken with bacon
- Egg muffins

**Tuesday**
- Sloppy joes
- Chicken strips
- Cheesy potatoes

**Wednesday**
- Grilled cheese sand.
- Pork pimento
- Egg foo young

**Thursday**
- Tuna melt
- Hamburger steak
- Home fries

**Friday**
- Baked fish
- Grilled chicken thighs
- Pinto beans

**Oct. 3**
- Grilled roast beef
- Roast pork
- Cous cous

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**Café Roi**

**Lunch**
- Roast pork loin
- Baked chicken
- Egg florentine

**Dinner**
- Chicken fried chicken
- Beef stew
- Green bean casserole

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**READY AND RESILIENT WELLNESS CALENDAR**

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

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Spiritual Resilience. All welcome.</strong></td>
<td>Circuit Training, 8 a.m., at Ivey Gym.</td>
<td>Cross Fit, 5:15 a.m., at the Avaih Pool.</td>
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<td>Cross Fit, 5:15 a.m., at Ivey Gym.</td>
</tr>
<tr>
<td><strong>Smoking Cessation classes ongoing. Call 55362.</strong></td>
<td>Pick-up ultimate Frisbee, 4:30 p.m., near the soccer fields.</td>
<td>Pick-up tennis, 5:30 p.m., at the tennis courts.</td>
<td>Grace Sherwood Story Time, 10 a.m., at the library.</td>
<td>Interval Training, 5:15 p.m., at intersection of Sprint and Ocean.</td>
<td>Pick-up ultimate Frisbee, 6 p.m., near the soccer fields.</td>
<td>Family Swim Time, 5:30 a.m., at the Family Pool.</td>
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</tr>
</tbody>
</table>

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**Monday**
- Roast pork loin
- Baked chicken
- Egg florentine

**Tuesday**
- Chicken marsala
- Jerk style spare ribs
- Mushroom rice pilaf

**Wednesday**
- Pork chops
- Herb roast chicken
- Mashed potatoes

**Thursday**
- Steaks
- Fried fish
- Corn on the cob

**Friday**
- Fried chicken
- Meatloaf
- Mashed potatoes

**Oct. 3**
- German Fest!
- Bratwurst
- Spaetzl

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**Saturday, September 26, 2015 / Volume 56 Number 39**
WEATHER

Courtesy of RTS Weather

<table>
<thead>
<tr>
<th>Day</th>
<th>Sky</th>
<th>Rain</th>
<th>Winds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Mostly Cloudy</td>
<td>&lt;0%</td>
<td>NNW at 3-5 knots</td>
</tr>
<tr>
<td>Monday</td>
<td>Partly Sunny</td>
<td>&lt;0%</td>
<td>Light and variable</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Partly Sunny</td>
<td>&lt;0%</td>
<td>Light and variable</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Mostly Cloudy</td>
<td>10%</td>
<td>SSE-SSW at 3-6 knots</td>
</tr>
<tr>
<td>Thursday</td>
<td>Mostly Cloudy</td>
<td>30%</td>
<td>S-SW at 7-11 knots</td>
</tr>
<tr>
<td>Friday</td>
<td>Mostly Cloudy</td>
<td>25%</td>
<td>SW-NW at 8-12 knots</td>
</tr>
<tr>
<td>Oct 3</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

Yearly rainfall total: 99.77 inches
Yearly rainfall deviation: +39.62 inches

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