

VOLUME 55 NUMBER 48

NOVEMBER 29, 2014

THE KWAJALEEN SURGLASS



Shawn Carpenter shows off some of the prizes he and his teammates uncovered during the 2014 KSC Underwater Turkey Hunt Sunday. For more, see page 3.

Photo by Jordan Vinson



K WAJALEIN
A R E S
C O R N E R

Medicines to help you quit tobacco

By Marion Ruffing
LMHC, CEAP

Used correctly, medicines can double your chances of quitting and staying quit, especially if you are nicotine dependent. While medicines alone can't do all the work, they can make quitting and nicotine withdrawal less difficult.

Some medicines have nicotine in them and are called Nicotine Replacement Therapies (NRTs). Others do not contain nicotine, but they reduce nicotine cravings or help with nicotine withdrawal symptoms.

Products like nicotine gum (2mg or 4mg) or patches (7mg, 14mg, and

21mg) give you low doses of nicotine to replace the nicotine from cigarettes or smokeless tobacco. NRTs can help with nicotine withdrawal and lessen your urge to smoke/use.

When using an NRT, it's important to remember:

*Be Patient. Using NRT correctly can take some getting used to. Follow the instructions and give it time.

*Don't mix tobacco and NRT. Your goal is to quit smoking or using for good, so use NRT only when you are ready to quit. If you do slip up, don't give up on NRT. Keep trying.

*Start out using enough medicine. Use the full amount of NRT suggested by the physician. Don't skip or forget to use your NRT after you first stop smoking or using.

*When you're ready to stop taking NRTs, don't stop completely until you're ready. You can set up a schedule with the pharmacist.

*Keep some of the medicine with you after you stop using NRT. This way, you'll be ready for an emergency.

Common NRTs

Nicotine Gum side effects include sore mouth or throat, irritated throat, increased saliva, hiccups, indigestion, heartburn, dizziness, headache, nausea and mouth ulcers. Warnings: Do not use tobacco when you start chewing nicotine gum. If the gum sticks to your dental work, stop using and check with your physician. Dental work may be damaged because

nicotine gum is stickier and harder to chew than regular gum.

Nicotine Inhalers can be purchased OTC in the states.

Nicotine Lozenges can be purchased OTC in the states.

Nicotine Nasal Spray needs a prescription in the states.

Nicotine Patches comes in 7mg, 14mg and 21 mg packages. Side effects include skin irritation, fast heartbeat, trouble sleeping, headache, nausea, muscle aches, stiffness and dizziness. Warnings: do not use tobacco when you are wearing the patch.

Other medicines without nicotine: Medicines like Zyban and CHANTIX contain no nicotine, but they can help with withdrawal when you quit and can lessen the urge to smoke or use.

Non-Nicotine Medications

CHANTIX side effects include nausea that lasts up to several months, headache, vomiting, gas, insomnia, strange dreams and a change in how things taste. Warnings: Use this medicine exactly as it is prescribed. Do not use in larger amounts or for longer than recommended by your physician. Be sure to tell your doctor if you are taking any other medicines.

Zyban side effects include trouble sleeping, dry mouth and dizziness. Warnings: If you have not made much progress toward quitting by the seventh week, treatment should be stopped by your doctor. Since the medicine is also an antidepressant, be aware that it can cause an increase in thoughts of suicide.

Bottom line: if you choose to use medicines, check with your physician first. People with certain health conditions may not be able to use NRTs or other quitting medicines. Also, make sure to follow all medicine instructions. And lastly, keep all medicines out of reach of children and pets.

For assistance with smoking cessation call the EAP at 55362.

Resources: <http://www.ucanquit2.org>



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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Divers, snorkelers hunt for Turkey Day prizes

Article and photos by Jordan Vinson
Associate Editor

Nearly 30 Kwajalein scuba divers and snorkelers came out to Emon Beach Sunday afternoon for this year's Underwater Turkey Hunt. Organized each year by the Kwajalein Scuba Club, the event challenged participants to scour the lagoon for golf balls hidden among coral heads and sandy stretches of the lagoon bottom. Those who pulled up the correct balls rode home with certificates for turkeys, hams, KSC Dive Locker merchandise and even cash prizes.

Taking home the top prizes Sunday were Team Moseley, Team Carpenter-Peterson-Sadler and Team Beguhn, each of which won either a ham or a turkey.

Cash prizes went out to Team Aljure, Team Larson-Sopher, Team Rivera-Johnson, Team Ryon, Team LaCost-Hepler and Team Moseley.

KSC Dive Locker merchandise prizes, such as ball caps and towels, went out to Team Moseley, Team Kornegay, Team Engelhard, Team Reith-Roberge, Team Aljure-Delisio and Team Bradley.

While participants spent nearly an hour in the water ferreting out golf balls hidden at depths of up to 40 feet, there were still many balls left in the lagoon by competition end.

"There are quite a few colored balls still out there, but they're not redeemable for money," event volunteer Tom-



LEFT: Liam Beguhn and his dad Shawn pull out some of the prizes they uncovered during the contest: golf balls and a rubber chicken worth one of the event's frozen turkeys. RIGHT: KSC President Dan Farnham announces the contest winners.



my Ryon told the crowd gathered together at the Emon Dive Shack for the awards ceremony

There was, however, one golf ball still hidden in the water that will earn its finder a special prize: the remaining unclaimed turkey left over from the contest and merchandise from the Dive Locker.

"Here's the thing," KSC President Dan Farnham announced. "We have one turkey still out there unaccounted for, and it's somewhere south of the black buoy. So here's what we're going to do. The first person that goes out there and finds the remaining ball gets the remaining turkey and \$50 in merchandise at the KSC Dive Locker."

As of Wednesday the golf ball has still not been turned in, and all divers are welcome to try their luck at uncovering it.

"Thank you for coming out today," Farnham said. "I hope you all had fun, and if you find more golf balls make sure to return them to the Dive Club, please."



Col. Nestor Sadler, part of Team Carpenter-Peterson-Sadler, walks up Emon Beach Sunday after spending nearly an hour searching for golf balls in the lagoon.



Participants in this year's Underwater Turkey Hunt eagerly wait for their prizes at the Emon Dive Shack.

2014 December Holiday Preview

Hourglass Reports

This holiday season there will be a ton of activities to participate in with your friends and family on Roi-Namur and Kwajalein. From the Christmas Tree Lighting Ceremonies on both Roi and Kwaj, to Kwaj's epic Parade of Lights and Scuba Santa night, to New Year's Eve parties at the Roi Outrigger and the Kwaj Country Club, there's some-

thing for everyone.

This is your guide to all the holiday events made possible this year by the likes of Community Activities, Quality of Life, the Kwajalein Scuba Club, the Kwajalein Yacht Club, Smells Like Fish, AAFES and many more.

So channel your inner Clark Griswald, deck your halls and be merry, for the holidays are just around the corner.

December 1

Roi:

Residents may begin decorating their doors today for the Dec. 20 Door Decoration Contest.

Kwaj:

Housing and BQ residents may begin decorating their residences today for the Dec. 13 and Dec. 14 holiday decoration contests on Kwaj. Don't forget to contact Community Activities to enter in the contests.

December 4

Roi:

Help decorate the Outrigger Grill and Bar at 7 p.m.

December 6

Roi:

Christmas Tree Lighting with hot chocolate and winter treats.

Kwaj:

5 p.m. Santa Parade from Atoll Terminal to downtown area.
5:45 p.m. Christmas Tree Lighting ceremony begins with live entertainment, food and vendor sales.
7 p.m. Kwaj lights up the tree.

*Shortly after the lighting there will also be an AAFES "Black Saturday" sale and wine tasting event in the Shopette.

8:30-9:30 p.m. Kids' Winter Carnival.



December 7

Kwaj:

11 a.m.-1 p.m. Pictures with Santa at Grace Sherwood Library.

Roi:

Island Historic Tour of WWII.



December 11

Kwaj:

Hobby Shop Holiday Open House.



December 13

Kwaj:

6:30 p.m. Light Up the Night event begins with Spartan Espresso beverages, holiday movies and crafts at the MP Room. Afterward, join us for a ride around town to sing carols and admire and judge each decorated residence.



December 21

Kwaj:

6:30 p.m. The famous Scuba Santa arrives on Kwaj, followed by Kwajalein Yacht Club's Parade of Lights.



December 14

Kwaj:

6:30 p.m. BQ Dwellers Ugly Christmas Sweater Party begins at the Adult Recreation Center. Wear your ugliest holiday sweater or T-shirt and enjoy a night of fun for adults with a cash bar, food, Christmas tree ornaments and more. We'll take a stroll and judge BQ windows decorated for the holidays; winners get cash prizes.



December 24

Kwaj:

Candle Light Service at Island Memorial Chapel.

Roi:

Annual Christmas Eve Yankee Swap Party at the Gabby Shack.

December 27

Kwaj:

Holiday-themed Ocean View Club Birthday Bash.

December 31

Kwaj:

7:30 p.m. Join us for a casino-themed New Year's Eve Party at Country Club.

Roi:

New Year's Eve Party at the Outrigger with Smells Like Fish.



December 20

Kwaj:

6 p.m. KRC Jingle Bell Fun Run begins at Emon Beach and ends at Richardson Theater.

7:30 p.m. Holiday Double Feature begins at Rich Theater. Stop by to watch "A Charlie Brown Christmas" and "Home Alone."

Roi:

6:30 p.m. Holiday Door Decoration Contest and Christmas caroling event. Meet at AAFES.

HELP WANTED

KRS and Chugach listings for on-island jobs are posted at: Kwajalein, Roi-Namur and Ebeye Dock Security Checkpoint locations; outside the United Travel Office; in the Roi Terminal/Post Office; at Human Resources in Building 700 and on the USAG-KA webpage under Contractor Information>KRS>Human Resources>Job Opportunities. Job listings for off-island contract positions are available at www.krsjv.com.

OPEN POSITION FOR Office Automation Assistant for the Department of the Army, U.S. Army Space and Missile Defense Command/U.S. Army Forces Strategic Command. Job Announcement Number: SCBK143733171260105. Open period: now through Dec. 1, 2014.

FOUND

PAIR OF WHITE Foster Grant sunglasses at Turkey Trot. Call Jane or Bob Sholar at 51815.

FOR SALE

BRAND NEW LINKSYS Wifi router, purchased on Amazon, \$50. Call 52054

DINGHY WITH ENGINE, brand new inflatable 10-foot 2-inches Zodiac Cadet, PVC with welded seam construction and marine plywood floorboards, like-new engine is a 2012 Mercury 9.9 hp 4-stroke, 15" shaft with pull start and tiller steering, includes boat

Religious Services**Catholic**

- 5:30 p.m., Saturday, Small Chapel
- 9:15 a.m., Sunday, Island Memorial Chapel
- Roi-Namur service, 4:45 p.m., second and fourth Friday of each month. Appointments with Fr. Vic available after dinner.
- 9 a.m., Nov. 28, Thanksgiving Mass

Protestant

- 8 a.m., Sunday, Island Memorial Chapel
- 9:15-10:15 a.m., REB, Sunday School
- 11 a.m., Sunday, Island Memorial Chapel
- 6 p.m., Thursday, Christianity Explored, quarters 203-A (Robinson's).
- 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.

cover, bow bag, 3.3 gal fuel tank and transom mounted wheels, \$3700. Call 51584.

ISAGENIX CLEANSE for Life powder, one unopened container and one opened container, one unopened 60-day supply container of vanilla snack wafers, one informational DVD, \$100. Call 51597.

1987 **BENETEAU** 432 "Kailuana," length 43 Beam 14 Draft 5'10, new 2010 Yanmar 4JH5E, 53hp diesel, three bedroom, two heads, full galley with 4-burner stove and large fridge, major refit Nov. 2009-April 2011, new electrical, three solar panels and wind generator, autopilot, new cabinetry, flooring, plumbing, upholstery and much more, \$60,000 or best offer. Email mnast@hotmail.com or call 54203.

COMMUNITY NOTICES

KWAJALEIN YACHT CLUB will hold it's monthly meeting tonight at the Yacht Club. Happy Hour is at 5:30 p.m., meeting is at 6:30 p.m., dinner at 7 p.m. Entree will be provided, so bring a side dish to share. Questions? Contact Tim Cullen at yeoman@kwajyachtclub.com.

NOVEMBER BIRTHDAY BASH is 8 p.m. tonight at the Ocean View Club. Join us in celebrating November birthdays with cake and appetizers and Top 40 music! Present valid ID. Must be 21 years of age or older. Questions? Call 53331.

KWAJALEIN ART GUILD clearance sale 10 a.m.-noon, Monday. All art and craft supplies 10 percent off, 20 percent off for KAG members. Sale is in the Art Annex next to the Hobby Shop.

KWAJALEIN RUNNING CLUB'S Fun Run #5 for the 2014/15 season is 5:30 p.m., Monday outside Grace Sherwood Library. Distance options: 1/2, 2 and 4 miles. The public is welcome. Questions? Call Bob and Jane 51815.

WANT A LIVE CHRISTMAS TREE? If so, there are a few left to be pre-purchased so stop on by the High School office today! The price is \$70. Questions? Call 52011.

BEGINNING DEC. 1, register private vessels and personal watercraft for 2015. Cost is \$25. Submit registration and payment at the Small Boat Marina during hours of operation. As a reminder, all boats occupying a boat lot must be registered.

EOD WILL CONDUCT disposal operations from 9:30-11 a.m., Dec. 4, at the south end of the runway. Glass Beach is off-limits during that time and the road will be blocked through completion. Questions? Call 51433.

KWAJALEIN AMATEUR Radio Club meeting is at 7 p.m., Dec. 4, at the Ham Shack just north of the Adult Pool. We will be discussing future work parties and plan activities for 2015. Come and learn about the fun of ham radio. Questions? Call Dennie at 53290.

OPEN RECREATION events open to all kindergarten through sixth grade students: Ice Cream Social is from 5:30-7 p.m., Dec. 5, in the SAC classroom. Enjoy games and ice cream with friends. Elf Movie Night is from 5:30-7 p.m., Dec. 13, in SAC classroom. Come with pillows and blankets. Sign up at the Central Registration Office. Questions, contact Katrina Ellison at Katrina.M.Ellison.ctr@usarmy.mil.

AAFES STORES will have special hours for holiday shopping Dec. 6, the day of the Tree Lighting. The Express Store will be open 7 a.m.-midnight. The Pxtra Store will be open 10 a.m.-2 p.m. and again 8 p.m.-midnight.

THE FOLLOWING COMMUNITY Activities facilities will be CLOSED Saturday, December 6, in support of Santa's Arrival and Tree Lighting Ceremony: Community Activities Office, Bogey's Country Club, CRC/CAC, Millican Family Pool, Grace Sherwood Library, Hobby Shop, Kwaj Lanes Bowling Alley, and Richardson Theater movie. Please join us downtown for the festivities!

ALL WOMEN are invited to join us for Christian Women's Fellowship 12:30-2 p.m., Dec. 7 at the REB. Lunch is provided Questions? Call Jenn Anderson at 51955.

ISLAND MEMORIAL CHAPEL'S "Children's Christmas Pageant" will be performed during the 11 a.m. worship service on Dec. 7. All are invited to come celebrate our children, experience the Christmas story and to sing Christmas songs together! Contact Princess Gooden at 59154 to participate.

BOATER'S ORIENTATION CLASS is from 6-7:30 p.m., Dec. 9-11, in CRC Room 1. Cost is \$40. Pay in advance when you register at the Small Boat Marina during hours of operation.

2014 Pauper's Marathon and Relay is Dec. 15, with a course hub at Namo Weto Youth

Captain Louis S. Zamperini Dining Facility**Lunch**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Dec. 6 |
|---------------------|-------------------|-----------------------|---------------------|----------------|------------------------|----------------------|
| Fried chicken | Chicken chow fun | Pork loin | Maple roast chicken | BBQ spareribs | Mini taco bar | Lasagna |
| Sweet and sour pork | Quiche lorraine | Buffalo chicken wings | Stuffed cabbage | Turkey alaking | Country smoked chicken | Baked chicken breast |
| Eggs benedict | Lyonnais potatoes | Scalloped potatoes | Wild rice | Veggie saute | Fish de jour | Garlic toast |

Dinner

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Dec. 6 |
|------------------|------------------|------------------------|-----------------|---------------------|-----------------|--------------------------|
| Turkey casserole | Spaghetti | Beef broccoli stir-fry | New York steak | Mongolian BBQ | Salisbury steak | Oven fried chicken |
| Veggie saute | Oriental chicken | Three cheese macaroni | Picante chicken | Teriyaki pork chops | Baked ravioli | Mashed potatoes |
| Rice pilaf | Garlic bread | Peapod and carrots | Veggie pasta | Chicken egg rolls | Veggie stir-fry | Szechuan shrimp stir-fry |

Ready and Resilient Wellness Calendar

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

| | | | | | | |
|---|--|--|---|--|----------|--|
| 30 Spiritual Resilience, see page 6. All welcome. FLU Shot, 1-4 p.m., Tuesday, Wednesday, Thursday, and Saturday, Hospital. Smoking cessation classes, open enrollment call 5- 5362. | Dec. 1 1. Kwajalein Running Club – Fun Run #5, 5:30 pm, Grace Sherwood Library. 1. “Pick up Soccer”, 6 p.m., Brandon Field. | 2 1. “Cross Fit” 5:15 a.m., Adult Pool. 2. “Pick up Tennis”, 5:30 p.m., Tennis Court. | 3 1. ZUMA, 5:30 p.m., CRC, Room 1. | 4 1. “Cross Fit” 5:15 a.m., Ivey Gym. 2. Weight Management Support, 4:45 p.m., Hospital Conference Room. 2. Interval Training, 5:15 p.m., Emon Beach. 2. “Pick up Tennis”, 5:30 p.m., Tennis Court. 3. AA Program, 7 p.m., Religious Education Building | 5 | 6 1. “Cross Fit” 5:15 a.m., Ivey Gym. 2. “Pick up Tennis”, 5:30 p.m., Tennis Court. |
|---|--|--|---|--|----------|--|

Center, near Emon Beach. Most of the full marathoners choose to start at 3 a.m. or 4:30 a.m. to avoid the Sun. The standard team section start is 6:30 a.m., but teams are welcome to use one of the earlier start times if all members agree. Form your own teams of between two and 10 members. Course maps are available at Qtrs. 473-A (Sholar), near the Tennis Courts. Questions? Call Bob and Jane at 51815.

ISLAND MUSICIANS: The YYWC will present a Kaleidoscope of Music on Jan. 25. This is an island event where the proceeds are dedicated to the YYWC Scholarship Fund. Here's your chance to perform for an appreciative audience and support a great cause. Contact Jane Premo or Sarah Stepchew by Dec. 13 to be included in this wonderful night. jane@premo.org or call 52379; stepchew2@hotmail.com or call 53500.

RENEWAL NOTICES for Vendor Licensing have been sent out. If you do not receive one please call or stop by Community Activities Office in Building 805 (Library). If you are new to the island and would like to sell your hand-crafted items you can come to the Community Activities Office and start the process. Any questions, call Denice Phillips at 53331.

THE ARCHAEOLOGY WEBPAGE has been updated for GIS Day. Find out about GIS by going to the USAG-KA Sharepoint site. Navigate to USAG-KA>Environmental, Safety, and Health>Archaeology. Contact Shana at 59502

for more information.

EAP CLASSES FOR DECEMBER: Weight Management Support, 4:45-5:30 pm., Thursday; bariatric surgery support, 4:45-5:30 p.m., Dec. 9; attention deficient/hyperactivity support, 4:45-5:30 p.m., Dec. 11; dealing with difficult coworkers/resolving conflicts, noon-1 p.m., Dec. 18. All classes are in the Hospital Conference Room.

E-TALK: Things are happening all around us if you know how to read the signs. What do the birds tell us?

SAFELY SPEAKING: The following materials will have this pictogram: explosives, self-reactive, organic peroxides. Few explosives are handled here, and most of them are controlled by EOD. If you find something marked with this symbol, Follow UXO reporting procedures.

THUMBS UP!

... to Levi Merrymon for being the youngest participant to complete the Around the Atoll in 80 Days Challenge! You rocked this challenge, Levi!

Passport and other US citizen services

A U.S. embassy consular from Majuro will be on Kwajalein Dec. 12, 2014 to provide passport services. If you require a new passport or need to renew your current passport, please visit the USAG-KA-HQ Building 730, Room 135 (Small Conference Room) from 7:30 a.m. to noon. Passport services will be on a first-come- first-serve basis. Please come prepared and with the completed appropriate paperwork, a passport photo if one is required and cash or money order if necessary.

If you have other questions besides passport processing, such as social security applications, adoptions, voting, etc, please address those to the agent as well.

Please contact the Host Nation Office at 52103 or 55325 if you have any questions.

| Café Roi | | | | | | |
|--------------------|------------------------|-----------------------|---------------------------|----------------------|-------------------------|----------------------|
| Lunch | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Dec. 6 |
| Cornish hen | Roasted pork loin | Corn dogs | Monte cristo sandwich | BBQ chicken sandwich | Salmon cakes | Chicken quesadillas |
| Breakfast frittata | Grilled chicken strips | Dry-rub roast beef | Pork chops | Beef stroganoff | Italian sausage hoagies | Beef tacos |
| Potato au gratin | Southern benedict | Corn on the cob | Stir-fry veggies | Tofu stir-fry | Onion rings | Pinto beans |
| Dinner | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Dec. 6 |
| BBQ Spareribs | Chicken pasta olivetti | Corn beef and cabbage | Grilled steak night | Fried chicken | Breakfast at night | Char-grilled burgers |
| Baked fish | Fresh bread | Baked fish | Broiled huli huli chicken | London broil | | Chili |
| Red beans | Veggie of the day | Boiled potatoes | Baked potatoes | Mashed potatoes | | Three cheese pasta |



VOLLEYBALL RESULTS

A LEAGUE

WEDNESDAY, NOV. 19

Mixed Plate def. School 'Em: 13-25, 25-19, 15-11
Old School def. Spartan 1: 22-25, 26-24, 15-6

FRIDAY, NOV. 21

School 'Em def. Old School: 25-14, 25-17

B LEAGUE

TUESDAY, NOV. 18

The Wiggles def. Sets on the Beach: 20-25, 25-12, 15-7
Fifth String def. NANSense 2.0: 25-20, 23-25, 15-10

THURSDAY, NOV. 20

Sets on Beach def. I'd Spike That: 25-11, 25-16
The Wiggles def. NANSense 2.0: 25-17, 25-15

SCHOOL LEAGUE

TUESDAY, NOV. 18

Sophomores def. Seniors: 27-26, 27-25
Juniors def. Black Attack: 25-15, 13-25, 15-8

WEDNESDAY, NOV. 19

Freshmen def. White Lightning: 25-17, 25-18
Sophomores def. Black Attack: 25-16, 25-21

THURSDAY, NOV. 20

Sophomores def. Freshmen: 25-10, 19-25, 15-9
Black Attack def. White Lightning: 25-13, 25-21

TEAM STANDINGS (WIN-LOSS)

A LEAGUE

| | |
|-------------|-----|
| Mixed Plate | 5-0 |
| School 'Em | 3-3 |
| Old School | 1-4 |
| Spartans | 1-3 |

B LEAGUE

| | |
|-------------------|-----|
| The Wiggles | 3-0 |
| Fifth String | 2-1 |
| I'd Spike That | 1-2 |
| Sets on the Beach | 2-1 |
| NANSense 2.0 | 0-4 |

SCHOOL LEAGUE

| | | | |
|------------|-----|-----------------|-----|
| Sophomores | 6-0 | Freshmen | 2-4 |
| Seniors | 3-2 | Black Attack | 3-3 |
| Juniors | 2-2 | White Lightning | 0-5 |

NEXT WEEK'S SCHEDULE: COME CHEER ON YOUR TEAM!

Tuesday

4:30 p.m.: Black Attack vs. Seniors
5:30 p.m.: Juniors vs. Sophomores
6:30 p.m.: Sets on Beach vs. NANSense 2.0
7:30 p.m.: I'd Spike That vs. Fifth String

Wednesday

4:30 p.m.: Freshmen vs. Black Attack
5:30 p.m.: White Lightning vs. Seniors
6:30 p.m.: Mixed Plate vs. School 'Em
7:30 p.m.: Old School vs. Spartan 1

Thursday

4:30 p.m.: White Lightning vs. Juniors
5:30 p.m.: Freshmen vs. Seniors
6:30 p.m.: NANSense 2.0 vs. I'd Spike That
7:30 p.m.: Fifth String vs. The Wiggles

Friday

4:30 p.m.: Black Attack vs. Juniors
5:30 p.m.: White Lightning vs. Freshmen
6:30 p.m.: Mixed Plate vs. Spartan 1
7:30 p.m.: Old School vs. School 'Em

Weather

Courtesy of RTS Weather

| Day | Skies | Chance of Rain | Winds |
|-----------|---------------|----------------|------------------------|
| Sunday | Mostly Cloudy | 10% | ENE-E at 13-18 knots |
| Monday | Partly Sunny | 10% | ENE-E at 15-20 knots |
| Tuesday | Mostly Sunny | 10% | NE-E at 13-18 knots |
| Wednesday | Partly Sunny | 20% | NE-ESE at 11-16 knots |
| Thursday | Partly Sunny | 40% | ENE-ESE at 10-15 knots |
| Friday | Partly Sunny | 30% | E-SE at 8-13 knots |

Yearly total: 112.34 inches
Yearly deviation: +28.23 inches

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

| | Sunrise Sunset | Moonrise Moonset | Low Tide | High Tide |
|-----------|------------------------|-------------------------|-------------------------------------|------------------------------------|
| Sunday | 6:48 a.m. 6:27 p.m. | 1:21 p.m. 12:48 a.m. | 4:20 a.m. 0.5' 4:49 p.m. 1.1' | 10:51 a.m. 2.8' 11:05 p.m. 3.1' |
| Monday | 6:48 a.m. 6:28 p.m. | 2:09 p.m. 1:43 a.m. | 5:45 a.m. 0.5' 6:30 p.m. 0.9' | 12:20 p.m. 3.1' ----- |
| Tuesday | 6:49 a.m. 6:28 p.m. | 2:57 p.m. 2:36 a.m. | 6:54 a.m. 0.3' 7:41 p.m. 0.5' | 12:33 a.m. 3.1' 1:24 p.m. 3.6' |
| Wednesday | 6:49 a.m. 6:28 p.m. | 3:46 p.m. 3:30 a.m. | 7:48 a.m. 0.1' 8:34 p.m. 0.1' | 1:39 a.m. 3.3' 2:14 p.m. 4.0' |
| Thursday | 6:50 a.m. 6:28 p.m. | 4:35 p.m. 4:25 a.m. | 8:32 a.m. -0.2' 9:17 p.m. -0.2' | 2:31 a.m. 3.4' 2:55 p.m. 4.4' |
| Friday | 6:50 a.m. 6:29 p.m. | 5:26 p.m. 5:19 a.m. | 9:10 a.m. -0.3' 9:56 p.m. -0.5' | 3:14 a.m. 3.6' 3:32 p.m. 4.6' |
| Dec. 6 | 6:51 a.m. 6:29 p.m. | 6:18 p.m. 6:14 a.m. | 9:46 a.m. -0.4' 10:31 p.m. -0.6' | 3:52 a.m. 3.6' 4:07 p.m. 4.8' |