

THE KWAJALEIN HOURGLASS

**Veterans look back on
60th anniversary**

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quitters win**

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Letters to the Editor

StayWell stays the course under new chief executive

To All StayWell Insurance Members on Kwajalein:

I am writing to address the rumors that have spread regarding the departure of Mr. Don Davis, as President of StayWell. I apologize for the late notice of this; however, we were working through various transition issues.

Mr. Davis has chosen to move on to pursue other opportunities that the time of retirement will allow him greater freedom to do so. He thanks all the StayWell members on Kwajalein for their support and friendly interaction during his past visits. He will also continue in his capacity as a Board Member and Shareholder in the company.

Maria Taitano is the Acting CEO. StayWell's operations in Kwajalein, Guam, Saipan and elsewhere continue unabated. Zurich Financial Services remains the main plan under-

writer and claims payments are being processed on the usual first in first out basis and we continue to remain current with our Queen's Hospital Payments. Essentially, it is business as usual and we remain a partner with all our health plan members.

If you have any issues or concerns, please address them to Grace Lavigne, our Staywell Insurance representative on Kwajalein, who will, if necessary, pass them on to me.

Sincerely,
William S. Bossany
Associate Administrator
StayWell Insurance

Reader finds no humor in column

After reading the editorial in this week's paper, I feel disgusted and angry.

In the article titled "With Super Bowl over, baseball gets fan going," what were you thinking taking such light of domestic violence and child abuse of all the different subjects you could have chose?

After working in a domestic violence shelter for 10 years, I feel the article is in very poor taste to say the least. AND if there is domestic violence going on here, what do you think was going on in their minds if they read this horrible, tasteless article?

And you cannot brush it off to, "I was just making a comparison/kidding," because there is no excuse for such inconsideration of another person's plight. Because now, they would not come forward because you think it's funny and compare it to baseball/football!

It's quite unbelievable that this article was printed.

— Sharon A. Stanaland

To submit a letter: Keep letters to less than 300 words, and keep comments to the issues. Letters must be signed.

We will edit for AP style and, if you exceed the word limit, space. Limit one letter every 30 days.

Send your letter to:

The Hourglass, P.O. Box 23, Local; or jbennett@kls.usaka.smdc.army.mil.

Marshallese Word of the Day

Etetal – Walk

The Kwajalein Hourglass

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Trip offers something completely different

By KW Hillis
Assistant Editor

I have wanted to visit or even live in Japan since I was little. I suspect it had to do with the idea that Japanese homes had no clutter at all. I grew up with three siblings and my parents — all of us "pack rats."

So the minimalist style of Japanese living appealed to my senses.

My dream never wavered despite reports that Japan was full of people who got packed onto the trains every day, and that it was the most expensive country to visit.

Last month, I finally visited Japan.

I think Western people think it is expensive since everything is exotic to our eyes.

When is the last time you had an exquisitely made 14-course dinner, each made with the freshest of ingredients designed to be delicious to the taste buds as well as the eyes — for about \$52. And there is virtually no tipping in Japan!

Here is just a sampling of what I observed and packed into 6½ days.

I witnessed the spectacle of Sumo wrestling in Tokyo. I figured out, with some help, the meticulously-run transportation system. I never saw anyone pushed onto the vehicles although it did get crowded.

Most of the Japanese people I met spoke no English, and I didn't speak Japanese except for "Good morning," "Thank you very much" and "You're welcome." They offered me lots of help.

Despite the number of vending machines and shops that wrapped already wrapped purchases, I marveled at the fastidiously clean cities and towns. The Big Buddha in Kamakura was as serene in the frigid air as I had always imagined. Mt. Fuji from a cable car in Hakone and from a red and gold painted pirate ship — I'm not kidding — looked like a painting rather than a real mountain. The juxtaposition of the old and the new — temples and traditional inns next to McDonalds and ultramodern buildings like Kyoto Station became more obvious when a group of kimono-clad women and a Sumo wrestler got on the subway. And I found the neck-high bathtubs something to look forward to each day before I slept on my futon.

I found reasonably priced items to buy, but Japan had rubbed off on me, and I became a minimalist. I just took home pictures and memories of a beautiful country and friendly people.

Now if I can just minimize my BQ room.

Attitudes about smoking changed in last 40 years

By KW Hillis
Assistant Editor

Forty years ago, people's attitudes towards cigarettes and tobacco products were different. Smoke filled restaurants, work places, airplanes and even movie theaters, said Marion Ruffing, psychologist and certified Employee Assistance Professional, who conducts smoking-cessation workshops.

Children under 18 "could go buy Dad a pack of cigarettes at the local store," she said, explaining that magazines, newspapers and television were full of ads showing rugged men and feminine women smoking.

The last thing on anyone's mind was quitting smoking, she said.

The turning point was in January 1964 when the Surgeon General issued a report on smoking and health, for the first time officially recognizing the link between smoking and cancer and other diseases, according to the



Centers for Disease Control and Prevention.

"When they brought non-smoking areas into effect, the majority of people were smokers. Now it is reversed; the majority of people are non-smokers," Ruffing said.

But despite the threat of cancer, heart disease, or asthma, and other serious health problems, people have trouble quitting because the nicotine in tobacco is addictive, Ruffing said.

There is help available locally to help tobacco users quit. Along with the smoking cessation classes — every Friday she has a Marshallese class at 11:30 a.m. at the hospital and offers classes for Americans three times a year or individually when asked — medications including nicotine gum, patches and Zyban, which requires a doctors visit, are available on island. The cost of the medication can be offset by the cost of the tobacco.

Fortunately, according to the American Cancer Society, when even long-term smokers quit there are benefits, said Dr. Eric Lindborg, Kwajalein Hospital chief medical officer.

Today, after 10 years of smoking, on the average 10 cigarettes a day, and trying to stop smoking on her own, Neilang Torelang is starting a smoking cessation class with Ruffing.

"I always try to stop, but it is hard," she said before the class. "I already tried to take two weeks without smoking."

She was successful, but peer pressure and being around other smokers can be a problem for someone trying to quit.

"A lady came and talked to me. She smoked, and I smoked with her," Torelang said, explaining that as long as she is busy she doesn't smoke.

Having tried two or three times to quit, Torelang said she will succeed despite the fact that her friends have doubts.

"Some of my friends don't believe you can quit," she said. "If I quit, I will tell all my friends."

At a diabetic clinic, she asked for help in quitting smoking and was referred to Ruffing. No matter what her friends say, she said she has good reasons to quit.

"My health is not well ... and I have two children," she said.

Using tobacco products is the "foremost preventable cause of death in the U.S.," according to the CDC.

On Christmas Eve, resident Mike Russell took the first step in quitting a 12-year snuff habit using Zyban and the nicotine patches combined with attending Ruffing's smoking cessation class. There is a series of three sets of nicotine patches used to wean a person from the addictive chemical with the last set of patches having the least nicotine. Russell is on the last set.

"My wife told me to stop," he said. "She convinced me it wasn't healthy for me."

Just like Torelang, Russell previously tried to break the habit.

"I tried to stop before going to Iraq," he said. "But I had enough stress then to deal with."

Stopping snuff is hard because one dip is equal to three or four cigarettes'



All tobacco products have a health warning. Forty years ago the Surgeon General issued the first official warning about tobacco and health consequences.

(Illustration by Dan Adler)

worth of nicotine, Ruffing said.

"I had a can or two every three days," he said.

Although, at 32 years old, Russell had not seen any ill effects from his habit, he decided to quit and was referred to Ruffing. With her help and the medication, Russell is almost nicotine-free, and he has some advice for others who want to quit.

"I would tell them it is very hard to stop" unless they are using the medication and seeing a counselor, he said. "Then it is easy."

Forty years ago there was no reason to quit smoking, today there are many health and family reasons. Clusters of smokers stand outside of smoke-free work places and public buildings, while the evidence becomes clearer that using tobacco can have life-threatening consequences.

The bottom line Lindborg said is, "Smoking is bad. Not smoking is good. End of story."

Anyone thinking of quitting can call Ruffing, 55362.

Health benefits when a person quits smoking*

20 min.: Blood pressure drops to level close to that before last cigarette.

8 hrs: Carbon dioxide level in blood decreases.

24 hrs: Chance of heart attack decreases.

2 wks. - 3 months: Circulation improves and lung function increases by 30 percent.

1 - 9 months: Coughing, sinus congestion, fatigue and shortness of breath decrease.

1 year: Excess risk of coronary heart disease is half that of a smoker's.

5 years: Stroke risk reduced to that of a non-smoker.

10 years: Lung cancer death rate is about half that of a continuing smoker. Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.

15 years: Risk of coronary heart disease is that of a non-smoker's.

* American Cancer Society

OPERATION FLINTLOCK

1944

60 YEARS LATER

2004

Veterans and visitors relive island history

By Jan Waddell
Reporter

Jan. 31, 1944, Operation Flintlock begins in the Kwajalein Atoll.

Jan. 31, 2004, two WWII veterans, along with the daughter of a Medal of Honor winner, returned to the atoll to commemorate the 60th Anniversary of Operation Flintlock.

Veterans James Reaves, Navy Underwater Demolition Team, and Archie Pitts, Seabee Battalion Maintenance Unit 590, both served on Roi-Namur — Reaves during Operation Flintlock and Pitts during the rebuilding of Roi and Namur afterwards.

Reaves attended the 50th Anniversary of Operation Flintlock, but this trip marked Pitts' first visit in 59 years.

Connor Dyess Smith and her husband, retired Air Force Maj. Gen. Perry Smith, came to honor her father, Lt. Col. Aquilla "Jimmie" Dyess, who was killed in battle on Namur 60 years ago.

Another 11 visitors traveled to pay their respects to the veterans of the operation.

Col. Jerry Brown, USAKA commander, a Marine Color Guard and the members of the Kwajalein Pipes and Drums met the flight Saturday.

After the guests processed-in, they traveled to their respective quarters for a short rest before a welcome dinner and '40s style dance at the Yowke Yuk Club. The dance featured the 16-member Kwajalein High School Stage band, led by Dick Shields, Kwajalein Jr./Sr. High School band teacher.

Before long the dance floor was full of people dancing to the big band sounds of Count Basie, Glenn Miller and Dizzy Gillespie.

"The musicians really enjoyed performing at Saturday night's '40s

The Kwajalein Hourglass



(Photo by Jan Waddell)

Visitors, seen through a blast hole in a bunker, tour the World War II battlefield sites on Roi-Namur Sunday.

dance," Shields said. "The audience was great and everyone seemed to be having a good time."

On Sunday, the group took a short plane ride to Roi-Namur for a historical battle field tour.

As Reaves stepped off the plane he remarked how beautiful the flight was and so was Roi, now.

Floyd Corder, Roi-Namur operations manager, escorted the veterans on a four-hour tour pointing out historic land marks and giving details of the battle at each marker.

The first stop on the tour was Red Beach, where the Marines first landed on Roi.

"The Marines are the finest machine I have ever seen," Reaves said "They fight a different type of war than the Army."

He pointed out some areas on the map where he set explosives, to aid the Marines, and explained his part in the Roi and Namur invasion.

He went on to talk about the huge explosion on Namur, which he said

was the Japanese warhead storage area.

In that building there were hundreds of warheads, Reaves said.

"When it went off men were blown 500-yards away from the area," he added.

The tour continued around the airport following the Roi-Namur WWII Historical Battlefield Tour map.

At each stop, the bus unloaded and the guests took many pictures of the veterans in front of the historical buildings and markers.

Aged-hands reached out and touched the buildings that housed memories.

At one point, the tour stopped at a historical marker for Dyess, one of the four Medal of Honor winners.

His daughter and her husband thanked Corder for the flowers, which were placed at the base of the plaque that honored her father.

It wasn't until the tour reached the beach at Namur that Pitts started



(Photos by Jan Waddell)

ABOVE: Connor Dyess Smith reflects on her father, Lt. Col. Aquilla "Jimmie" Dyess, at a monument dedicated to the man who earned the Medal of Honor posthumously during the battle for Namur.

RIGHT: Archie Pitts, with grandson, John Pitts Jr., walk the beach on Roi Namur Sunday.

BELOW: The elder Pitts, then a young Seabee, sits atop a destroyed Japanese gun emplacement, in 1944. The emplacement is still on Roi today.

(Photo courtesy of John Pitts Jr.)



to explain his role in the building of Namur.

"I really didn't recognize anything until we got up on Namur," Pitts said.

Pitts said his unit reached Roi-Namur nine days after troops secured the atoll.

During his 18 months on Roi-Namur his unit repaired the old Japanese power set to provide power to the island, built a place for the soldiers to bathe and built several Quonset huts, he said.

As he passed what is now called the Japanese Torpedo Testing Tank, Pitts said he built the tank. The troops had been bathing in salt water for about 8-10 months, and the Seabees built the tank to allow the troops fresh water to bath in.

"We built it for our shower," he added.

He said they had built a series of interconnected Quonset huts that served as their church up near the north corner of Namur.

"I couldn't find it," he said, explaining that the jungle must have taken it over.

He also said they built a second series of interconnected Quonset huts in the same area, which served as a post office, office space and a store.

The most unpleasant thing he had to do when he arrived on Namur was to move the graves of the men who died there, he said.

"The high tide was coming up on the graves," Pitts said.

Pitts was on Namur when the war ended and spent the next few months training new recruits to continue the rebuilding of Roi-Namur.

At the end of the tour, the group returned to the airport terminal where Corder explained some of the WWII pictures that line the walls.

They then returned to Kwajalein, and later that evening the all-girl band SASS entertained the visitors at the American Legion Post 44.

The group participated in Monday's Operation Flintlock monument dedication.

Tuesday, the group took a boat to see the Prinz Eugen heavy cruiser in the Kwajalein lagoon. That evening, Smith's husband led a discussion on his father-in-law, heroism and the Medal of Honor, in general.

Wednesday the group departed.

"At first I didn't want to come," Pitts said before he left. "I'm am sure glad I came back."

Veteran Navy diver recounts Roi-Namur action

By Jan Waddell
Reporter

When James Reaves joined the Navy in 1943 he had no idea he would serve in an important part of Operation Flintlock.

Reaves recounted his experiences this week, after events marking the 60th anniversary of the battle.

He volunteered for the Navy in San Francisco, Calif. and was given only an arm band with the words "Navy Volunteer" written on it and 60 draftees to escort to Camp Perry, Va.



Reaves explained they had no uniforms at that time so he was just given the armband.

He was on his way to Virginia to join the Naval Combat Demolition Unit, which soon became the Underwater Demolition Team and today is known as the Navy SEALs.

He started his training in the St. James River, but when the river froze the UDTs were sent to Fort Pierce, Fla., to train year-round, Reaves added.

He trained in various hand-to-hand combat techniques, deep-sea diving, scuba diving and demolition, seemingly 24 hours a day.

"We were either sleeping or training," Reaves said.

In one technique, divers used a re-breathing unit, which is a pack filled with charcoal. The diver has two hoses, one going into the pack and one coming out. The charcoal cleans out the carbon dioxide and the diver re-breathes the same air. This way, they can dive without bubbles.

In another exercise, Reaves remembered, divers sawed a 2x4 into one-foot sections underwater.

After training in Florida, he returned to San Francisco for about eight more weeks of training before shipping out to Honolulu.

The UDTs then transferred to a training facility in Maui, which is still used today as a Navy SEAL training base.

Reaves explained they were awakened early in the mornings and taken out to the ocean in a boat where they were put on rubber rafts and told to paddle back to shore.

"It seemed like to me it was a 100 miles [back to shore]," Reaves added.

This was all training for what they would soon know as Operation Flintlock.

The UDTs trained in Maui for about three months before they shipped out on the USS *Monrovia* — destination the Marshall Islands.

The 4th Marine Division had shipped out from San Diego to Hawaii, but when they got to the Hawaiian Islands they were not allowed off the ship. They shipped out with the UDTs for the Marshall Islands, without shore leave.

"I felt so sorry for them," Reaves said. "I think that is why they cleaned up that island [Roi-Namur] in two



(Photo by Jan Waddell)

Operation Flintlock veteran James Reaves points out where he came ashore at the Red Beach marker on Roi-Namur Sunday during a 60th anniversary tour of the battlefield.

days."

When Reaves shipped out on the *Monrovia*, he said he didn't even know what Roi and Namur were.

"I found out it was two little islands," he added.

Reaves' UDT team landed on Ennuebing, an island close to Roi, around Jan. 29 or 30, 1944.

"Our task was to swim the channels and beaches of that island [Roi]," Reaves said. "My orders were to seek out, locate and destroy any man-made or natural obstacle which would prevent the Marines from landing. If it was going to interfere, we blew it up."

Reaves added they were also looking for Japanese "hedgehogs," a barricade made from metal railroad ties designed to prevent a beach landing.

"If we found any of those [hedgehogs] we had to blow them up and get them out of the way," he said.

Reaves was part of a seven-man team which would carry 44-pound backpacks filled with C4, C2 or TNT. When they found a mine, coral head or "hedgehog," they would take their knife and poke holes in the waterproof backpack to sink it on the obstruction.

Searching for the obstacles was done at night with no flashlight and just goggles so there were no air bubbles, he said.

When the UDTs came ashore on Roi, Reaves remem-

(See DIVER, page 7)

Books prompt discussion of Medal of Honor

By Jim Bennett
Editor

Residents and visitors gathered Tuesday night to talk about heroism.

Retired Air Force Maj. Gen. Perry Smith led a discussion based on his book, "A Hero Among Heroes, Jimmie Dyess and the 4th Marine Division," and "Medal of Honor," a book he helped produce profiling living Medal of Honor recipients.

"We need heroes, people to look up to," Smith said, opening the session.

Smith led off describing Dyess, his father-in-law and a man who earned both the Carnegie Medal, the country's highest civilian award for heroism, and the Medal of Honor, the military's highest award.

He presented a video profile on Dyess' life, which included interviews with Frank Pokrop, a Marine whose life Dyess saved on Roi-Namur.

"He was the epitome of a Marine officer," Pokrop said, adding Dyess didn't expect to survive the war. "I don't think he could stand by and watch something happen to someone right in front of him without trying to do something about it."

In Pokrop's case, Dyess led a group of Marines on a headlong attack against a Japanese position that had pinned Pokrop and other Marines

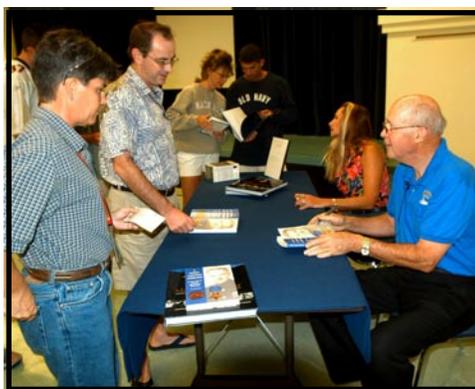
down in machine gun fire.

Dyess died later in the battle leading another attack on a Japanese bunker and earned the Medal of Honor for his actions.

But Smith said, without the complete citation, he believes Dyess earned the medal for his combined efforts that day, including the rescue of Pokrop, and not just for the final assault that claimed his life.

Smith, who also serves on the board of the Congressional Medal of Honor Foundation, then transitioned to discussing living Medal of Honor recipients.

"They're wonderfully caring people with a great desire to help people," he said of the men, adding they came from all different groups, walks-of-life and ranks. The youngest living recipients earned their awards during Vietnam, though two men most recently earned the highest honor posthumously in Somalia. A few recipients from World War II remain alive including Richard Sorenson, who as a private in the Marine Corps, threw himself on a grenade and



Retired Air Force Maj. Gen. Perry Smith signs copies of his book during a discussion Tuesday night at the MP room.

(Photo by Jim Bennett)

earned one of four Medals of Honor awarded on Roi-Namur. He was the only recipient from that action to survive the battle.

"I heard somebody yell 'grenade.' I looked down and there it was," he said in a video Smith presented. "Somebody had to do it, and I just happened to be there."

Though invited, Sorenson could not attend the 60th Anniversary events because of his health, Smith reported.

As the discussion entered the question-and-answer phase, the audience talked about the virtues of heroes, then queried the major general on his 12 years of experience as a military analyst with the network media, key political players and current events.

Diver saw duty at Roi-Namur and Kwajalein ...

(From page 6)

bered there were no trees or vegetation. The island had been leveled from the air strikes and shelling, which preceded the Marine landing.

"I don't know how a fly lived on [Roi]," Reaves said.

Reaves continued, "I wasn't in the first wave. After the Marines had secured the area we came in after that. They secured Roi that first day, but that didn't mean it was safe."

He recalled he had only been on Roi a short time and was somewhere between Red Beach 1 and 2 when the Japanese warhead storage area blew up.

"When it first happened, I thought we were sinking the island," Reaves said. "Then there were a lot of smaller explosions after that. I was scared to death. I was shaking from fear and cold."

That first night on Roi, Reaves recalled that in order to get some rest they had to find a hole to rest in.

"I can't remember sleeping that first night, but I know I did," he added.

Reaves said Marines pushed the Japanese to the Namur side of the island and cornered them before they finally gave up.

On the third day of Operation Flintlock, Reaves and his team flew to Kwajalein to locate and secure

some underwater mines.

They were working off North Point where the Japanese had mined the area with a special magnetic underwater mine that would sit on the ocean floor and, when a ship passed over it, would attach to the ship's hull before exploding.

"They wanted me to remove the mines so they could study them," he said. "I was in the water and the next thing I knew I was on a hospital ship headed for New Guinea."

The mine had blown up while Reaves had tried to defuse it.

He was sent to the Army hospital in New Guinea for three to four weeks then transferred to the naval hospital in Honolulu around the end of June.

He was again transferred to a Naval Hospital in Oakland, Calif., and finally, to a naval hospital in San Diego. He was released in October, nine months after the explosion.

Reaves will celebrate his 89th birthday and his 69th wedding anniversary this July.

He celebrates his life with his wife, Muriel Kathryn Dougherty, three children, 12 grandchildren and 12 great-grandchildren; but 60 years ago he was in a fight for his life for the part he played in Operation Flintlock.



WELCOME TO THE MOVIES

Saturday, Feb. 7

7:30 p.m., Rich — *Secondhand Lions* (PG)

7:30 p.m., Yuk — *Matchstick Men* (PG-13)

7:00 p.m., Roi — *Beyond Borders* (R)

Sunday, Feb. 8

7:30 p.m., Rich — *Under the Tuscan Sun* (PG-13)

7:30 p.m., Yuk — *The Missing* (R)

7:00 p.m., Roi — *The Job* (R)

Monday, Feb. 9

7:30 p.m., Rich — *Radio* (PG)

7:30 p.m., Yuk — *Duplex* (R)

For movie synopsis check out www.allmovie.com

All movies subject to change with shipments. For updates, call the movie hotline at 52700.

Volleyball Schedule

Tuesday, Feb. 10

5:30 p.m. Jabro Girls/Sp. Girls I

6:30 p.m. Calvary Girls/Hacker's Doves

7:30 p.m. Sp. Girls Blue/Sp. Girls II

Wednesday, Feb. 11

5:30 p.m. Hits Like A Girl/Dig Dug

6:30 p.m. Islanders/Network

Thursday, Feb. 12

5:30 p.m. Sp. Coed Blue/Sp. Boys I

6:30 p.m. What's Vowwey Bawl?/Free Agents

7:30 p.m. Sp. Coed Red/Fists of Fear

Friday, Feb. 13

5:30 p.m. Calvary Girls/Jabro Girls

6:30 p.m. Hacker's Doves/Sp. Girls I

7:30 p.m. Sp. Girls II/Sp. Girls Red

Saturday, Feb. 14

5:30 p.m. Dig Dug/Network

6:30 p.m. Hits Like A Girl/Islanders

7:30 p.m. Fists of Fear/Sp. Boys I

For up to date scores, schedules and officials, call the Sports Hotline at 54190

Volleyball Standings

A-League Open

Dig Dug 5-0

Hits Like A Girl 4-1

Network 2-4

Islanders 0-6

B-League Open

Spartans Coed Blue 4-0

What's Vowwey Bawl? 4-1

Free Agents 3-2

Spartans Boy I 1-2

Fists of Fear 0-3

Spartans Coed Red 0-4

Women's League

Calvary Girls 3-1

Jabro Girls 3-1

Hacker's Doves 2-0

Spartans Girls I 2-1

Spartans Girls Red 2-3

Spartans Girls Blue 1-3

Spartans Girls II 1-4

AFN KWAJALEIN

Window on the Atoll:
Operation Flintlock,
60th Anniversary

All AFN programming is
subject to change without notice.

Softball Schedule

Tuesday, Feb. 10

5:15 p.m. Sp. Boys I/Til Tak
Tole-Mour/Tarlang
Po Ho's/Ri-Majolz

6:45 p.m. Criminals/Sunrise

8:00 p.m. Podunkers/Glazed or Jelly

Wednesday, Feb. 11

5:15 p.m. Agents/Barnacles

Miss Demeanors/30 Something

6:45 p.m. Mayhem/Dri-Kokbij

Thursday, Feb. 12

5:15 p.m. Til Tak/Guegeegu

6:45 p.m. Sp. Boys I/Tole-Mour

Friday, Feb. 13

5:15 p.m. Agents/Mayhem

Sp. Boys II/Dri-Kokbij

6:45 p.m. Sunrise/Podunkers

8:00 p.m. Glazed or Jelly/Criminals

Saturday, Feb. 14

5:15 p.m. Ri-Majolz/Scrubs

For up to date scores, schedules and officials, call the Sports Hotline at 54190.

Softball Standings

Men's A-League

Criminals 2-0

Glazed or Jelly 1-1

Podunkers 1-1

Sunrise 0-2

Men's B-League

Spartans Boys I 1-0

Til Tak 1-0

Tole-Mour 1-1

Guegeegu 1-1

Tarlang 0-2

Men's C-League

Agents 2-0

Dri-Kokbij 2-1

Barnacles 1-1

Spartans Boys II 1-2

Mayhem 0-2

Women's League

30 Something 2-0

Po Ho's 1-0

Scrubs 1-1

Miss Demeanors 0-2

Ri-Majolz 0-1

Hourglass Advertising

Friday's ads are due by noon Wednesday and Tuesday's ads are due by noon Friday. All ads for a given resident must be less than 50 words. We will combine multiple ad submissions, where necessary, or edit for style and space.

4-H club opens with six classes

By Jon Cassel
Contributing Writer

Residents both young and old gathered in the elementary school music room Jan. 30 to learn about the newest edition to Kwajalein's youth opportunities: the 4-H club.

4-H, which stands for heart, hands, health and head offers kids an opportunity to learn new skills, sharpen their old ones, help out in the community and have fun, according to Heather Schantz, 4-H coordinator. Typically, 4-H clubs have been labeled with the cows, plows and sows stereotype; however, Kwaj plans to take a different approach.

As of now, Child and Youth Services, which sponsors the program, will offer six individual courses within the program to children 8-18 years of age. Courses include creative writing, dog obedience, cooking, creative arts, technology and photography. Prospective students first register within the general club, and then pick specific interests that they wish to pursue.

Every other month for a total of six times per year, the club will hold collective meetings with all members. These meetings will serve to elect officers, who hold office for one year, and to give kids a chance to report on their progress in their different classes.

Jeffrey Beckler, 10 years old, signed up for the cooking, photography, and creative arts courses.

"I like to cook and I like making art," he said. "It sounded pretty fun, and I'd like to learn how to make good food."

Another future member, 11-year-old Dylen Russell, explained his reasons for joining the cooking and technology clubs.

"I'm not exactly a good cook, so I want to learn how," he said. "I signed up for technology just for the fun of it, and to learn some new things."

Community members who missed last Friday's meeting may still register for the 4-H club, however children must be registered with CYS. Information packets with the forms can be found at the George Seitz Elementary School office.

Saturday, Feb. 7

Time	Channel 9-AFN Atlantic	Channel 13 - AFN News-Sports	Channel 14 - AFN News	Channel 17 - AFN Sports	Channel 23 - AFN Spectrum	Channel 35 - AFN Direct to Sailors
12:00AM	The Late Show	Good Morning America	Good Morning America	NCAA Basketball Duke at North Carolina	Savage Seas	24
12:30AM	Access Hollywood				The Life of Mammals	Headline News
1:00AM	Movie: The Court-Martial of Jackie Robinson	Headline News	Headline News	NHL Detroit Red Wings at Colorado Avalanche	Buffy the Vampire Slayer	Tonight Show with Jay Leno
2:00AM		World News	World News		Iron Chef	Late Show with David Letterman
2:30AM		Early Show	Early Show	SportsCenter	Rocket Power	Access Hollywood
3:00AM	Movie: Patch Adams				The Fairly Oddparents	Movie: Men in Black
3:30AM						
4:00AM						
4:30AM						
5:00AM	Bulletin Board	FOX News Live	FOX News Live	Around the Horn	The Simpsons	
5:30AM				Pardon the Interruption	The Cosby Show	
6:00AM	Good Morning America	Primetime	Primetime	NCAA Basketball Arizona at California	Charmed	Movie: Harriet the Spy
6:30AM						
7:00AM		FOX News Live	FOX News Live		The X-Files	
7:30AM						
8:00AM	Teletubbies	PGA Tour	Headline News	PGA Tour AT & T Pebble Beach Pro-AM Second Round	Savage Seas	Today
8:30AM	Wheel of Fortune	AT & T Pebble Beach	Inside Politics			
9:00AM	Dr. Phil	Pro-AM			The Life of Mammals	
9:30AM	Oprah Winfrey <9:46>	Second Round	Headline News			
10:00AM			Lester Holt Live		Buffy the Vampire Slayer	Family Ties
10:30AM	Guiding Light <10:35>					Malcolm in the Middle
11:00AM	General Hospital<11:17>	Headline News	Headline News	SportsCenter	Iron Chef	Fantasy Island
11:30AM		NBC Nightly News	NBC Nightly News			
12:00PM	Window on the Atoll	ABC World News	ABC World News		The View	The View
12:30PM	Judge Judy	NBA Shootaround	CBS Evening News	NBA Shootaround		
1:00PM	The Newshour	NBA	News Hour with Jim Lehr	NBA Orlando Magic at New Jersey Nets	Living Better	Charmed
1:30PM		Orlando Magic				Homes with Style
2:00PM	Sesame Street	at	Hannity and Colmes		While You Were Out	Trading Spaces Family
2:30PM		New Jersey Nets				
3:00PM	Calilou		The Newshour		Trading Places	Headline News
3:30PM	All Grown Up	The Newshour		Davis Cup Tennis First Round		NBA
4:00PM	Kim Possible	BET Nightly News	BET Nightly News			Gilmore Girls
4:30PM	Teenage Robot	Nightly Business Rept.	Nightly Business Rept.			
5:00PM	Jeopardy	Larry King Live	Larry King Live		The Division	
5:30PM	Access Hollywood					
6:00PM	Bulletin Board	Newsnight	Newsnight		Movie: Wings of the Dove	ESPNNews
6:30PM	The Cosby Show	with Aaron Brown	with Aaron Brown	Around the Horn		WWE Raw
7:00PM	The Simpsons	Paula Zahn Now	Paula Zahn Now	SportsCenter		
7:30PM	That 70s Show					Navy/Marine Corp
8:00PM	Survivor: All-Star	Nightline	Nightline	Friday Night Fights	The View	Entertainment Tonight
8:30PM		Pardon the Interruption	Air Force TV News			
9:00PM	24	Hardball with Chris Matthews	Hardball with Chris Matthews		Living Better	Headline News
9:30PM					Homes with Style	ESPNNews
10:00PM	Headline News	O'Reilly Factor	O'Reilly Factor	Pardon the Interruption	While You Were Out	One on One
10:30PM	Tonight Show with Jay Leno			NHL Cool Shots		According to Jim
11:00PM		Dateline NBC	Dateline NBC	SportsCenter	Trading Places	The Practice
11:30PM	The Late Show					

Sunday, Feb. 8

Time	Channel 9-AFN Atlantic	Channel 13 - AFN News-Sports	Channel 14 - AFN News	Channel 17 - AFN Sports	Channel 23 - AFN Spectrum	Channel 35 - AFN Direct to Sailors
12:00AM	David Letterman	CNN Saturday Morning	CNN Saturday Morning	Inside the NFL	Gilmore Girls	The Practice
12:30AM	Access Hollywood					
1:00AM	Movie: Men in Black	20/20	20/20	NBA San Antonio Spurs at Sacramento Kings	The Division	Headline News
1:30AM		NBC Saturday Today	NBC Saturday Today		Real Sports with Bryant Gumbel	Movie: Wings of the Dove
2:00AM						
2:30AM	Movie: Harriet the Spy	Wall Street Journal	Wall Street Journal	SportsCenter	The View	Live in Hollywood
3:00AM						
3:30AM		America's Black Forum	America's Black Forum	The Entertainers		
4:00AM						
4:30AM	Bulletin Board	NFL Total Access	News From CNN	NCAA Basketball Michigan State at Ohio State	Living Better	SportsCenter
5:00AM		Dateline NBC	NCAA Basketball Carolina at Kentucky		Dateline NBC	
5:30AM	Bob the Builder			Air Force TV News		NCAA Basketball LaSalle at St. Joesoph's
6:00AM		Franklin	20/20		FOX News Live	
6:30AM	Rocket Power			NCAA Basketball Arizona at Stanford		NCAA Basketball Texas Tech at Kansas
7:00AM		Jimmy Neutron	Headline News		NCAA Basketball UAB at Louisville	
7:30AM	Yu-Gi-Oh!			McLaughlin Group		Swamp Critters...
8:00AM		The Proud Family	Capital Gang		Capital Gang	
8:30AM	Trading Spaces Family			Washington Week		Washington Week
9:00AM		Operation Junkyard	Headline News		Headline News	
9:30AM	How to Boil Water			NHL		People In The News
10:00AM		Entertainment Tonight	2004 Superskills		CNN Saturday Night	
10:30AM	WWE Raw			Competition		Dateline International
11:00AM		The Simpsons	SportsCenter		Dateline International	
11:30AM	Malcolm in the Middle			Competition		Dateline International
12:00PM		Raymond	SportsCenter		Dateline International	
12:30PM	The King of Queens			Dateline International		Dateline International
1:00PM		American Dreams	Dateline International		Dateline International	
1:30PM	M*A*S*H*			Larry King Weekend		Larry King Weekend
2:00PM		Mary Tyler Moore	At Large with Geraldo Rivera		At Large with Geraldo Rivera	
2:30PM	Buffy the Vampire Slayer			At Large with Geraldo Rivera		At Large with Geraldo Rivera
3:00PM		One on One	Beltway Boys		Beltway Boys	
3:30PM	According To Jim			Fox News Watch		Fox News Watch
4:00PM		The Practice	Headline News		Headline News	
4:30PM	The Practice			America's Black Forum		America's Black Forum
5:00PM		The Practice	Chris Matthews Show		Chris Matthews Show	
5:30PM	The Practice			Navy/Marine News		Navy/Marine News
6:00PM		Window on the Atoll	Big Story Weekend		Big Story Weekend	
6:30PM	Saturday Night Live			Edition		Edition
7:00PM		Saturday Night Live	Edition		Edition	
7:30PM	Saturday Night Live			Edition		Edition
8:00PM		Saturday Night Live	Edition		Edition	
8:30PM	Saturday Night Live			Edition		Edition
9:00PM		Saturday Night Live	Edition		Edition	
9:30PM	Saturday Night Live			Edition		Edition
10:00PM		Saturday Night Live	Edition		Edition	
10:30PM	Saturday Night Live			Edition		Edition
11:00PM		Saturday Night Live	Edition		Edition	
11:30PM	Saturday Night Live			Edition		Edition

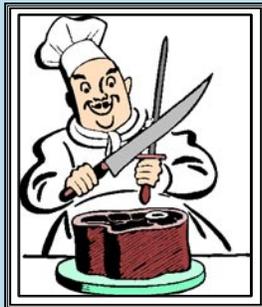
Monday, Feb. 9

Time	Channel 9-AFN Atlantic	Channel 13 - AFN News-Sports	Channel 14 - AFN News	Channel 17 - AFN Sports	Channel 23 - AFN Spectrum	Channel 35 - AFN Direct to Sailors
12:00AM	Live in Hollywood	PGA Tour AT & T Pebble Beach	Fox and Friends	PGA Tour AT & T Pebble Beach	American Dreams	Movie
12:30AM					M*A*S*H*	
1:00AM	The Entertainers	Pro-AM Third Round	CBS News Sunday Morning	Pro-AM Third Round	Mary Tyler Moore	Seinfeld
1:30AM					All in the Family	Meet The Press
2:00AM	All in the Family	The Sports Reporters	Face the Nation	The Sports Reporters	All in the Family	America's Black Forum
2:30AM	The Twilight Zone				The Twilight Zone	
3:00AM	Fantasy Island	Face The Nation	Face the Nation	SportsCenter	Fantasy Island	Entertainment Tonight
3:30AM		Headline News			Headline News	
4:00AM	Swamp Critters	Headline News	Headline News	College Gamenight	Harvest with Greg Laurie	ESPNNews
4:30AM	Harvest with Greg Laurie	Navy/Marine News	Navy/Marine News	NASCAR Nextel Cup Series Qualifying	Harvest with Greg Laurie	SportsCenter
5:00AM	Bulletin Board	ESPNNews	Late Edition with Wolf Blitzer		Music /Spoken Word	
5:30AM	Hour of Power	NBA L.A. Lakers at Orlando Magic	Fox News Live	NBA Seattle Supersonics at Portland Trail Blazers	Real Videos	NCAA Basketball Oklahoma at Texas
6:00AM	Celebration of Victory				CNN Sunday	
6:30AM	Coral Ridge Hour	NHL NHL All-Star Game Western Conference All-Stars vs. Eastern Conference All-Stars	Meet the Press	SportsCenter	Malcolm in the Middle	at Texas
7:00AM	Christopher Closeup				Raymond	
7:30AM	Cafe Video	NHL NHL All-Star Game Western Conference All-Stars vs. Eastern Conference All-Stars	Meet the Press	SportsCenter	The King of Queens	NHL NHL All-Star Game Western Conference All-Stars vs. Eastern Conference All-Stars
8:00AM	Wishbone				American Dreams	
8:30AM	Sesame Street Specials	NHL NHL All-Star Game Western Conference All-Stars vs. Eastern Conference All-Stars	Meet the Press	SportsCenter	M*A*S*H*	NFL Countdown
9:00AM	Movie: The Color of Friendship				CNN Sunday	
9:30AM	Spongebob	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars	60 Minutes	ESPNNews	All in the Family	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars
10:00AM					Eastern Conference All-Stars	
10:30AM	Spongebob	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars	60 Minutes	ESPNNews	The Twilight Zone	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars
11:00AM	Tim Russert				Davis Cup Tennis First Round Singles	
11:30AM	Magnum P.I.	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars	Dateline International	ESPNNews	Fantasy Island	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars
12:00PM					Fox Report	
12:30PM	Magnum P.I.	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars	Dateline International	ESPNNews	The Fairly Oddparents	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars
1:00PM	Magnum P.I.				This Week	
1:30PM	Movie: <.53>	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars	Dateline International	ESPNNews	The Cosby Show	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars
2:00PM	Conan the Barbarian				60 Minutes	
2:30PM	Ebert & Roeper	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars	Dateline International	ESPNNews	Law & Order	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars
3:00PM					60 Minutes	
3:30PM	WWE Smackdown	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars	Dateline International	ESPNNews	NOVA	The New Detectives
4:00PM	CNN Presents				CNN Presents	
4:30PM	Stargate	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars	Dateline International	ESPNNews	Monster Garage	Monster Garage
5:00PM					Larry King Weekend	
5:30PM	M*A*S*H	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars	Dateline International	ESPNNews	NOVA	The New Detectives
6:00PM					At Large with Geraldo Rivera	
6:30PM	Window on the Atoll	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars	Dateline International	ESPNNews	Movie: The Hasty Heart	Movie: The Hasty Heart
7:00PM	Judging Amy				Access Hollywood	
7:30PM	Movie: Notting Hill	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars	Dateline International	ESPNNews	NBA Fastbreak	Movie: The Hasty Heart
8:00PM					PGA Tour AT & T Pebble Beach	
8:30PM	Movie: Notting Hill	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars	Dateline International	ESPNNews	Rocket Power	Jeopardy
9:00PM					Pro-AM Final Round	
9:30PM	Seinfeld	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars	Dateline International	ESPNNews	The Simpsons	Headline News
10:00PM					Final Round	
10:30PM	Meet The Press	NFL NFL Pro Bowl AFC All-Stars vs. NFC All-Stars	Dateline NBC	ESPNNews	Buffy the Vampire Slayer	46th Annual Grammy Awards
11:00PM					60 Minutes	
11:30PM	Meet The Press	ESPNNews	Dateline NBC	ESPNNews	Law & Order	

Tuesday, Feb. 10

Time	Channel 9-AFN Atlantic	Channel 13 - AFN News-Sports	Channel 14 - AFN News	Channel 17 - AFN Sports	Channel 23 - AFN Spectrum	Channel 35 - AFN Direct to Sailors
12:00AM	Americas Black Forum	Good Morning America	Good Morning America	ESPNNews	NOVA	46Th Annual Grammy Awards
12:30AM	Entertainment Tonight			NFL	Einstein's Dream	Headline News
1:00AM	Headline: News			NFL Pro Bowl	Monster Garage	
1:30AM				AFC All-Stars	Movie: The Hasty Heart	Tonight Show with Jay Leno
2:00AM	Headline News	Headline News	Late Show with David Letterman			
2:30AM	The Hasty Heart	World News	World News	Access Hollywood		
3:00AM		Early Show	Early Show	Movie: The River		
3:30AM		SportsCenter	FOX News Live		FOX News Live	
4:00AM	SportsCenter				Rocket Power	
4:30AM	Bulletin Board	FOX News Live	FOX News Live	NCAA Basketball	The Fairly Oddparents	The Simpsons
5:00AM				NCAA Basketball	The Cosby Show	
5:30AM	Good Morning America	60 Minutes	60 Minutes	Clemson at Duke	Buffy the Vampire Slayer	Movie: <:15> The Adventures of Pinocchio
6:00AM		FOX News Live	FOX News Live	ESPNNews	Law & Order	
6:30AM					Headline News	Headline News
7:00AM		Headline News	Headline News	NOVA	Einstein's Dream	Headline News
7:30AM	Dora: the Explorer	Inside Politics	Inside Politics	Super Bowl 38 Recap	Monster Garage	Today
8:00AM	Wheel Of Fortune	Headline News	Headline News	2003 Firefighters Combat Challenge		
8:30AM	The Dr. Phil Show			Lester Holt Live	Lester Holt Live	Around the Horn
9:00AM	Oprah Winfrey <9:46>	Headline News	Headline News	Pardon the Interruption		
9:30AM	Guiding Light <10:35>	Headline News	Headline News	SportsCenter	J.A.G.	
10:00AM		NBC Nightly News	NBC Nightly News			
10:30AM	General Hospital<11:17>	NCAA Basketball	ABC World News	Best of Winter	Rocket Power	Headline News
11:00AM	Bulletin Board	UCONN	CBS Evening News	X Games XIII	Fairly Oddparents	Wheel of Fortune
11:30AM		at Notre Dame	Newshour with Jim Lehrer	PBA	The Simpsons	The Dr. Phil Show
12:00PM	Judge Judy	NCAA Basketball	Hannity and Colmes	61st U.S. Open	The Cosby Show	Oprah Winfrey Show
12:30PM	The Newshour	Kansas	The Newshour	ESPNNews	The Practice	NBC Nightly News
1:00PM	Sesame Street	at Oklahoma State		The Sports Reporters		J.A.G.
1:30PM		Digimon	Headline News	BET Nightly News	SportsCenter	Then & Now
2:00PM	Lilo & Stitch	Headline News	Nightly Business	NCAA Basketball	Muhammad Ali	Muhammad Ali
2:30PM	Digimon	Larry King Live	Larry King Live		San Diego State	Movie: Ali
3:00PM	Digimon	Newsnight with Aaron Brown	Newsnight with Aaron Brown	at BYU		
3:30PM	Digimon	Paula Zahn Now	Paula Zahn Now	SportsCenter	Ebert and Roeper	Ebert and Roeper
4:00PM	Digimon	Nightline	Nightline	AFL	Rocket Power	Jeopardy
4:30PM	Digimon	Pardon the Interruption	Navy/Marine News	L.A. Avengers	Fairly Oddparents	Headline News
5:00PM	Digimon	Hardball with Chris Matthews	Hardball with Chris Matthews	at Arizona Rattlers	The Simpsons	ESPNNews
5:30PM	Digimon	O'Reilly Factor	O'Reilly Factor	The Cosby Show	J.A.G.	Headline News
6:00PM	Digimon	CNN Daybreak	CNN Daybreak		J.A.G.	Smallville
6:30PM	Digimon	The Tonight Show	The Tonight Show	SportsCenter	The Practice	Movie: Chocolat
7:00PM	Digimon					
7:30PM	Digimon					
8:00PM	Digimon					
8:30PM	Digimon					
9:00PM	Digimon					
9:30PM	Digimon					
10:00PM	Digimon					
10:30PM	Digimon					
11:00PM	Digimon					
11:30PM	Digimon					

CAFÉ PACIFIC



Lunch

Sat	Salisbury steak Local boy chicken stew Sweet-and-sour tofu Grill: Cheese sandwich
Sun	Savory pot roast Chicken divan Pasta a la pesto Huevos rancheros Grill: Brunch station open
Mon	Skillet fried pork chops Chicken peapod stir-fry Quiche Lorraine Grill: Brunch station open
Tues	Chicken-fried steak Chicken and dumplings Sesame ginger tofu/veggies Grill: Tuna melt sandwich
Wed	Stuffed cabbage Greek-style roast chicken Trout Meuniere Grill: Broiled knockwurst
Thur	Chicken fajitas Cajun roast pork Texas-style chili Grill: Ham and Swiss croissant
Fri	Beef lasagna Spinach mushroom lasagna Chicken peapod stir-fry Fish and chips Grill: Ranchero burger

Dinner

Tonight	Picante chicken Beef burritos and tacos Nacho chips and cheese
Sat	Chicken-fried chicken Parker ranch stew
Sun	Spaghetti with sauce Steamed cod Beef ravioli
Mon	Braised Swiss steak Marinated baked chicken
Tues	Sweet-and-sour pork Chicken hekkka Korean beef steak
Wed	Prime rib of beef Noodles Romanoff Chicken Parmesan
Thur	Oven-fried chicken Chinese oxtail stew

HELP WANTED

KRS has the following on-island job opening. Unless otherwise noted, call Alan Taylor, 55154.

PATIENT SERVICES COORDINATOR. Kwajalein Hospital. Full time. Processes, verifies health insurance information, pulls and prepares medical charts. Maintains medical exam forms and doctor's schedules. Answers phones and directs calls throughout the hospital. Strong customer service, computer and communications skills required for this fast-paced position.

ELECTRONICS REPAIR TECHNICIAN. Macy's. Part time. Repairs TVs, DVDs, VCRs and audio equipment. Job responsibilities include coordinating a quality, time-focused diagnosis and repair process. Applicant should have technical training in electronics and experience in electronics repair. Submit application or resumé to Paul Divinski, Retail Office, 53308.

SUBSTITUTE TEACHER. Provide supervision and instruction in the absence of the regular classroom teacher. Organizational skills and structure are a prerequisite. Teaching certification preferred, but not required. Childcare clearance required.

USAKAIRTS has the following job vacancy. For job information, call Cris Foster, USAKA/RTS Civilian Personnel, 54417. Applications must be completed on line at <http://www.cpol.army.mil>, or USAJobs at <http://www.usajobs.opm.gov>.

PROGRAM COORDINATOR, GS-0301-13, USAKA Directorate for Business Management. 24-month overseas tour with transportation and housing agreement. Announcement No. SCBK04614797 at CPOL website. Closes Feb. 12.

GENERAL ENGINEER, GS-0801-15, Reagan Test Site Technical Director. 24-month overseas tour with transportation and housing agreement. Announcement No. X-LW-04-5986-RD at USAJobs website (external candidates), open to all U.S. citizens. Closes Feb. 13.

BOEING COMPANY has the following vacancy:

TRANSPORTATION and ADMINISTRATIVE ASSISTANT. Part time position. Transports TDY company executives and employees, and assists with lodging, baggage handling and island familiarization. Maintains inventory of bicycles and assigns/returns bikes with TDY personnel. Assists with clerical and administrative duties. Receives, sorts and delivers official business mail. For more job details, call Perry Hammons, 54724.

WANTED

SCUBA DIVING weights, 10 lb. and 8 lb. sets, for integrated BCDs. Call 54536.

STURDY bike cart in good condition, to transport scuba gear and stuff. Call Paula, 53571.

HOUSE-SITTING arrangement for visiting mother and daughter, both adults, May 11-June 2, or any portion thereof. They are reliable and will take good care of your home. Call Lynn, 51618.

HI-FI SPEAKERS. Call 52083.

LOST

BLACK BETTINARDI putter cover, between holes two and three on Kwaj golf course, two weeks

ago. Call 54536.

SINGLE KEY on long red ribbon with a black boat float on it. Call 53624 or leave a message.

FOUND

WATCH, with pink wristband and frame, in alley by Palm Street. Call 51061.

SPEEDO WATCH, blue. Call 54952.

WATCH, at CRC gym, Jan. 31, after 7:30 p.m. volleyball game. Call Craig, 54801, days, or 51269, evenings.

DIGITAL CAMERA on bus stop bench by Emon Beach. Call Nick, 52840.

PATIO SALES

SUNDAY and MONDAY, 8 a.m.-noon. Qtrs. 404-D.

MONDAY, 8 a.m.-noon, CRC room 1. Multi-family sale.

FOR SALE

PANASONIC 20" flat screen TV, model CT-20SX12DF, like new, \$200; two-drawer wood filing cabinet, \$50. Call 50782.

PCS SALE. Queen-size box springs and mattress, 18 months old, \$350; TV, \$100; assorted throw rugs, large and small; four ladies' formals, size 8-10; assorted clothing; assorted bedding set with Southwest pattern; microwave, \$30; crock pot, \$5; mixer, \$5; kitchenware; glasses; large selection of VHS movies, \$5 each. Call 52389H or 53400W.

SONY 21" color TV with remote, \$150; Panasonic microwave, \$45; Sharp Carousel 11, \$75; Kwaj-condition bike with high handle bars on pole extension, \$30; plastic storage containers, \$1 each; 9' x 12' piece of Astroturf, like new, \$50; Cuisnart coffee maker, hardly used, \$25; canvas dive bag for travel, \$25; bolt of piping for upholstery, pillows or window treatments, \$15. Call 54826, and leave a message.

Chapel Services

Protestant services:

Kwajalein

Sunday, 8 a.m. and 10:45 a.m.

Roi-Namur Service at 4 p.m.

This week's sermon:

"The Crowning of the Priest"

Sunday school for all ages

through adult, 9:15 a.m.,
in the REB.

Catholic services:

Saturday Mass,

5:30 main chapel

Sunday Mass

7 a.m., small chapel

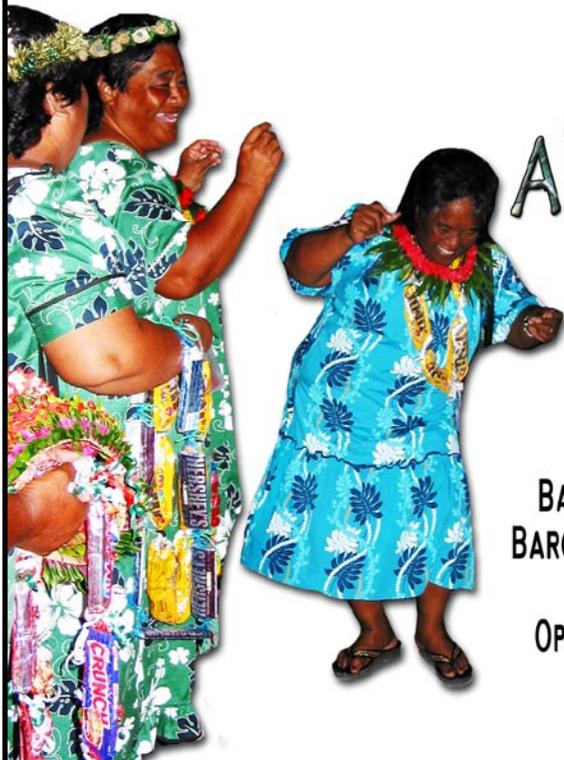
9:15 a.m., main chapel

For more information,
call the Chapel, 53505.

YOKWE YUK WOMEN'S CLUB PRESENTS
"Meet the Majuro Ladies"

TOMORROW, 7-10 P.M., AT THE ADULT POOL

It's an
Aloha Theme!



WEAR YOUR SARONGS
 AND GRASS SKIRTS.
 BARBECUE PROVIDED. BYOB.
 BARGAIN BAZAAR FASHION SHOW
 AND MUCH MORE.
 OPEN TO ALL YYWC MEMBERS
 AND JINE TIP TIP CLUB

**KRS Health Benefits
 StayWell and Queen's
 Medical Center**

On occasion, KRS Kwajalein residents have been informed by certain Queen's Medical Center departments that they could not be scheduled or would not be accepted as insured patients.

These departments were incorrect in their statements, a result of internal miscommunication within Queen's. This issue has since been resolved.

StayWell continues to work hard, ensuring smooth operations with Queen's and paying claims promptly.

Should you experience any issues similar to this, contact Diane Morris at Kwajalein Hospital or Bill Bossany at StayWell immediately.

**Present your
 input on the items you
 would like the Retail
 Merchandising and
 food stores to carry at
 a meeting, Wednesday,
 Feb. 11, 6:30 p.m., in the
 high school MP room.**

**Kwajalein Swim Team's
 first meet of the
 season is Sunday,
 Feb. 8, 4 p.m., NOT
 Monday, Feb. 9, as
 shown in the
 community calendar.**

KRS Health Benefits

Open enrollment officially closed Jan. 31. No further changes to your benefit elections will be accepted. Employee's who were off island during the open enrollment period, or those who have a qualifying event, may be granted an exception with proper documentation.

KAYAKS with vests and paddles, from Australian company, low mileage, \$375 each or \$700 for both; microwave oven, large, reliable, \$50; vacuum cleaner and attachments, \$50. Call Karen, 51391, and leave a message.

BOY'S 12" bike, Kwaj-condition, \$20. Call 52427.

ENTERTAINMENT center, 46"L x 19"W x 34"H, tinted glass doors across front, adjustable shelves, looks new, \$150; Panasonic LX-K700 multi-laser disc player, great for karaoke, plays give kinds of laser discs, 3" and 5" CDs, 5" CDV, 8" and 12" single and double-sided LDs, with 4-12" karaoke discs and two microphones, \$700 value, selling for \$400. Call 53640, before 8 p.m.

KIPLING duffel bag, \$75; Island Snow Hawaii backpack, \$20; new Quicksilver board shorts, \$35; eyeglasses case, \$5; all aluminum frame Sun bike, men's, blue, one-speed coaster brakes and plastic fenders, available Feb. 28, \$100 or best offer; two pairs of denim jeans, one Calvin Klein 33W, 30L, \$25, one Ralph Lauren, 32W, 30L, \$25. Call 51475.

VEXX GAME for X-Box, unopened; Harry Potter game for Playstation 2, unopened. Call 51061.

INFANT BATHTUB, \$5; Fisher Price Kick 'n Play bounce chair, \$20; doorway jumper, \$15; Carter's play mat, \$15. Call 52757.

FIRE PROOF digital/key lock safe, large enough to hold documents, jewelry and money; exercise equipment: abdominizer and free rider. Willing to deal. Call 53367W or 51280H.

BEAUTIFUL, very soft and light weight, white down comforter, queen/full-size, like new, \$125; Water Pik water purifier, attaches to kitchen faucet, includes new filter, \$10. Call 51475.

MINOLTA DIMAGE X 2.1 megapixel compact camera, 3X optical zoom, exposure compensation, 1.6 frames per second, uncompressed TIFF and three JPEG compressions, secure digital or multimedia, all accessories and 8MB card included, excellent family camera, \$225. Call 58331W or 52573H.

1998 12 1/2" ZODIAC FUTURA, with HP Honda four-stroke, steering console, 11-gallon gas tank, must see, \$6,500. Call 53644 and leave a message.

XEROX laser printer with new ink cartridge, \$165; Brothers telephone/fax machine with extra rolls of therma-plus paper, \$60. Call 52083, after 5 p.m.

130 LB. class, 45° bentbutt gold and black, never used, \$150; Okuma 50 wide on Penn custom power stick, over \$500 value, will sell for \$250; older trolling rod, \$30; custom rod with Shimono Speed Master reel, \$150, Oster juice machine, \$25. Call 52675.

TWO RAZOR scooters, \$20 each or \$30 for both. Call 53008.

COMMUNITY NOTICES

ROSEWOOD JEWELRY BOXES, curio cabinets and chests are available for inspection at Macy's and Gimbel's starting Monday, Feb. 9, at 10 a.m.

VALENTINE'S DAY FLOWERS and plants at Macy's West. Cut roses and other flowers will be available after 4:30 p.m., Feb. 12. Live plants will be available by Feb. 11.

DRIVER education students will be driving until further notice only in the area bordered by 8th Street on the north and then around the airstrip.

UNACCOMPANIED VALENTINE'S: Bring your friends for an evening of Bunko, Saturday, Feb. 14, 7 p.m., in the REB. There will be music, prizes and light snacks. Wear something red. Sponsored by Island Memorial Chapel. Questions? Call Lydi, 54223.

STUDENT MUSIC recital is Thursday, Feb. 26, 7 p.m., in the MP room. Performers may pick up registration forms from your music teacher or Dick Shields.

THE FIESTA Hispanic Club calls all its members and friends to a potluck meeting Sunday, Feb. 8, 5:30 p.m., at the Pacific Club, to discuss our upcoming show. Bring a dish to share. Questions? Call Rose, 51800.

IF YOU HAVE a child who will be turning 5 on or before Oct. 31 and will be entering kindergarten in the fall, call the elementary school office, 53601.

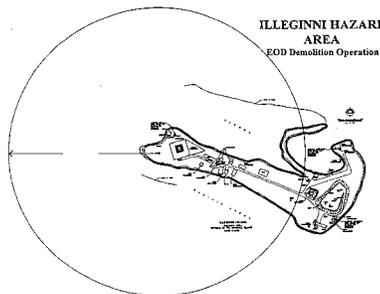
ONLY VEHICLES with approved parking permits are allowed to park in housing areas after 8 p.m., as per USAKA Reg. 190-5. Violators will be ticketed and towed. This regulation encompasses all vehicles on island. Questions? Call SFC Tikka, 52109, or Bert Godlewski, 51905.

ENERGY CONSERVATION tip: Even though you don't pay the bills, help save electricity by turning off lights in unoccupied rooms.

COPIES OF "Micronesian Reef Fish" by R. Myers are now at the Mic Shop.

THE NEXT meeting of the Kwajalein Police and Firefighters Christian Fellowship is tonight, 5:30 p.m., at the Adult Recreation Center. While we are geared toward police officers and fire department personnel, our meetings are open to anyone wanting to understand what it is to be a "warrior with a servant's heart," as well as those simply seeking a closer and more vibrant personal relationship with Jesus Christ. We will keep the meetings to under an hour. Join us for non-denominational Christian fellowship and Bible study. Questions? Call Mike, 52413 or e-mail at fullarmor911@yahoo.com.

EOD personnel will conduct explosive disposal operations on Illeginni Island Thursday, Feb. 20, 10 a.m.-6 p.m. They will be destroying hazardous WWII munitions. A safety exclusion area with a radius of 4,000 feet surface to air is off limits to all unauthorized personnel throughout the operation. Questions? Call 51433.



Students get a hold of lessons in community ed

By Krystle McAllister
Hourglass Intern

Self-defense classes not only help people defend themselves against aggressors, but also help them avoid dangerous situations, according to self defense instructor Chris Hansen.

"I just hope I can teach somebody something that one day will help get them out of a jam," Hansen said.

"I always thought it would be cool if I could bring somebody down," said Livy Hoskins, who took the class last week. "I would really truly encourage other people to take [the self-defense class]."

Hoskins joined the class so she could be prepared for a confrontational situation, and have fun.

"Anyone who wants to learn self defense can attend the class," Hansen said.

The \$50-class is one of many courses sponsored by the Community Education program and the defense class includes two classes per week, for seven weeks.

Hansen suggested the idea of a self-defense class to Anthony Graham, Community Education director, last May, who in turn "took the idea and ran with it," Hansen said.

The class is inspired by stories of Kwaj people who returned to the states and found themselves in unwanted situations, he added.

The class's curriculum is compiled from self-defense strategies Hansen has picked up over the years, many coming from karate, judo and jiu-jitsu.

Hansen said he based the class lessons on, "K.I.S [keep it simple], anything that's simple and effective."

Hansen, who works by day as



(Photo by Krystle McAllister)

Ava Southerland, right, puts the squeeze on self-defense student Livy Hoskins during a class.

personnel sergeant for USAKA, has taught self-defense in a classroom setting for eight years, but has been teaching friends for 15 years. He taught karate in Nebraska 15 years ago, and tae kwon do in Panama eight years ago.

Hansen holds a black belt in Okinawan karate, which has more of a 50/50 balance between hand and foot motions compared to tae kwon do, which has more of a 25/75 balance between hand and foot motions. He also holds an orange belt in judo and has spent 14 years training in Army hand-to-hand fighting. He spent two years studying tae kwon do and a significant amount of time studying aikido.

Judo consists mostly of throws and grappling while aikido consists

of throws and joint locks. Hand-to-hand fighting teaches grappling, joint locks, breaks and chokes.

It took him 6½ years to earn the black belt in Okinawan karate and just over a year to earn the orange belt in judo.

Martial arts have interested Hansen since he was 8 years old, but he did not begin taking classes until he was 10. He wanted to stand up to bullies at school, although his classes taught him how to walk away from a fight as well as defend himself.

Hansen PCSs in March and might teach at his new home in Yuma, Ariz.

"I just wish I had more time on-island to teach more classes," Hansen said.

Weather

Courtesy of RTS Weather

Tonight: Partly cloudy.

Winds: Northeast at 15-20 knots with occasional higher gusts.

Tomorrow: Partly cloudy.

Winds: Northeast at 15-20 knots with occasional higher gusts.

Temperature: Tonight's low 81°
Tomorrow's high 87°

February rain total: 1.22"

Annual rain total: 2.02"

Annual deviation: -3.74"

Call 54700 for updated forecasts and sea conditions.

Sun • Moon • Tides

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Saturday February 7	0710/1857	1945/0743	0507, 4.7' 1715, 5.9'	1058, 0.6' 2337, 0.3'
Sunday February 8	0709/1857	2036/0827	0536, 4.9' 1744, 5.9'	1128, 0.5'
Monday February 9	0709/1857	2126/0910	0605, 5.0' 1815, 5.8'	0005, 0.3' 1200, 0.5'
Tuesday February 10	0709/1858	2215/0951	0637, 5.0' 1846, 5.5'	0034, 0.4' 1234, 0.7'