

THE KWAIALEIN HOURGLASS

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in your
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Who needs to spell 'chili' and 'jellyfish' correct?

By Jim Bennett
Editor

Copy editors and school kids taking spelling tests will enjoy this item, hot off the oh-so-trustworthy e-mail lines. Apparently studies at Cambridge University indicate that as long as the first and last letters of a word are correct, the human mind will often subconsciously correct any misspelling within the printed word.

"Tihis is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe," the e-mail stated.

And this comes as "Jeopardy" now penalizes for spelling. It doesn't seem fair.

Now for those of you who missed the Spring Break festival, you can catch it on AFN's "Window on the Atoll," this week. Also, Bob Sholar provided us the



secret to his "Experiment #46," which took "Most Original" honors.

- (3) lbs. coarse ground beef
- (1) lb fine ground pork
- (2) 16 oz tubes of frozen Jimmy Dean pork sausage (Regular)
- (1) lb of chopped beef - stroganoff chop - chopped further after purchase
- (1) chopped medium red onion
- (1) cup chopped green onion
- (2) whole fresh tomatoes
- (6) cloves of garlic pressed
- (1) fresh jalapeno pepper
- (1) package of Lawry's chili mix
- (1) package of Lawry's burrito mix
- (1) package of Lawry's taco mix
- 8 or 9 dashes of Lawry's seasoned black pepper

- (1) 6 oz can Old El Paso Enchilada Sauce
- (1) 14 oz can of chicken broth
- (1) 4 oz can of smoked baby oysters in cottonseed oil — drained and chopped
- (1) whole bottle (6 oz) of Taco Bell brand hot sauce
- some dried cilantro
- 6 or 7 dashes of nutmeg
- 2 or 3 tablespoons of brown sugar
- (1) cup of coffee

"I made the chili the evening before, and cooked it slow in 5 quart crock pot until 3 a.m., then turned it to warm," he said.

Finally, the jellyfish are reportedly stinging in the lagoon near the ski dock area, or Area 7. Be careful out there.

Check with your doctor, but we heard meat tenderizer works great on stings. Or you could just use Sholar's spice mix.

On a related note, I suggest we move the Rustman up a few weeks and have the swimmers go through the swarm. Then, the winner will not only demonstrate physical fitness, but also a high threshold for pain. Just a thought.

Hourglass Advertising

Classified ads are due for Tuesday's paper by noon, Friday and for Friday's paper by noon, Wednesday.

Marshallese Word of the Day

Tabtab — pants

The Kwajalein Hourglass

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Letters to the Editor

Clark family friend thanks island for outpouring

To the Kwajalein Community,

On behalf of the Robert Clark family, I would like to express a measure of the appreciation I know they feel for all you have done. This past week has been a very difficult one for many of us. However, the outpouring of love, support and grief has been an inspiration and a comfort to the family and to those of us closely associated with them. Thank you for your love, faith, prayers and gifts. These are all expressions of your love and sorrow that the family will remember and cherish.

During the course of the events of this past week, if it ever seemed that some expressions were not noticed, please be assured that in the quiet moments of the days and weeks ahead, the Clark Family will remember and reflect with gratitude upon the incredible outpouring of kindness and love given them and they will find peace and comfort from it.

Special thanks are due to the USAKA and Boeing staff who did so much to make the Clark's trip off-island as smooth as possible. Also a special thank you to the hospital medical staff who truly did all that anyone, anywhere could have done. Our deepest gratitude to the teachers, school administration, students and others who knew and loved Robyn and so generously poured out their hearts in the wonderful service that was held for her last Friday.

I think that Robyn was allowed to know of your love and concern and that she was deeply moved by it also.

This past week has truly seen Kwajalein at it best.

— David Hamill

Letters to the Editor

To submit a letter to the editor: 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
jbenett@kls.usaka.smcd.army.mil.

Osteoporosis threatens both men and women

By Jan Waddell
Reporter

Osteoporosis can strike without warning and not only affect women and elderly, but also men.

Although women are at a higher risk, due to lower bone mass, one in four men will also develop the disease.

Often the disease will go undetected until the bones become so weak that a sudden strain, bump or fall can cause a fracture or a vertebra to collapse. Even something as simple as bending over can cause a rib fracture.

"There are no symptoms specific to Osteoporosis until a patient experiences a fracture, it is a silent disease," said Kwajalein Hospital's Dr. Jill Horner.

Osteoporosis, which means porous bones, is a disease characterized by low bone mass and deterioration of bone tissue this is what leads to an increased number fractures. Bone is a living growing tissue which is comprised of collagen and calcium phosphate.

During a person's lifetime, old bone breaks down and new bone is added, a process of bone turnover or remodeling. Most people reach their maximum bone density around age 30.

When people are young the bone growth is faster than the bone breakdown, or resorption, but as people get older the resorption rate starts to exceed the growth rate of new bone tissue. Osteoporosis occurs when the resorption is too quick and the replacement is too slow. Bones become brittle, and the density of bones decreases.

In women, bone loss happens quicker after menopause and puts them at a higher risk of Osteoporosis.

"Osteoporosis should be a con-

cern of all women approaching menopause," said Kathy Campbell, director of Occupational Health.

"Osteoporosis is not a major problem on island because our population is younger than most communities," Horner said. "Osteopenia, which occurs before osteoporosis, is a much more treatable disorder."

Signs and Symptoms

"There are no glaring symptoms of the condition," Campbell said.

The early stages of Osteoporosis have no symptoms, but once bones have been weakened, signs of the disease could be back pain, loss of height and fractures.

Risk Factors

There are several risk factors which serve as warning signs for those susceptible to this disease. Some can not be changed, but others, people have control over.

Caucasian women are at a greater risk due to less bone mass than men. Age is also a factor. A small thin-boned woman is at even a greater risk of Osteoporosis.

Risk factors which can be changed are low hormone levels, anorexia, low calcium and vitamin D intake, an inactive life style, cigarette smoking, excessive use of alcohol and a nutritional diet.

A nutritional diet with a good source of calcium includes low-fat dairy products; dark green, leafy vegetables; sardines and salmon with bones; tofu; almond; and foods fortified with calcium, such as orange juice, cereals and breads.

Exercise is also a vital way to help continue to build living tissue. It includes walking, hiking, jogging, stair climbing, bike riding and weight training. But all exercise should be cleared through a doctor prior to starting an exercise program.

Another risk factor which can be

controlled is to stop smoking. This habit is not only bad for bones, but for hearts and lungs, as well, and decreases the ability to absorb calcium.

Alcohol can also be damaging to a person's skeleton, and those who drink heavily are prone to more bone loss and fractures.

Detection

One of the ways you can detect Osteoporosis is through a bone mineral density test. The test is painless and noninvasive.

The density test is done by x-ray, called a densitometry, which gives an actual measurement of the amount of bone.

Kwajalein Hospital does not have the equipment to do bone density tests, Horner said. Queen's Hospital is the nearest facility that performs the tests.

"And we are happy to provide patients with information on how to obtain a test when they are off island," Horner said.

"Anyone taking steroids on a regular basis and postmenopausal women should be screened. Patients with a strong family history should also be screened. Bone density tests are not repeated every year because it takes about three years for changes in bones to be detectable," she added.

Treatment

Treatment is determined by a health care worker, but can include proper nutrition, exercise and prevention of falls.

Doctors can recommend specific exercise to strengthen bones and muscles.

Information for this article was obtained from U.S. Department of Health and Human Services' National Institutes of Health National Resource Center at www.health.nih.gov and the www.MayoClinic.com.

Ebeye teams rejoin basketball league

By Jim Bennett
Editor

With the return of Marshallese sports teams to the basketball season, Community Activities has reworked the schedule (see page 8).

The league jumped from 17 teams to 27 this week, said Torrey Land-

ers, Recreation superintendent.

The increase follows after a meeting between USAKA officials and the sports teams on Ebeye, Saturday, ended the two-week-long boycott.

The boycott resulted from charges of mistreatment by the provost

marshall and Kwajalein Police. The case is still under investigation.

The previous two weeks of play will not count toward the standings, Landers added. League play begins Tuesday, and run through May 29, including the playoffs.

3D Research welcomes returning leadership

By Jan Waddell
Reporter

Two new faces in 3D Research's management are both returning for their second tour on Kwajalein.

Mary Steeves is the new 3D Research's Kwajalein site manager and Tom Wright returned to Kwajalein as the chief meteorologist.

3D Research forecasts the weather four times a day, releasing their findings to American Forces Network and the public call-in line, along with any warnings and advisories.

In their primary function, they perform forecasting for the range and missions.

"Every mission has some type of weather criteria," Steeves said.

They also forecast for range customers such as Halo I and Halo II, a pair of planes that fly research missions at high altitudes, and nearby Navy ships.

According to Steeves, they can forecast up to 150 miles around Kwajalein.

If there is a need to forecast outside of that radius, then they use remote satellite systems in different areas.

Mary Steeves

Steeves comes from a military background. Her dad was career Air Force, and while growing up, she spent three years in Athens and three years in Portugal along with various places in the United States.

Steeves graduated from Colorado State University with a bachelor's degree in physical science. She went on to study meteorology for one year at the University of Oklahoma, Air Force Institute of Technology.

Steeves joined the Air Force

where she spent four years and then transferred to the Navy for 5½ years of active duty. She currently serves in the Honolulu Naval Reserve at the rank of commander. All tolled, she has put 17 years in military service.



Mary Steeves

During that time, she worked as a space environmental forecaster in the Air Force, stationed in Colorado Springs and on her first tour in the Navy she took a command duty in Norfolk, Va., where she forecasted weather for naval ships crossing the Atlantic.

"It was a good job," Steeves said.

One of her naval duties in Norfolk was hurricane forecasting.

Steeves went on to become a staff oceanographer in anti-submarine warfare, stationed in Hawaii.

"I looked for the best place to place hydrophones to track submarines," Steeves said.

Steeves first came to Kwajalein in 1998 staying through 2000 and working as chief meteorologist for Aeromet, the weather contractor then.

She returned to Colorado Springs and worked as a consultant for Aeromet until 2002, when she again accepted the position on Kwajalein as chief meteorologist.

Steeves is more than all work though, she is also the drummer for the local band, SASS, and has participated in the Rustman.

She said she has played in several small bands before SASS, and when she was a child used to "bang on a lot of things."

Her parents bought her a drum set, and she has been playing ever since, although she doesn't sing.

"I tried a couple of times [to sing], and it is too hard to sing and play the drums," Steeves said. "I am not that talented."

Steeves also participated in the Rustman, but is not participating in this year's event.

"I did the Rustman in 1999," Steeves said. "It is a lot of training."

She said she finished in the middle of the pack.

"I was just happy I finished it," Steeves added.

She also enjoys diving, soccer, softball and wants to do some ocean kayaking along with outrigger canoeing during this tour on Kwajalein.

Her husband retired from military service and also works on Kwajalein with MIT.

When Steeves retires she said she and her husband plan on moving back to Colorado and "do something I haven't been able to do for a long time," like hiking.

Tom Wright

Wright first worked on Kwaj from 1998-2000 as senior mission meteorologist.

Wright came from Missoula, Mont., where

he worked for the National Weather Service as an incident meteorologist. He provided weather forecasts for fire fighters who fought wild-land fires.

Wright graduated from the University of Washington and received a bachelor of science in atmospheric science.

He took a position with AccuWeather when he left Kwaj.

"I found out we liked it, and here we are again," Wright said. "It was the adventure."

His wife, Cindy and children Cody, 7-years old, and Katie, 4-years old, will join him in June after school is out.

"My son remembers the first tour," Wright said.

According to Wright, his son didn't even want to finish school this year, but rather wanted to move to Kwajalein with his Dad.

Wright said they plan on fishing and snorkeling on this tour.

"One of our favorite things to do was going to Bigej," Wright said.



Tom Wright



Community Activities brings trio on board

By Jan Waddell
Reporter

The Community Activities Center welcomed three new employees to their staff.

Ryan Frerichs, Andrea "Andee" Criste and Key Doland have joined the CAC staff.

Ryan Frerichs

Frerichs is the new Community Recreation Center/Adult Recreation Center coordinator.

He was raised in Texas and spent the last four years on Johnston Island managing the bowling alley for the recreational department. He also set-up sound equipment for different venues on Johnston Island.



Ryan Frerichs

"I did everything by the time I left there," Frerichs said.

He said he is accustomed to life on a small island, since he grew up in a small town. According to Frerichs, his graduating class was only about 15 students.

He attended college and studied general education, but decided he would rather work so he took the position on Johnston Island.

"I have worked all my life," Frerichs said. "I grew up on a farm so hard work is not a big deal."

When Johnston Island closed, Frerichs looked for a new job and since he knew Kathy Bates, entertainment superintendent on Kwajalein, he applied at the Community Activities.

"The people that work there are awesome," Frerichs said.

As the coordinator for the CRC and ARC, Frerichs schedules the rooms, reserves tables and chairs and coordinates activities at the facilities.

"Here you have to stay up on things," Frerichs said. "I stay ahead of the game. I am trying to do the best job I can while I am here."

He also is helping with some of the installation of the bowling equipment which came from Johnston Island.

He enjoys most sports, but foot-

ball is his favorite.

He played softball with the Agents team and is currently playing basketball with the Celtics.

For anyone who would like to reserve a room, tables, chairs or use the CRC gym Frerichs is the person to contact at 52291.

Andrea Criste

Criste is the new Community Activities hobby shop coordinator. She was raised in Hawaii and attended the University of Hawaii where she received her bachelor of science in recreational management.

She then attended the University of Northern Iowa when she received her master's degree in leisure service program management.

She wrote her master's thesis on "Leisure constraints among residents on a remote and isolated island environment."

She is considering getting her doctorate degree in that field.

"Right now I am in the forefront of [remote island isolation leisure] study," Criste said.

Criste spent four years on Johnston Island as part of the team that booked the Armed Forces Entertainment for the island.

"I worked special events," Criste said. "That is my nitch, but I did experience all the different areas in the community recreation activities."

She also worked with the sports department, different clubs and the marina.

Working on Johnston "was my internship for my master's thesis."

Criste said she wants to provide a balanced lifestyle for the Kwajalein community.

She says her arts interest is more on a personal level. She enjoys wood working and has done some pottery, which she hopes to do more of.

"[Hobbies] take time and patience," Criste said.

She also enjoys weight training, basketball and rock climbing.

"Anything that will keep me busy," Criste said.



Andrea Criste

She considers recreational activities a necessity.

She has a goal of working overseas and providing recreational activities to American soldiers.

"Being able to provide recreation for the troops to keep their moral up, that is what MWR is for," Criste said.

She is also interested in sports medicine and said when she returns to school she might study some in that field.

Key Doland

Doland is the new Community Activities Adult Sports supervisor.

He came from Iowa where he was a social worker working with adults with mental health disabilities.

"[Kwajalein] was a good, welcome change," Doland said.

He has a bachelor of science in human services from Upper Iowa University.

He has worked in the mental health field for eight years prior to coming to Kwaj.

He enjoys most sports, but his forté is golf.

While in Iowa, Doland said he was part of the amateur golf circuit and played in several tournaments.

"When I left Iowa, [my handicap] was a one," Doland said. "Now it is ballooning fast."

He also enjoys the beach, wind surfing and deep sea fishing, but he admits he did get a little sea sick on his last fishing trip.

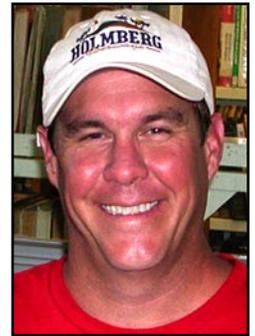
In Iowa, he coached, refereed and officiated volleyball and basketball.

According to Doland, his current job as adult sports supervisor takes a lot of time and managerial skills.

"I feel lucky to have been given this position," Doland said. "Kaya [Landers] is making the transition smooth."

He added, "I hope to learn a lot about the Marshallese culture"

Doland said his future plans include his wedding, next May at Lake Tahoe, to Heather Schantz.



Key Doland

Island works development in green manner

Editor's Note: Second in a series leading up to Earth Day, April 22.

By Jim Bennett
Editor

Covered in a hooded, air-fed helmet, and outfitted in white coverall, Waner Loeak stood over the metal fittings with his paint sprayer turning the newly sand-blasted-clean pieces gray under the new coat.

And working there in facility 822, he wasn't harming the environment.

The facility, like others on-island, can be described as a part of what environmental officials call "sustainable development," or facility and mission work improvements that also meet strict environmental standards under the National Environmental Policy Act, according to Jack Martindale, an environmental scientist for KRS.

Simply put, as Loeak and his co-workers blast or paint, protected in their air-fed suits, the grit and debris remains within the tarp-covered fence enclosure, preventing the material from blowing into the nearby lagoon and adding silt to the water. Every day, they then sweep up the debris and put it in a special container that's collected weekly and disposed of at the solid waste facility.

"It's a lot of work," Loeak admitted, but neither he, nor his co-worker, Jason Smith, seemed daunted by the chores.

In the coming years, plans are underway to replace 822 with an even more environmentally friendly facility – an enclosed two-bay garage

with hydro-blast unit in one bay and sand-blasting equipment in the other. The grit, debris, wastewater and sand will all be collected in respective wells below the floor, treated within the facility and reused or removed, Martindale said.

But that's just one facility that subscribes to the sustainable development mantra, with others visible literally on the horizon.

The superstructure over the Marine Department's syncrolift will support an enclosure that will protect the work area from wind and rain. That will allow workers to contain grit and debris from blowing into the harbor, but also work during inclement weather.

The Marine Department has also introduced environmental friendly hull paints, to replace the tributyl-10, lead and copper mixes that coated the undersides of boats to protect against growth.

In another case, planners worked with environmental officials during a paving project to extend the asphalt-covered roadway from the Small Boat Marina to the fuel pier. The roadway offered numerous benefits, but also threatened to add sediment run-off into the harbor. While still in the planning stages, officials added vegetation to the roadside in the plans, thus reducing the sediment run-off. And in doing so during the planning stages, officials saved money.

"It's a huge benefit to the environment, and also beneficial financially," Martindale said. "Retrofitting costs more. It's cheaper when it's

still on the drafting table."

In each case, environmental officials refer to NEPA for guidance on how to proceed in everything from maintenance and renovation work to the larger paving projects or even the Equis II mission coming up this summer.

"It makes you think about everything you're about to do," Martindale said.

Furthermore, the guideline is specifically listed in the Compact of Free Association with the Republic of the Marshall Islands, said Leslie Mead, an environmental scientist and archaeologist with KRS.

NEPA, which first became a significant factor in the 1995-96 timeframe, carries three increasingly detailed levels of review – the preliminary review, environmental assessment and environmental impact statement, said Martindale and Mead. The guidelines allow for categorical exclusions for work that meets certain criteria, and in fact, officials are working to streamline selected, routine NEPA work through annual reviews. That would allow greater time to focus on the larger, more impacting projects, while not neglecting the others.

In any case, the work takes not only the final result into account, but also the process.

"We have to consider the overall project," Martindale said, adding, "It's reasonable for day-to-day operations."

For Loeak and Smith, it's a matter of working cleanly, but then that's the case on the larger scale, too.

World War II Memorial to open last week of April

By Sgt. 1st Class Doug Sample, USA
American Forces Press Service

WASHINGTON — It's been a long time coming — some 59 years after the war — but soon visitors wandering about the National Mall here will see the new memorial dedicated to the nation's World War II veterans.

Betsy Glick, the memorial's communications director, said the 7.4-acre site between the Washington Monument and the Lincoln Memorial still needs some "fine-tuning of small items," but that the memorial will be ready for opening the last week of April.

Two 43-foot arches welcome visitors to a bronze-and-granite memorial plaza. The arches, she said, serve as north and south entries to the plaza, and within each arch are four bronze eagles that hold a suspended victory laurel.

A 17-foot granite pillar adorned with bronze oak and

wheat wreaths, symbolic of the nation's industrial and agricultural strength, represents each state and territory from that period. "The 56 pillars celebrate unprecedented national unity," Glick explained.

In the center of the pillars stands a rainbow reflecting pool with fountains and a wall with 4,000 sculpted, gold-plated stars. The stars commemorate the 400,000 American soldiers who died in the war and the 16 million who served and supported the war effort from home, she added.

The memorial, which cost \$170 million to build and will be officially dedicated May 29 during Memorial Day weekend, culminates an 11-year effort to honor America's World War II generation.

The four-day celebration begins a 100-day summer-long tribute to the world War II generation that Glick said is "long overdue."



(Photo by Jim Bennett)

Eggcellent

Krystal Ching, 4, picks up eggs at the Easter egg hunt Sunday, near the Richardson Theater. Hundreds of kids participated in the annual event that included a visit from the Easter Bunny and special prize certificates in special eggs. Ching won one such prize.

Frase scores course record

By Jim Bennett
Editor

With an eagle on the 17th hole, followed by a birdie on the 18th, Andy Frase hit a 64 Sunday, matching the course record at Holmberg Fairways.

Mark Knowles set the mark at 64 March 25, 1996, on a course with temporary greens, said Bob Butz, Holmberg Fairways superintendent.

"We knew what the record was, very well," said Bob Nast, who played with Frase, Sunday. "He knew exactly where he stood."

Where he stood was 20-25 yards from the 17th pin, needing an eagle and birdie to hit the mark.

With a chip shot that hit the green and rolled into the hole, Frase captured his eagle.

"I told the group, 'Now I have the chance to choke,'" Frase said.

But with a solid drive and second



Andy Frase

shot to the green, about 20 feet shy of the hole, Frase's potential place in the record book rested on the putter. He sunk the shot.

"It was a magic moment," he said. "All my friends were there, and they were very supportive."

Nast said Frase had been on a hot streak in the past weeks, hitting a 66 the previous week. Frase admitted he'd hit the 66, but added he'd done that once before at Holmberg – two years before – and didn't expect to follow up a week later with a similar performance.

For golfers, improving one's game from 100 strokes to 90 strokes would be far easier than trimming off a handful of strokes in the 60s.

"The difference between a 68 and 64 is drastic," Nast said. "Everything has to be clicking. He was great off the tee, great irons, great putts."

The name of the game is consistency.

"It happens when all things get together [drives, irons and putting] and a lot of luck," Frase said. "You might have two things going for you, and you'd still do well, but that doesn't get records."

Holmberg hosts local Master's tournament

By Jim Bennett
Editor

Bob Valencia and Yvonne Duarte teamed up with Ernie Els and Tiger Woods to claim Kwajalein's own Master's Tournament, Monday, at Holmberg Fairways.

The tournament, sponsored by Community Activities, allowed Kwaj players to select a Master's player whose last-day score was combined with the local round to determine a winner, said Joe Marshall, deputy program manager for Community Services and avid golfer.

Valencia and Els shot a combined 131, while Duarte and Woods posted a 137 to take the women's bracket.

Forty-two golfers participated in the

Kwajalein Master's Results

Men

Bob Valencia/Ernie Els	131
Gerry Wolf/Ernie Els	133
Bob Allard/Vijay Singh	134
Bob Kunz/Phil Mickelson	135

Women

Yvonne Duarte/Tiger Woods	137
Patty Potts/Padraig Harrington	137
Linda Schuett/Padraig Harrington	138
Pam Frase/Kirk Triplett.....	140

second annual event, twice as many as last year.

Community Activities awarded 24 prizes, all Master's logo golf attire and gear, including shirts, jackets, flags, head covers and ball markers, to name a few, from Augusta, Ga. As the winners, Valencia and Duarte each received the traditional green jacket, in this case a golfer's rain coat.

Linda Schuett and Bob Kunz took Closest to the Hole honors on holes four and six, respectively.

Community Activities gave ball markers to the highest scorer and to Col. Jerry Brown, USAKA commander, in honor of his participation, his first tournament on the links since coming to the island in July 2002, Marshall said.

The event is one of six hosted by Community Activities every year while the Kwajalein Golf Association hosts 10 events annually.

"Between the two of us, there's something happening every month," Marshall said.

AFN KWAJALEIN

Window on the Atoll: Spring Break Music Festival

All programming is subject
to change without notice.



Saturday, April 17

7:30 p.m., Yuk — *Paycheck* (PG-13)
7:30 p.m., Rich — *Mona Lisa Smile* (PG-13)
7:00 p.m., Roi — *Lost in Translation* (R)

Sunday, April 18

7:30 p.m., Yuk — *Something's Gotta Give*
(PG-13)
7:30 p.m., Rich — *Mulan* (PG)
9:30 p.m., Rich — *Alaska* (PG)
7:00 p.m., Roi — *Gothika* (R)

Monday, April 19

7:30 p.m., Yuk — *Paycheck* (PG-13)
7:30 p.m., Rich — *Mona Lisa Smile* (PG-13)

Wednesday, April 21

7:00 p.m., ARC — *Something's Gotta Give*
(PG-13)

For movie synopsis check out
www.allmovie.com

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

Water Polo Schedule

Tuesday, April 20

6 p.m. Sp. Coed Red/Ignint Sucka Chumps
7 p.m. Chargogagag/Rings Around Uranus

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

Water Polo Standings

League - Final

Chargogagag 10-0-0
Ignint Sucka Chumps 7-2-1
Rings Around Uranus 4-5-1
Sp. Coed Red 4-6-1
Sp. Coed Blue 4-6-0
Slow Leak 0-10-0

Beware of strangers asking ABOUT OUR MISSION

Practice
good
OPSEC



Friday Bowling

April 9

High Scratch Game Women

Cathy Thomas 172
Clarrisa Washington 152
Rubina Pippitt 123

High Scratch Game Men

John Tompkins 190
J.B. Scott 189
Ben Yabao 188

High Scratch Series Women

Cathy Thomas 454
Clarrisa Washington 422
Rubina Pippett 334

High Scratch Series Men

John Tompkins 518
Boni Panes Jr. 510
Bard Ching 504

High Handicap Game Women

Cathy Thomas 229
Clarrisa Washington 218
Christine Smith/Celeste Gainey 211

High Handicap Game Men

Ben Yabao 229
Boni Panes Jr. 228
J.B. Scott 225

High Handicap Series Women

Cathy Thomas 625
Clarissa Washington 620
Christine Smith 569

High Handicap Series Men

Boni Panes Jr. 633
Bard Ching 627
Ben Yabao 624

Basketball Schedule

Tuesday, April 20

5 p.m. Sp. Girls I/Sp. Girls III
6 p.m. Sp. Girls II/Not Good
7 p.m. Sp. Red II/Jerry-a-Trix
8 p.m. Dick Pacific BCS/Sp. Blue II

Wednesday, April 21

5 p.m. Sp. Boys II/Haole Hoops
6 p.m. Celtics/Team Supply
7 p.m. Sp. Boys I/Bouj
8 p.m. Deranged/Nothing But 3's

Thursday, April 22

5 p.m. Sp. Girls II/Put Me In Coach!
6 p.m. Not Good/Sp. Girls III
7 p.m. Jablik/Jab Bere
8 p.m. Snipers I/Slashers

Friday, April 23

5 p.m. Snipers II/Ylanglang
6 p.m. Haole Hoops/Celtics
7 p.m. Ruk-Waj-Leen/Lunch Breakers
8 p.m. Ri-Kot/Brickdaddies

Saturday, April 23

5 p.m. Jerry-A-Trix/Jablik
6 p.m. Spartans II Blue/Spartans II Red
7 p.m. Bouj/Ruk-Waj-Leen
8 p.m. Nothin But 3s/Spartans I Boys

New to the island, or PCSing soon?

Let the island know by filling
out a welcome-farewell form at
the *Hourglass*, Bldg. 805

IED doesn't stop 1-8 cav humvee

By Cpl. Bill Putnam
Army News Service

CAMP FERRIN-HUGGINS, Baghdad — April 2 will probably be a day Spc. Timothy Briggs never forgets.

During a late-morning patrol that day, Briggs and his squad mates from Company A, 1st Battalion, 8th Cavalry Regiment, were heading east of their base camp when their up-armored Humvee was hit by an improvised explosive devise.

Riding in the gun turret, Briggs took two pieces of shrapnel in his right arm. His hearing, like everyone else's in the vehicle, was jarred as well.

Briggs, a Little Rock, Ark.-native and an Abrams tank crewman, is happy to be alive. Manning the Humvee's turret, Briggs' vehicle crossed a bridge and moved about 500 meters when it was hit.

The next thing he knew, he heard a big explosion, was surrounded by dust and his ears were ringing.

"I couldn't see anything after that, so I dropped back down into the vehicle," Briggs said. Even then he didn't know he was hit, and the crew didn't know how badly the vehicle was damaged.

They drove another 200 meters and stopped to assess the situation. It was there while pulling security that Briggs realized he was hit.

"I felt something running down my arm and saw that it was blood," he said.

After towing the vehicle to a more secure location, Briggs was evacuated to a combat support hospital, treated and returned to duty the next day. He said the shrapnel is still in his arm and his ears still ring.

But the vehicle took the worst of it. The bomb caused extensive damage to the Humvee. The radiator was shredded, the two front tires were blown up, the side-view mirrors and windshield were shattered and the hood was pockmarked with shrapnel.

Amazingly, despite the damage, the mechanics of 1st of the 8th Cavalry and Company C, 515th Forward Support Battalion, repaired the stricken vehicle in six hours and had it back on the road the next day.

Saturday, April 17

Time	Channel 9 — AFN Atlantic	Channel 13 — AFN News-Sports	Channel 14 (Roi 24) — AFN News	Channel 17 — AFN Sports	Channel 23 — AFN Spectrum	Channel 26 — AFN Atlantic, no delay	Channel 35 — AFN Direct to Sailors	
12:00AM	The Late Show	Good	Good	NHL Playoffs	World of Wildlife	Today	Alias	
12:30AM	Access Hollywood	Morning America	Morning America	(Continued)	Animal Adventures			
1:00AM	Movie: No Way Out	Headline News	Headline News	SportsCenter	Buffy the	House of Mouse	Headline News	
1:30AM		World News	World News		Vampire Slayer	All Grown Up	Tonight Show	
2:00AM		Early Show	Early Show	PTI	The X-Files	Kim Possible	with Jay Leno	
2:30AM		Movie: Young Man With a Horn	FOX News Live		SportsCenter	Wild Thornberrys	Jeopardy	Late Show with
3:00AM	FOX News Live			FOX News Live	Fairly Oddparents	Headline News	David Letterman	
3:30AM				ESPNNews	The Simpsons	ESPNNews	Access Hollywood	
4:00AM				Baseball Tonight	The Cosby Show	Headline News	Movie: Doctor Doolittle	
4:30AM								
5:00AM	Bulletin Board	Primetime	Primetime	SportsCenter	American Idol	The Simpsons		
5:30AM					My Wife and Kids	Malcolm in the....	Movie: Godzilla	
6:00AM	Good Morning America	FOX News Live	FOX News Live	Firefighters Combat Challenge	Boston Public	Survivor All-Stars		
6:30AM								
7:00AM			Headline News	Headline News		National Geographic	Alias	
7:30AM			Inside Politics	Inside Politics				
8:00AM	Little Bill			NFL Draft Special	World of Wildlife	Headline News	Today	
8:30AM	Wheel of Fortune	Headline News	Headline News		Animal Adventures	Tonight Show		
9:00AM	Dr. Phil	Lester Holt Live	Lester Holt Live	Around the Horn	Buffy the	with Jay Leno		
9:30AM	Oprah Winfrey			PTI	Vampire Slayer	The Late Show		
10:00AM	<9:46>	Headline News	Headline News	SportsCenter	The X-Files	w/ D. Letterman	Family Ties	
10:30AM	Guiding Lt. <10:35>	ESPNNews	NBC Nightly News				Access Hollywood	Malcolm
11:00AM	General Hospital	ABC World News	ABC World News		The View	4 Quarters	American Idol	
11:30AM	<11:17>	NHL Playoffs	CBS Evening News	NHL Playoffs			The Simpsons	
12:00PM	Window on the Atoll	N.Y. Islanders	Countdown With Keith Olbermann	N.Y. Islanders	What Not To Wear	MLB	Dead Zone	
12:30PM	Judge Judy	at		at		N.Y. Yankees		
1:00PM	Hannity & Colmes	Tampa Bay	Hannity & Colmes	Tampa Bay	Trading Spaces	at	Fantasy Island	
1:30PM		Lightning		Lightning		Boston Red Sox		
2:00PM	The Newshour	MLB	The Newshour	MLB	Trading Spaces		Headline News	
2:30PM		Los Angeles		Los Angeles			WWE Raw	
3:00PM	House of Mouse	Dodgers at	BET Nightly News	Dodgers at	Everwood	Headline News		
3:30PM	All Grown Up	San Francisco	Nightly Business Rpt.	San Francisco		ESPNNews	IRL Auto Racing	
4:00PM	Kim Possible	Giants	Larry King Live	Giants	The Division	Headline News	Indy Japan 300	
4:30PM	Teenage Robot					Headline News		
5:00PM	Jeopardy	Newsnight	Newsnight	ESPNNews	Movie:	Bob the Builder		
5:30PM	Access Hollywood	with Aaron Brown	with Aaron Brown	Totally NASCAR	The Road from	JoJo's Circus		
6:00PM	Bulletin Board	Paula Zahn Now	Paula Zahn Now	SportsCenter	Coorain	Spongebob	ESPNNews	
6:30PM	The Cosby Show					Jimmy Neutron	Navy/Marine Corps	
7:00PM	The Simpsons	Nightline	Nightline	NHL Playoffs	The View	Pokemon	The View	
7:30PM	That 70s Show	PTI	Army Newswatch	Ottawa Senators		Romeo		
8:00PM	Survivor: All-Stars	Hardball	Hardball	at Toronto Maple Leafs	What Not To Wear	Lizzie McGuire	Entertainment	
8:30PM		with Chris Matthews	with Chris Matthews				That's So Raven	Tonight
9:00PM	Alias	MSNBC	MSNBC		Trading Spaces	Endurance	Headline News	
9:30PM		Investigates	Investigates	ESPNNews		Good Eats	ESPNNews	
10:00PM	Headline News	O'Reilly Factor	O'Reilly Factor	SportsCenter	Trading Spaces	Entertainment	My Wife and Kids	
10:30PM	Tonight Show					Tonight	According To Jim	
11:00PM	with Jay Leno	CNN Saturday	CNN Saturday	MLB	Everwood	WWE Raw	The West Wing	
11:30PM	The Late Show	Morning	Morning					

Sunday, April 18

Time	Channel 9 — AFN Atlantic	Channel 13 — AFN News-Sports	Channel 14 (Roi 24) — AFN News	Channel 17 — AFN Sports	Channel 23 — AFN Spectrum	Channel 26 — AFN Atlantic, no delay	Channel 35 — AFN Direct to Sailors
12:00AM	The Late Show	20/20	20/20	MLB Oakland A's at Anaheim Angels SportsCenter	The Division	My Wife and Kids	Law & Order
12:30AM	Access Hollywood					According to Jim	
1:00AM	Movie: Doctor Dolittle	NBC Saturday Today	NBC Saturday Today	WNBA 2004 Draft	Movie: The Road from Coorain	The West Wing	Headline News
1:30AM						Law & Order	Saturday Night
2:00AM							Live
2:30AM	Movie: Godzilla	Wall Street Journal	Wall Street Journal	Beyond the Glory	The View	Your Corps	Kickin' It
3:00AM		Amer. Black Forum	Amer. Black Forum			Navy/Marine Corps	
3:30AM		SportsCenter	CNN Live			WNBA 2004 Draft	What Not To Wear
4:00AM	CNN Live	NBA Playoffs 1st Round	Headline News	Wire to Wire	Trading Spaces	NBA Playoffs 1st Round	Ballroom Boxing
4:30AM							Headline News
5:00AM	Headline News	NBA Playoffs 1st Round	Headline News	Wire to Wire	Trading Spaces	NBA Playoffs 1st Round	Headline News
5:30AM	Army Newswatch		Army Newswatch	Gillette World Sport			
6:00AM	Bob the Builder	NBA Playoffs 1st Round	20/20	NFL Europe Rhein Fire at Frankfurt Galaxy	Everwood	NBA Playoffs 1st Round	Hour of Power
6:30AM	JoJo's Circus		Fox News Live				NHL Playoffs 1st Round
7:00AM	Spongebob	NBA Playoffs 1st Round	Fox News Live	NFL Europe Rhein Fire at Frankfurt Galaxy	The Division	NBA Playoffs 1st Round	Coral Ridge Hour
7:30AM	Jimmy Neutron						Chris. Closeup
8:00AM	Pokemon						Cafe Video
8:30AM	Romeo	SportsCenter	Headline News	NFL Europe Rhein Fire at Frankfurt Galaxy	Coorain	SportsCenter	Headline News
9:00AM	Lizzie McGuire		Mclaughlin Group			Air Force TV News	
9:30AM	That's so Raven	MLB Kansas City Royals at Minnesota Twins	Capital Gang	NFL Europe Rhein Fire at Frankfurt Galaxy	Swamp Critters	Saturday Night Live	MLB
10:00AM	In the Mix		Washington Week		Harvest		Kansas City Royals at Minnesota Twins
10:30AM	Good Eats	Minnesota Twins	Headline News	Boxing	Music and the....	Kickin' It	at Minnesota Twins
11:00AM	Entertainment Tonight		CNN People in the News		Real Videos		
11:30AM	WWE Raw!	ESPNNews	CNN Saturday Night	Boxing	The Simpsons	The Entertainers	ESPNNews
12:00PM	Raymond		King of Queens		American Athlete		
12:30PM	The King of Queens	Dateline International	Dateline International	Boxing	Joan of Arcadia	Headline News	The X-Files
1:00PM	Joan of Arcadia				Hour of Power		
1:30PM	American Idol	Larry King Weekend	Larry King Weekend	Boxing	American Idol	Cel. of Victory	American Dreams
2:00PM	American Idol	Newsnight with Aaron Brown	Newsnight with Aaron Brown		SportsCenter	The Twilight Zone	Chris. Closeup
2:30PM	Twilight Zone			Headline News		Cafe Video	
3:00PM	22nd Annual	Beltway Boys	Headline News	SportsCenter	22nd Annual	Wishbone	MotorWeek
3:30PM	Country Showdown	Fox News Watch	Amer. Black Forum		Country Showdown	Sesame Street	Ebert & Roeper
4:00PM	My Wife and Kids	SportsCenter	Headline News	NBA Playoffs 1st Round	Swamp Critters	Movie: Alley Cats Strike	WWE Smackdown
4:30PM	According to Jim		Amer. Black Forum		Harvest		
5:00PM	The West Wing	Chris Matthews	Chris Matthews	NBA Playoffs 1st Round	Music and the....	Spongebob	Stargate
5:30PM	The West Wing	Navy/Marine Corps	Navy/Marine Corps		Real Videos		
6:00PM	Law & Order	Big Story Weekend	Big Story Weekend	NBA Playoffs 1st Round	The Simpsons	Motorweek	Headline News
6:30PM	Law & Order	Big Story Weekend	Big Story Weekend		Malcolm	Ebert & Roeper	ESPNNews
7:00PM	Window on the Atoll	CNN Presents	CNN Presents	NBA Playoffs 1st Round	Raymond	Headline News	Judging Amy
7:30PM	Saturday Night Live	FOX and Friends	FOX and Friends		King of Queens	Air Force TV	
8:00PM	Saturday Night Live			FOX and Friends	FOX and Friends	Joan of Arcadia	NHL Playoffs
8:30PM	Saturday Night Live	FOX and Friends	FOX and Friends	Joan of Arcadia	NHL Playoffs	Movie: Conspiracy	
9:00PM	Saturday Night Live	FOX and Friends	FOX and Friends	Joan of Arcadia	NHL Playoffs	Movie: Conspiracy	
9:30PM	Saturday Night Live	FOX and Friends	FOX and Friends	Joan of Arcadia	NHL Playoffs	Movie: Conspiracy	
10:00PM	Saturday Night Live	FOX and Friends	FOX and Friends	Joan of Arcadia	NHL Playoffs	Movie: Conspiracy	
10:30PM	Saturday Night Live	FOX and Friends	FOX and Friends	Joan of Arcadia	NHL Playoffs	Movie: Conspiracy	
11:00PM	Saturday Night Live	FOX and Friends	FOX and Friends	Joan of Arcadia	NHL Playoffs	Movie: Conspiracy	
11:30PM	Saturday Night Live	FOX and Friends	FOX and Friends	Joan of Arcadia	NHL Playoffs	Movie: Conspiracy	

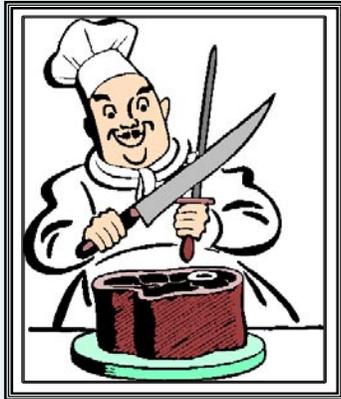
Monday, April 19

Time	Channel 9 — AFN Atlantic	Channel 13 — AFN News-Sports	Channel 14 (Roi 24) — AFN News	Channel 17 — AFN Sports	Channel 23 — AFN Spectrum	Channel 26 — AFN Atlantic, no delay	Channel 35 — AFN Direct to Sailors
12:00AM	Kickin' It	Fox & Friends	Fox & Friends	SportsCenter	American Idol	NHL Playoffs (Continued)	Movie: (Continued)
12:30AM							Headline News
1:00AM	American Idol	CBS News Sunday Morning	CBS News Sunday Morning	Horse Racing	American Idol	ESPNews	Headline News
1:30AM	The Twilight Zone				Seinfeld		
2:00AM	22nd Annual	Face the Nation	Face the Nation	Sports Reporters	22nd Annual	WWE	That 70's Show
2:30AM	Country Showdown			SportsCenter	Country Showdown		Smackdown!
3:00AM	Headline News	Headline News	Headline News	Baseball Tonight	Swamp Critters	Stargate	Tonight
3:30AM	Entertainers	Navy/Marine Corps	Navy/Marine Corps		Harvest		Amer. Black Forum
4:00AM		SportsCenter	Late Edition With Wolf Blitzer	Late Edition With Wolf Blitzer	Baseball Tonight	Music and the....	SportsCenter
4:30AM	American Athlete						
5:00AM	Headline News	NBA Playoffs 1st Round	FOX News Live	MLB Detroit Tigers at Cleveland Indians	The Simpsons	NBA Playoffs 1st Round	NBA Playoffs
5:30AM	Hour of Power				1st Round		
6:00AM	Cel. of Victory	NBA Playoffs 1st Round	FOX News Live	MLB Detroit Tigers at Cleveland Indians	Malcolm	NBA Playoffs 1st Round	NBA Playoffs
6:30AM	Coral Ridge Hour				1st Round		
7:00AM	Chris.Closeup	NBA Playoffs 1st Round	FOX News Live	MLB Detroit Tigers at Cleveland Indians	Raymond	NBA Playoffs 1st Round	NBA Playoffs
7:30AM	Cafe Vido				1st Round		
8:00AM	Wishbone	NBA Playoffs 1st Round	FOX News Live	CART Auto Racing Toyota Grand Prix of Long Beach	American Idol	NBA Playoffs 1st Round	NBA Playoffs
8:30AM	Sesame Street				1st Round		
9:00AM	Movie: Alley Cats Strike	NBA Playoffs 1st Round	FOX News Live	CART Auto Racing Toyota Grand Prix of Long Beach	American Idol	NBA Playoffs 1st Round	NBA Playoffs
9:30AM	Alley Cats Strike				1st Round		
10:00AM	Spongebob	ESPNews	Tim Russert	SportsCenter	22nd Annual Country Showdown	ESPNews	ESPNews
11:00AM	Fox Report	NBA Playoffs 1st Round	FOX Report	Baseball Tonight	Wild Thornberrys	NBA Playoffs 1st Round	NBA Playoffs
11:30AM	This Week				1st Round		
12:00PM	Dateline International	Dateline	International	MLB Oakland Athletics at Anaheim Angels	The Simpsons	NBA Playoffs 1st Round	NBA Playoffs
12:30PM					The Cosby Show		
1:00PM	Dateline International	Dateline	International	MLB Oakland Athletics at Anaheim Angels	Average Joe	WWE	Headline News
1:30PM					Law & Order		Smackdown!
2:00PM	American Dreams	60 Minutes	60 Minutes	Baseball Tonight	The New Detectives	America's Black...	Oprah Winfrey
2:30PM	MotorWeek	SportsCenter	CNN Presents			SportsCenter	Meet the Press
3:00PM	Ebert & Roeper	Larry King Weekend	Larry King Weekend	Baseball Tonight	NOVA	Headline News	Judge Judy
3:30PM	WWE Smackdown						ESPNews
4:00PM	Stargate	Newsnight with Aaron Brown	Newsnight with Aaron Brown	SportsCenter	Movie: Devil's Arithmetic	Sesame Street	Movie: Nuremburg
4:30PM							Headline News
5:00PM	Headline News	Access Hollywood	Access Hollywood	SportsCenter	Devil's Arithmetic	Sesame Street	Part 1 of 2
5:30PM	Window on the Atoll						Wheel of Fortune
6:00PM	Judging Amy	Beltway Boys	Beltway Boys	PGA Tour MCI Heritage Final Round	Wild Thornberrys	Dr. Phil	Monk
6:30PM	Judging Amy	FOX News Watch	FOX News Watch		Fairly Oddparents	Oprah Winfrey	Jeopardy
7:00PM	Movie: Conspiracy	Bulls & Bears	Bulls & Bears	PGA Tour MCI Heritage Final Round	The Simpsons	<7:46>	Jeopardy
7:30PM		Conspiracy	Cavuto on Business		Cavuto on Business	The Cosby Show	Guiding Lt. <8:35>
8:00PM	Conspiracy	Dateline NBC	Dateline NBC	PGA Tour MCI Heritage Final Round	Average Joe	General Hospital	Headline News
8:30PM					Headline News	Access Hollywood	Access Hollywood
9:00PM	Headline News	Access Hollywood	Access Hollywood	SportsCenter	Law & Order	Headline News	Navy/Marine Corps
9:30PM	Seinfeld						Judge Judy
10:00PM	That 70's Show	Good Morning America	Good Morning America	SportsCenter	The New Detectives	Today	NYPD Blue
10:30PM	Entertain. Tonight	America	America				NBA Fastbreak
11:00PM	That 70's Show	Good Morning America	Good Morning America	SportsCenter	The New Detectives	Today	NYPD Blue
11:30PM	Entertain. Tonight	America	America				NBA Fastbreak

Tuesday, April 20

Time	Channel 9 — AFN Atlantic	Channel 13 — AFN News-Sports	Channel 14 (Roi 24) — AFN News	Channel 17 — AFN Sports	Channel 23 — AFN Spectrum	Channel 26 — AFN Atlantic, no delay	Channel 35 — AFN Direct to Sailors	
12:00AM	Entertain. Tonight	Good	Good	NBA Playoffs	NOVA	Today	Without a Trace	
12:30AM	Amer. Black Forum	Morning America	Morning America					
1:00AM	Movie: Devil's Arithmetic	Headline News	Headline News			Movie: Devil's Arithmetic	Lilo & Stitch	Headline News
1:30AM		World News	World News				Digimon	Tonight Show with Jay Leno
2:00AM		Early Show	Early Show				Dragonfly	
2:30AM					ESPNews			Even Stevens
3:00AM		Wild Thornberrys			MLB Boston Red Sox at N.Y. Yankees		Wild Thornberrys	Jeopardy
3:30AM	Fairly Oddparents		Fairly Oddparents			Headline News	Access Hollywood	
4:00AM	The Simpsons	FOX News Live	FOX News Live			The Simpsons	ESPNews	Movie:
4:30AM	The Cosby Show					The Cosby Show	Headline News	Brighton Beach Memoirs
5:00AM	Bulletin Board	Dateline NBC	Dateline NBC		Average Joe	60 Minutes		
5:30AM							Movie: <:45>	
6:00AM	Good Morning America	FOX News Live	FOX News Live	ESPNews	Law & Order	NYPD Blue	Midnight Run	
6:30AM								
7:00AM			Headline News	Headline News	NFL Draft Special	The New Detectives	Without a Trace	
7:30AM			Inside Politics	Inside Politics				
8:00AM	Dora: The Explorer				NOVA	Headline News	ESPNews	
8:30AM	Wheel of Fortune	Headline News	Headline News			Tonight Show with Jay Leno	Headline News	
9:00AM	Dr. Phil	Lester Holt Live	Lester Holt Live	Around the Horn	Movie: Devil's Arithmetic		Today	
9:30AM	Oprah Winfrey			PTI		The Late Show w/ D. Letterman		
10:00AM	<9:46>	Headline News	Headline News	SportsCenter			Access Hollywood	
10:30AM	Guiding Lt. <10:35>	NBC Nightly News	NBC Nightly News					
11:00AM	General Hospital	ABC World News	ABC World News		Wild Thornberrys	4 Quarters	Headline News	
11:30AM	<11:17>	NBA Playoffs 1st Round	CBS Evening News	NBA Playoffs 1st Round	Fairly Oddparents	Boston Marathon	NBA Playoffs 1st Round	
12:00PM	Bulletin Board		Countdown With Keith Olbermann					The Simpsons
12:30PM	Judge Judy		Hannity and Colmes					The Cosby Show
1:00PM	Hannity & Colmes							Monk
1:30PM								
2:00PM	The Newshour	Baseball Tonight	The Newshour	NBA Playoffs 1st Round	The Practice	Baseball Tonight	Oprah Winfrey	
2:30PM								
3:00PM	Lilo & Stitch	Headline News	BET Nightly News		Inside the Actor's ...	Headline News	NBC Nightly News	
3:30PM	Digimon	ESPNews	Nightly Business Rpt.		Drew Barrymore	ESPNews	Judge Judy	
4:00PM	Dragonfly	Larry King Live	Larry King Live		Movie: Star Trek: The Motion Picture	Headline News	Movie: Star Trek: The Motion Picture	
4:30PM	Even Stevens			Inside the NBA		Headline News		
5:00PM	Jeopardy	Newsnight with Aaron Brown	Newsnight with Aaron Brown			Sesame Street		
5:30PM	Access Hollywood			ESPNews				
6:00PM	Window on the Atoll	Paula Zahn Now	Paula Zahn Now	SportsCenter		Dragon Tales		
6:30PM	Headline News				Ebert & Roeper	Wheel of Fortune	Ebert & Roeper	
7:00PM	60 Minutes	Nightline	Nightline	NASCAR Craftsman Truck Series Martinsville 250	Wild Thornberrys	Dr. Phil	The Practice	
7:30PM		P.T.I.	Navy/Marine Corps			Fairly Oddparents	Oprah Winfrey	
8:00PM	Without a Trace	Hardball with Chris Matthews	Hardball with Chris Matthews		The Simpsons	<7:46>	Jeopardy	
8:30PM					The Cosby Show	Guiding Lt. <8:35>	Headline News	
9:00PM			CNN Daybreak	CNN Daybreak		Monk	General Hospital	ESPNews
9:30PM					SportsCenter		<9:17>	Headline News
10:00PM		Headline News	O'Reilly Factor	O'Reilly Factor		The Practice	Headline News	7th Heaven
10:30PM	Tonight Show with Jay Leno			NBA Fastbreak		Judge Judy		
11:00PM		Good Morning America	Good Morning America	NHL	Inside the Actor's ...	Today	Movie: Signs	
11:30PM	The Late Show				Drew Barrymore			

Café Pacific



Lunch

Sat	Baked meatloaf Buffalo wings/blue cheese Broiled mahi mahi Grill: Ham and cheese melt
Sun	Carved steamship round Herb roasted chicken Quiche Lorraine Grill: Brunch station open
Mon	Roast pork loin Chicken pot pie Fish dujour Grill: Brunch station open
Tues	Broiled ham steaks Brunswick stew Grill: Monterey turkey melt
Wed	Barbecued brisket Herb baked wings Cajun catfish Grill: Cheese sandwich
Thur	Country-fried chicken Bratwurst and sauerkraut Baked red snapper Grill: Been/cheese quesadilla
Fri	Roast turkey Inshow baboy Grill: Sloppy Joes

Dinner

Tonight	Stir-fry to order Teriyaki pork loin Szechuan chicken
Sat	Corned beef and cabbage Chicken-fried chicken
Sun	Smothered beef steak Blackened mahi mahi Chicken chop suey
Mon	Pasta bar Italian meatballs Eggplant Parmesan Chicken Alfredo
Tues	Soyu chicken Char Siu pork Korean-style tofu/vegetables Soyu cod
Wed	London broil Pasta a la pesto Chicken Monterey
Thur	Build-your-own pizza Breaded pork chops Chicken stew

HELP WANTED

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

ADMINISTRATIVE ASSISTANT, Food Services. Full time. Collects, compiles and analyzes moderately complex data, composes written descriptions of results. Requires business/technical vocabulary and knowledge of organizational operations and procedure, as well as ability to work independently.

BENEFITS ASSISTANT. Part time. Process new employee benefits information, student verification letters and terminations. Generate COBRA letters, answer general benefits questions, assist Benefits Coordinator with projects, clerical and other duties as assigned.

SMALL BOAT MARINA SUPERINTENDENT. Responsible for all facets of organization, supervision and operation of Small Boat Marina. Detailed job skills and requirements are posted on the KRS "K" drive and in the Human Resources Office. For more information, call Simone Smead, 53331, or drop your resumé at KRS Human Resources, by Tuesday, April. 20.

CHILDHOOD DEVELOPMENT CENTER INSTRUCTOR. Full time. Requires degree in early childhood, child development or primary teaching certification and ability to obtain childcare security clearance.

SENIOR ACCOUNTING ASSISTANT. Full time. Receives payments, posts accurately in KEAMS, reconciles cash drawer daily, makes deposits, ensures facilities operate according to SPIs, clerical and other duties as assigned.

ACCOUNTING CLERK. Full time. Daily payroll activities, including but not limited to data entry of timecards, sorting and preparing checks and timecards for distribution, clerical and other duties as assigned.

TEACHER, Elementary School. 2004-2005 school year. Current certification, experience and childcare clearance required.

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

ANNUAL WORK PLAN ADMINISTRATOR. Full time. Develop and monitor annual work plan in accordance with real property master plan, maintain all documentation, provide quarterly work schedules and variable workload/updates, create master job folders, ensure accuracy of work, staff work packages, determine availability of resources and provide bill of materials to the work in progress store.

CDC AIDE, part time. Assists in the CDC classrooms and works under the supervision of the lead teacher. Assists with supervision, instruction, playground and snacks. Interacts with parents as needed. Child care clearance required.

SECRETARY, Education Services at junior/senior high school. Full time. Duties include attendance records, transcript preparation and guidance support. Requires good working knowledge of Word, Excel and other computer applications. Childcare clearance required.

USAKA/RTS has the following job vacancies. For job information contact Cris Foster, USAKA/RTS

Civilian Personnel, 54417. Applications must be completed on line at <<http://www.cpol.army.mil/>> <http://www.cpol.army.mil/> or [USAJOBS](http://www.usajobs.opm.gov) at <<http://www.usajobs.opm.gov>> <http://www.usajobs.opm.gov>. Army job application kits using the RESUME system are available from Cris Foster, USAKA/RTS Civilian Personnel, 54417. The job application kit is a guide to the application preparation process for government (Department of the Army) General Schedule and Wage Grade positions. This guide contains information to aid in completing a resumé and applying for employment with the U.S. Government.

BUDGET TECHNICIAN (Office Automation), GS-0561-06. Directorate for Resource Management. USAJobs announcement X-JB-04-6228-JB. Closes April 23, 2004. Two year term appointment, can be extended up to four years. Unaccompanied overseas tour.

WANTED

DUNE HOUSE CORRINO to borrow. Call 56130W or 53300H.

LOST

SUNFLOWER VINYL table cloths, from Emon Beach main pavilion. Call Cris, 52935.

PATIO SALES

SATURDAY and MONDAY, 7-9 a.m., Dome 156, 157, 158. Multi-family sales.

MONDAY, 7:30-10 a.m., Qtrs. 121-D. Ceiling fan, golf set, household items, jewelry, patio table and chairs.

FOR SALE

ACT and SAT 2003 deluxe personalized study system CD ROM, \$25; new bike helmet, \$25; paperback books; cross-stitch books. Call 52197.

COMPUTER DESK, excellent condition, \$200 or best offer; kitchen cart/cabinet, \$50 or best offer;

Chapel Services

Protestant services
Sunday, 8 a.m. and 10:45 a.m.
Roi-Namur service at 4 p.m.
This week's sermon
"The Lord Will Be King"

Sunday school for all ages
through adult, 9:15 a.m.,
in the REB.

Catholic services
Saturday Mass,
5:30 in the main chapel
Sunday Mass
7a.m., small chapel
9:15 a.m., main chapel

For more information,
call the Chapel, 53505.

Gilligans



Tomorrow: DJ Rob and guests play Trance, House and dance at 9 p.m.

Sunday: Reggae night with DJ RG Dred and Karaoke in Gecko's.

Oceanview

Tomorrow is Pau Hana week with Happy Hour, 4:30-6:30 p.m.

cat tree, \$25. Call 53342.

KETO SHAKE meal replacement drink protein powder, French vanilla, no aspartame or sugar, low-carb high-protein, delicious, sample available, great for Atkins or Rustman, make strawberry cheesecake, pumpkin, chocolate/peanut butter or fruit smoothies with this powder, \$16; Thai kitchen premium coconut milk, 14 oz., several available, \$1.50. Call 52262.

WOMEN'S ONE-SPEED bike, lock included, \$30; Men's one-speed bike, with baskets, lock included, \$35. Call 50010 and leave a message.

50-GALLON AQUARIUM, comes with under gravel filters, bio wheel, protein skimmer, almost new external filter, lights, everything you need to catch, feed and maintain fish, nets, slurrp gun, food, test kit, too much to list, will throw in fish and artificial plants, \$300 or best offer. Call 51114.

PCS SALE. SIMMONS CALIFORNIA kin double-pillow top mattress, \$600; Black and Decker Dustbuster, \$15; toaster, \$10; Winnie the Pooh crib set, \$100; full-size light blue

flower bedding set, \$90; five-piece Martha Stewart yellow bathroom set, \$10; Graco Baby Pack N' Play, \$70; Hamilton Beach juice extractor, \$20; lots of plants. Call 54622.

CANNONDALE Silk Trail 400 bike, new seat and post, new tires, freshly strung wheels, stainless cables, needs headset replaced, part provided, \$250. Call 58954, after 5 p.m.

COMPLETE SET of golf clubs including bag and cart, \$200; VHF hand-held SMR, Sea Lab-9000P, rechargeable, \$80. Call 54555, after 3 p.m., or leave a message.

LARGE ASSORTMENT of flowering and non-flowering plants in a variety of pots, as well as starter plants. See at Qtrs. 133-F or call 52777.

17½' BOSTON WHALER, new four-stroke 80hp motor, new paint, radio, bimini top, \$14,000. Call Dennis, 51850W or 54489H.

COMMUNITY NOTICES

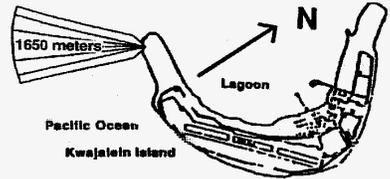
KWAJALEIN POLICE and Firefighter Christian Fellowship meets Wednesday, April 21, 5:30 p.m., at the ARC. The topic will be "Wild at Heart." While we are geared towards public safety personnel, we are open to anyone seeking a real and vibrant relationship with Jesus Christ. Come join us for relaxed, nondenominational Christian fellowship and Bible study. For more information, call Mike, 52413, or e-mail at fullarmor911@yahoo.com. Refreshment will be served.

KWAJALEIN RUNNING Club's April Fun Run is Monday, 5:30 p.m., outside the Bowling Center. Distances are ¼ mile, 2 miles or 10K. We will use the Rustman 10K course, so come out for a final tune up. KRC singlets for those completing 5 or more Fun Runs during the 2003-2004 season will be available.

EARTH DAY is April 22. Join Environmental for two presentation at CAC room 6. 6-6:30 p.m., The Diverse Marine Life on Kwaj's Coral Reefs; 6:30-7 p.m., Environmental History of the Marshall Islands.

CYS YOUTH baseball and T-ball photos will be taken

The Small Arms Range is in operation
April 21,
8 a.m.-12:30 p.m.
Avoid the hazard
area shown below. All
watercraft observe the red
flags at the southwest end
of the island. Questions,
call, 54448.



Monday, April 19, 11 a.m., Regan field.

STUDENT MUSIC recital is Thursday, May 6, 7 p.m., in the MP room. Performers may pick up registration forms from your music teacher or Dick Shields.

ANOTHER EXCITING demonstration at the Hobby Shop. Sherry Olson demonstrates making a bowl using the slab roller and a plaster form. Impress your friends and learn this unique technique, Sunday, April 18, 1 p.m. Questions? Call Julie, 51700.

ATTENTION GOLFERS: To support the Rustman, holes # 6, 7, 8 and 9, will close at 4 p.m., Monday, April 26. Questions? Call Bob, 53768.

BALLROOM DINNER/DANCE tickets are now on sale. Get yours by calling Cris, 52935, Dick, 51684 or Nate, 53578. The event is April 25, 6:30 p.m., at the Yokwe Yuk Club. Enjoy an elegant evening to the tunes of the Pacific's Most Dangerous Band.

NATIONAL HONOR SOCIETY Coffee Shop is April 18, 6:30-10:30 p.m., in the MP room. Come enjoy a night of Starbuck's coffee, live entertainment and desserts galore. All proceeds benefit our annual Christmas drive.

WATERFORD CRYSTAL can be special ordered at the Retail Office, Building 708, 7:30 a.m.-4:30 p.m., Tuesday through Saturday, until April 30.

PARENT WORKSHOP on "Ways to Prepare Your Child for Kindergarten" is April 30, 6:30 p.m., in the elementary music room. All interested community members are invited.

MEDIEVAL ART SHOW featuring art by elementary school students will be held April 23, 7-8:30 p.m., in the MP room. Great art, food and prizes. Wear a medieval costume and show your spirit.

PARALEGAL Francoise Standifer will be on Roi, tomorrow, 7:30-11:30 p.m. For information or to make an appointment, call 53417 or 51431.

MEDITATION group continues to meet for discussion and a period of meditation at Qtrs. 422-B, 5 p.m. People who meditate already and those just thinking about it are all welcome. Questions? Call Randy or Leslie, 52434.

CUB SCOUT Raingutter Regatta is April 19, 5 p.m., at Emon Beach. Pack meeting to follow. Ice cream with toppings for dessert. Questions? Call your den leader or Gretchen, 50157.

STOP BY Grace Sherwood Library to register for the book draw now through April 26. You could win "Alice's

Medieval

art show

art work by elementary students

is April 23,
7-8:30 p.m., in
the MP room.

Great art, food and prizes.





Ethina John



Rayme Santorum

SOMETHING TO SING ABOUT

FREE POPCORN!



FREE POPCORN!

Tonight, 7:30, p.m.
Richardson Theater

SPONSORED BY ISLAND MEMORIAL CHAPEL
AND COMMUNITY ACTIVITIES.
A FILM BY WORLDWIDE PICTURES.

Adventures in Wonderland" and "Through the Looking Glass" by Lewis Carroll, illustrated by John Tenniel.

OFFICIAL NOTICE

U.S. Army Kwajalein Atoll Real Property Master Plan Implementation. Programmatic Environmental Assessment. Notice of Availability.
Summary: This notice announces the availability of the United States Army Kwajalein Atoll Real Property Master Plan Implementation Programmatic Environmental Assessment (PEA). The public is invited to review the PEA and provide comments if desired. The Real Property Master Plan (RPMP) Implementation PEA characterizes and analyzes the probable and possible environmental impacts associated with the implementation of the RPMP at the U.S. Army Kwajalein Atoll (USAKA) and the Ronald Reagan Ballistic Missile Defense Test Site (RTS), Republic of the Marshall Islands. The proposed action and subject of the PEA is the implementation of the RPMP. The RPMP includes integrated facilities and infrastructural improvements for the next 20 years at USAKA/RTS. Some broad areas that are analyzed in the PEA include Central District Consolidation on Kwajalein Island; Replacement or rehabilitation of housing on Kwajalein and Roi-Namur Islands; Airport and aircraft service facilities replacement and upgrade on Kwajalein and Roi-Namur Islands; Upgrade and reorganization of Port and Warehouse district on Kwajalein Island. Infrastructure upgrade and modernization of all USAKA/RTS; Upgrade and rehabilitation of mission facilities on Kwajalein, Roi-Namur and Meck Islands. The RPMP is phased into two time periods: 2005-2011 (Short Range Component) and 2012-2025 (Long Range Component) culminating in the full expression of the RPMP. Copies of the document are available at the following public libraries: Alele Public Library, Majuro; Grace Sherwood Library, Kwajalein; Roi-Namur Library. The PEA can also be viewed via the World Wide Web at www.smdccen.us/rpmp/pea. Deadline for receipt of written comments is May 1, 2004. Point of contact: Submit written comments on the PEA to: U.S. Army Kwajalein Atoll, Attn SMDC-RD-TE-K-CP, Mr. Kenneth Sims, Environmental Coordinator, P.O. Box 26, APO AP 96555-2526, or fax comments to Mr. Sims at 805-355-4554.

Sailboat

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KYC holds its next Sailboat Race, Sunday, April 18.
Skippers' meeting at 12:30 p.m., next to Small Boat Marina.
Anyone who wants to sail should attend the skippers' meeting.

MULTI-CULTURAL ART SHOW

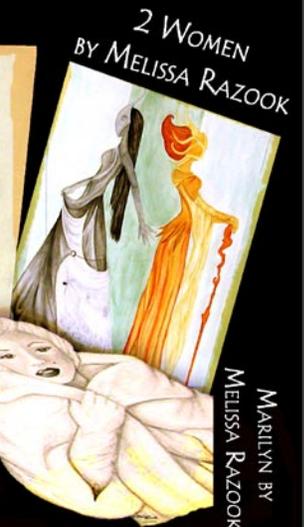
FEATURING ART WORK BY JUNIOR/SENIOR STUDENTS IS
APRIL 29, 7-8:30 P.M., IN THE MP ROOM.
FOOD, GREAT ART AND PRIZES. WEAR A MULTI-CULTURAL COSTUME
AND SHOW YOUR SPIRIT.



SUMO
BY
LIAM BERRY



KIDS BY LAUREN PETERS



2 WOMEN
BY MELISSA RAZOOK

MARILYN BY
MELISSA RAZOOK

Recruiter brings opportunities to Kwajalein

By Jim Bennett
Editor

Like other high school seniors, Kwajalein Jr./Sr. High School's James Hillman has a lot to plan for after graduation. He's thinking of joining the Army, and this week, he got the chance to meet with a recruiter on-island.

"I see it as a lot of opportunities," Hillman said. "I'm also patriotic, and I think I have a duty to serve."

He'd like to serve by flying UH-60 Blackhawk helicopters, he said, adding he hopes to join through a program that allows him to complete his college degree while serving part-time, then serve full-time after graduation. He's currently looking at colleges near an aunt and uncle in New York.

He already knows a little about the military having lived on Kwajalein for 13 years of his life.

"They expect a lot of you," he said. "I think I need the discipline."

Asked about the current war on terror, Hillman said, "I'm concerned ... but I'm fine with that."

Hillman talked about his interest in the Army and flying Tuesday with Maj. Nestor L. Colls-Senaha, commander of the U.S. Army Recruiting Company in Honolulu.

"[The Army] expect[s] a lot of you. I think I need the discipline."

— James Hillman

The Honolulu-based company recently assumed recruiting responsibility for the Republic of the Marshall Islands region, replacing Guam, which still maintains



(Photo by Jim Bennett)

Senior James Hillman, left, talks with Maj. Nestor Colls-Senaha about joining the Army. Hillman wants to serve part-time while earning a college degree and fly UH-60 Blackhawk helicopters full-time for the Army after college.

responsibility for the Federated States of Micronesia.

"This is a great opportunity to educate people about what we offer," he said, describing the variety of specialties and thousands in education benefits the Army gives recruits.

Colls-Senaha said the change-over will seem transparent to would-be recruits, except to add that Staff Sgt. Kalani Kaneko now will work in the area. Kaneko, a Marshallese man who joined the U.S. Army, can better relate to the host nation population, he said.

Kaneko is scheduled to visit the atoll, including Ebeye, in May and offer the Armed Services Vocational Aptitude Battery, the test requirement for anyone joining any of the armed services, Colls-Senaha said.

Kaneko will probably visit twice a year to offer the test, but as interest increases, could visit more frequently.

Besides a passing ASVAB score, recruits must also hold a high school diploma.

But the greatest hurdle in this area for the majority of the population is the English section of the ASVAB, he said.

"Even in Honolulu, we run into the language barrier," Colls-Senaha said.

Colls-Senaha completes his tour as commander in June, but from this visit, he hopes to have laid the groundwork for future recruiting, he said.

For more information on the Army, contact Kaneko at Kalani.Kaneko@usarec.army.mil.

Weather

Courtesy of RTS Weather

Tonight: Partly cloudy with isolated showers.
Winds: Northeast to east at 8-14 knots.
Tomorrow: Partly cloudy with isolated showers.
Winds: Northeast to east at 8-14 knots.
Temperature: Tonight's low 81°
Tomorrow's high 88°
April rain total: 1.98"
Annual rain total: 10.76"
Annual deviation: -5.72"

Call 54700 for updated forecasts and sea conditions.

www.rts-wx.com

Sun • Moon • Tides

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Saturday April 17	0639/1859	0456/1711	0319, 4.8' 1525, 5.2'	0918, 0.9' 2137, 0.6'
Sunday April 18	0638/1859	0535/1757	0346, 5.2' 1554, 5.3'	0950, 0.7' 2201, 0.5'
Monday April 19	0638/1859	0614/1843	0411, 5.5' 1621, 5.3'	1019, 0.5' 2225, 0.4'
Tuesday April 20	0638/1859	0652/1930	0436, 5.6' 1647, 5.1'	1048, 0.5' 2248, 0.5'