

THE KWAJALEIN HOURGLASS



**Donna Richardson
leaving island for
Bechtel position**

— page 3

**Battle for
Micronesian
Tennis Cup**

— pages 4-5

(Miguel Busquets, Kwajalein, sets to return a shot at the Micronesian Cup Tennis Tournament played Saturday and Sunday.)
(Photo by Nell Drumheller)

Cycle of acronyms, abbreviations

Doug Hepler

Teacher, Kwajalein Jr-Sr High School

Like many Kwaj residents, I am a runner. I enjoy the exercise of running, the fellowship of the Running Club, and most of all, competing in the annual Rustman Triathlon, probably my one true obsession.

However, I have a slight problem with all this... a weight problem. Yes, I admit to a certain amount of "whale insulation", and this does not translate well into good running ability.

How do I explain all this? I will use acronyms and abbreviations. Look around our community and you see them everywhere... SMDC, POV, CONUS, USAKA, IT, ARMY.MIL, KRS, etc. It was the same when I was in the navy... when the fleet sailed, it was a "FleetEx". When they used torpedoes, it was a "TorpEx". And when we sailors pulled into port and got liberty, that was a "DrunkEx".

In order to better explain my yearly weight and running training cycle, from June when we go on vacation when school lets out, until April, when the Rustman Triathlon is run, I shall now describe some terms I use... the "Cycle of Acronyms & Abbreviations".



V.P.= (Vacation Pork): That weight I gain from June 20 until Sept. 1st, while on vacation.

B.I.L.D.D.= (Brother-in Law Diet Destruction): How V.P. is gained, by gleefully consuming Bar-B-Q and dark beer with that exclusive 3-member group of men brave enough to marry a Lacost sister.

R.W.O.= (Running While Obese): What I do from August to at least February, until the V.P. is worked off.

W.W.I.T.= (What Was I Thinking): A pre-cardiac thought I have at the end of each Running Club Fun Run, as a result of R.W.O.

I.W.B.L.M.D.= (I Wanna Be Like Mark Daugherty): A self-explanatory impossibility. I will never be in as good a shape as Mark, no matter how hard I train.

W.F.P.W.= (Warning From Pitying Wife):

Where Amy cautions me not to keel over during my evening run.

S.T.T.V.= (Secret Ten-Ten Visit): Where we clandestinely purchase candy, chips, beer, etc., which enables us to continue to R.W.O., and to maintain our V.P.

F.R.H.= (Fun-Run Humiliation): What happens to me each time I participate in a Fun-Run, due to residual V.P.

B.B.F.= (Blubber-Bounce Factor): Self-explanatory, where the V.P. hangs off me, and bounces up and down as I run (causing itching).

M.W.A.S.= (Must Wear A Shirt): To avoid embarrassment while I run, due to my B.B.F.

D.W.L.O.T.B.= (Danger While Laying On The Beach): A term coined in my honor by my older (and thinner) brother, where he cautions me to watch out for Greenpeace while I am relaxing at Emon Beach, lest they tow me out to sea to "save" me.

All of this leads to the most important term of all...

B.S.I.R.T.O.= (Bob Sholar-Induced Rustman Training Obsession): Where our distinguished Running Club president weaves his web of influence over poor souls like me, causing us to train hard for week after week, month after month... all for a lousy T-shirt.

The Kwajalein Hourglass

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 **Marshallese Word of the Day**
jibon-morning

Buckminster and Friends

Sabrina Mumma

CHAPTER 208: BUCKMINSTER PRESENTS JAVA COMPLIANCE, AND MEETING YOUR PERSONAL FITNESS GOALS!

NOW OUR COMPUTERS HAVE BEEN MADE "JAVA COMPLIANT" & HAVE GONE FROM RUNNING LIKE PANCAKE SYRUP TO RUNNING LIKE COLD MOLASSES WE CAN SHOW YOU HOW THIS EXTRA WAITING TIME CAN BE PUT TO GOOD USE BY GETTING YOU "PUMPED UP"!

THAT'S RIGHT BUCKY. NOW, INSTEAD OF GOING TO THE Bakery, OR DOING A FULL Pedicure OR READING "War & Peace" WHILE YOU WAIT FOR A PROGRAM TO COME UP TAKE THAT TIME TO WALK LAPS AROUND YOUR OFFICE!

OR, FILL THOSE MINUTES WITH "JUMPING JACKS" OR "PUSH UPS" OR "CARROT CURLS" OR PERHAPS TAI BO IS MORE YOUR STYLE...

KNOCK YOURSELVES OUT, I'M HEADING OFF TO THE BAKERY TO CHECK ON SOME STYLIN' PASTRIES.

Sabrina Mumma © 2004

Donna Richardson leaving for Bechtel position

By Mig Owens
Assistant Editor

After a year in what she calls “a piece of paradise,” Donna Richardson, wife of Ike Richardson, KRS president, leaves behind the sand, surf and all the “wonderful people” she’s met to head to San Francisco as senior security manager for Bechtel Corporation.

In her new role, Donna will ensure all personnel, information and property associated with Bechtel projects worldwide are as safe and secure as possible.

“What excites me about this job is the challenge,” Donna said. “Somebody once said, ‘The bad guys only have to get it right once (9/11) but the good guys (me) have to get it right every time.’”

Donna has been fighting the bad guys for the past 26 years. She brings to her new position extensive military and civilian intelligence background. She also boasts military and federal law enforcement experience as a Naval Criminal Investigative Service agent and most recently as a supervisor with the Federal Air Marshal Service.

In addition, she serves in the military reserves as a Navy Commander and has been selected for promotion to Captain, which in Navy terminology is called CAPT Select. Her rank is equal to that of an Army colonel.

Donna considers her position with Bechtel a perfect “next step.” Ike calls the position, one with a mixture of law enforcement and intelligence components, a “natural fit.”

With her impressive credentials, it’s surprising she remained idle for as long as she did, but Donna’s time on Kwajalein was actually a year-long leave of absence granted by the Chicago Field Office of the Federal Air Marshal Service.

“My year was up this month and Ike and I had already agreed that I wanted/needed to return to work and that my time as island fluff was over,” she said.

Donna said the day after her decision to return to FAMS, but before she had replied to them, she was contacted and agreed to meet with Bechtel about a position.

“Needless to say, I was thrilled with the Bechtel offer and submitted my resignation to the FAMS the next day,” she explained. “If I was going back to work and going to be away from Ike, what more could I ask for – a challenging job on the cutting edge of corporate security in a truly fabulous city.”

Being apart from Ike is, of course, the first obstacle Richardson cites about the new arrangement, as well as maintaining three households, “one for me here in San Francisco, Richardson’s Reef in Kwaj and our

home of origin in Chicago but none of these are real show stoppers.”

“Ike and I will visit regularly,” she said. “I will still have to meet my reserve obligation and for the next year that will be in Hawaii – so Ike plans to come over to Hono when I drill or when I am on active duty. We will also be together for our home leave this month. And you never know he may have to come to San Francisco for business from time to time.”

Richardson said the only thing she worries about is the Kwajalein staff. “With me gone – Ike might never leave the office!” she said.

But, this is definitely not the first time work has put miles between the Richardsons.

“I can’t even begin to count the number of times Ike and I have been apart for either his work or mine,” she said, adding that even on the front end of their Kwaj tour, they were apart for about seven months with him working mostly in Washington D.C. and her in Chicago.

She also remembers being apart while Ike was going through the Navy’s Nuclear Power School Program prior to becoming the Executive Officer of the USS Enterprise.

“And that doesn’t even include the many times Ike and I were apart while he was on those six-month cruises pretending he was Maverick in Top Gun,” she said. “Oh wait, that’s right, Tom Cruise was pretending to be Ike.”

Overall, she expects that the change is going to be a good deal for the Richardson Team.

The other half of the dynamic duo agrees.

“It will not affect me at all as far as my tenure here on Kwajalein,” said Ike. “I have a job to do and so does Donna.”

Ike said that the two have been apart on and off his entire military career but he looks forward to “great rendezvous” when their schedules will allow.

“This is a great opportunity for her and she is so excited about her new position,” he said. “I know that she was a little sad to leave the Air Marshal Service as she had super friends in Chicago. It was a great way to expand her horizons and offers different opportunities...course we will both miss being together.”

Donna recalls her “fabulous year” on Kwajalein and takes with her memories of scuba diving, snorkeling, golf, bunko, the Bargain Bazaar and Mic Shop, and she said, “lounging in the lagoon with my buds.”

“Our life has always been and continues to be an adventure – and my Kwaj adventure has been the best so far,” she said. “I will always remember the great folks and the good times.”



Donna Richardson

“ If I was going back to work and going to be away from Ike, what more could I ask for – a challenging job on the cutting edge of corporate security in a truly fabulous city. ”

— Donna Richardson

Majuro edges Kwaj in Micronesia Cup

By Nell M. Drumheller
Editor

The Micronesia Tennis Cup was played on Kwajalein Saturday and Sunday and came down to the last match to decide the victors. Majuro defeated Kwajalein for a 6th consecutive title, but it was a battle up till the end.



(Photo by Nell Drumheller)

“We played 36 games,” Amber Morse, event coordinator said. “Majuro won 18, and Kwaj won 18.”

The decision had to be made by game wins; Majuro topped Kwajalein 222 to 220 after two tough days of hot, sweaty competition.

On Saturday evening it didn’t look too good for the joint Kwajalein-Ebeye team with Majuro up 10 matches to 4.

“Most of the doubles were played on Saturday,” Morse said. “Majuro’s strong suit is doubles.”

And even though Majuro was leading, the games were close. “There were very few games that were blow outs,” Morse said. There was one match that was 9-8; five were 9-7 and six were 8-6.

Kwajalein came on strong on Sunday, winning 14 matches to Majuro’s eight.

“The teams were evenly matched this year,” Morse said. “It was very competitive with great sportsmanship.”

The final match, a men’s singles competition pitting top seeded Dennis Simpson, Kwajalein, against Francis Heine went to Simpson, Majuro 8-6.

Even though the weather was hot, fan’s came out to cheer on their favorites. Republic of the Marshall Island’s President Kessai Note and Minister of Transportation and Communication Michael Konelious both competed in the tournament.

U.S. Ambassador to the Republic of the Marshall Islands Greta Morris joined COL Beverly Stipe, commander U.S. Army Kwajalein Atoll and Reagan Test Site in the stands.

Morse said that the Kwajalein team seemed to have a bit more depth than the Majuro team. That a few players from Majuro dropped out due to cramping.

She added that the Majuro team spends more time on the courts than the Kwajalein team, “They have a tennis pro who comes in once a year and runs clinics,” she said. Morse said that many of the Kwajalein players are involved in so many other activities that they don’t have much time to play. “We need to have more tournaments,” she said, admitting that playing in a tournament in front of a crowd made her a bit nervous. Morse would like to see the Micronesia Cup played twice a year.

She said that it takes a lot of coordination to put on a tournament and couldn’t have done it without the help and support of other people and agencies on the island.

Pamela Frase was one of nine women representing Kwajalein at the weekend tournament.

Men's singles

Match 1
Busquets, Kwajalein def. Tobeck, Majuro, 8-5
Match 2
Hicklin J., Majuro, def. Peterson B., Kwajalein 9-8
Match 3
Bloomfield, Majuro def. DeMaio, 9-7
Match 4
Moulton, Majuro def. Kattil, Kwajalein 8-1
Match 5
Leines, Kwajalein def. Schollar, Majuro, 8-5
Match 6
Keida, Majuro def. Berlind, B., Kwajalein, 8-3
Match 7
Pierre-Mike, Kwajalein, def. Doulatram, Majuro, 8-3
Match 8
Hartnett, Kwajalein, def. Phillipop, P., Majuro, 8-4
Match 9
Simpson, Kwajalein, def. Heine, F., Majuro, 8-6

Women's Singles

Match 1
Cotton, Kwajalein def. Hicklin, C., Majuro 8-4
Match 2
Thomas, Kwajalein def. Bigler, L. 8-2
Match 3
Parker, Kwajalein def. Milne N., Majuro, 8-4
Match 4
Phillipo S., Majuro def. Bates, Kwajalein, 8-2
Match 5
Slinger, Majuro, def. Peterson, K., Kwajalein, 8-4
Match 6
Hansen, Kwajalein def. Bigler, Majuro, 8-6
Match 7
Morse, Kwajalein, def. Phillipop, Majuro, 8-3
Match 8
Slinger, Majuro def. Frase, Kwajalein, 8-2

Men's Doubles

Match 1
Heine, D./Kattil Majuro, def. Berlind, C. Berry, Kwajalein, 8-0
Match 2
Berlind/Peterson B., Kwajalein def. Kida/Note, Majuro, 8-6

Match 3
Kenelious/Milne W., Majuro, def. Langrous L./ Alfred, H., Kwajalein, 8-6
Match 4
Tobeck/Bloomfield, Majuro def. Leines/Sablas, Majuro, 8-3
Match 5
Phillipo P. /Doulatram Majuro, def. Anok/Aluka, Kwajalein, 8-6
Match 6
Paul/Simpson Kwajalein, def. Schollar/Heine D., Majuro 8-3
Match 7
Simpson/Hartnett, Kwajalein def. Doulatram/Heine F., Majuro, 8-6
Match 8
Hicklin J. /Schollar, Majuro, def. Berlind C. /Barry, Kwajalein, 8-1
Match 9
Phillipo P. /Kenelious, Majuro def. DeMaio/Moulton, Kwajalein, 8-4

Women's Doubles

Match 1
Parker/Frase, Kwajalein def. Phillipop S. /Bigler, Majuro, 8-5
Match 2
Slinger/Milne L., Majuro def. Peterson K.

/Morse, Kwajalein, 8-1
Match 3
Hansen/Thomas, Kwajalein def. Bigler L. /Slinger, Majuro 9-7
Match 4
Hansen/Alfred, Kwajalein def. Milne L. /Hicklin, Majuro, 8-0

Mixed Doubles

Match 1
Phillipo, P. / Bigler, Majuro, def. Anok/Peterson K., Kwajalein, 9-7
Match 2
Heine, F. /Milne, L., Majuro def. Aluka/Alfred L. 9-7
Match 3
Note/Slinger, Majuro def. Pierre-Mike/Wallace, Kwajalein 9-7
Match 4
Hicklin J./Hicklin C., Majuro def. Cotton/Alfred H., Kwajalein 8-3
Match 5
Kida/Hicklin C., Majuro def. Sablas/Bates, Kwajalein, 8-4
Match 6
Busquets/Wallace, Kwajalein def. Tobeck/Milne L., 8-3



Krystal Peterson competed for Kwajalein in Women's Singles and Mixed Doubles at the closely fought Micronesia Cup.

(Photo by Nell Drumheller)

(Illustration by Dan Adler)

Pumping iron

Muscular fitness part of a healthy lifestyle

By Dr. George R. Colfer
Contributing writer

Since the existence of mankind, muscular strength has been a valued trait in all aspects of life. Strength is also a very important component of health-related fitness.

It is important to one's structure, posture, movement and injury potential. Strength is basic to athletic skill and also affects any performance involving motor skills. Tasks, including daily functions, become easier to perform and are more efficiently performed with strength.

Strength will aid in improving motor skills but will not automatically transfer improvements from one activity to another. Strength training will not effectively produce or maintain a high level of cardiovascular fitness and should not be considered a substitute for such. However, strength training is very compatible with cardiovascular fitness training modes and can easily be integrated to offer a well-rounded fitness program.

All adults can benefit from building strength or a strength maintenance program. Individual strength requirements are often based upon one's occupation and recreational pursuits. In other words, they are dictated by need. Adult life rarely calls for the lifting of extremely heavy weight loads.

A former professional football strength coach states that, in his opinion, the only people who need to lift heavy were athletes still in competition and competitors in weightlifting. He advised players when their careers were over to use light to moderate resistance. Lifting heavy weights over a prolonged period of time can cause impairment or damage to the joints of the body.

Another factor is to perform each exercise at a full range of motion. Doing such helps prevent muscle injury and improves flexibility.

Some adults are concerned about becoming "muscle-bound." The term itself denotes a lack of flexibility and functional movement, not overlapping muscles from exercise.

A question often asked is which is better to use, free weights or strength machines. The answer is that both are good and will benefit strength development. Often it is a personal preference and availability. The difference

is that free weights require balance and coordination and use more muscle groups in performance known as guiding muscles and stabilizers. Athletes in training may benefit more from free weights. Military personnel who move and carry heavy loads would also benefit.

For the average adult, strength machines will fit nicely into strength development and maintenance, and don't forget free body exercises such as pull-ups/chin-ups, push-ups and bar dips to round out your exercise program.

Women, strength training

Strength can be developed in females at the same ratio as males. Females are perfectly capable of performing strenuous

activity, and there is basically no difference between the genders regarding strength, skill and endurance in proportion to total body weight, lean body weight and the same exposure to learning and practice.

Strength training needs are basically the same, and there is no reason to advocate different training techniques. Research shows that active females possess a better state of health than those who are inactive.

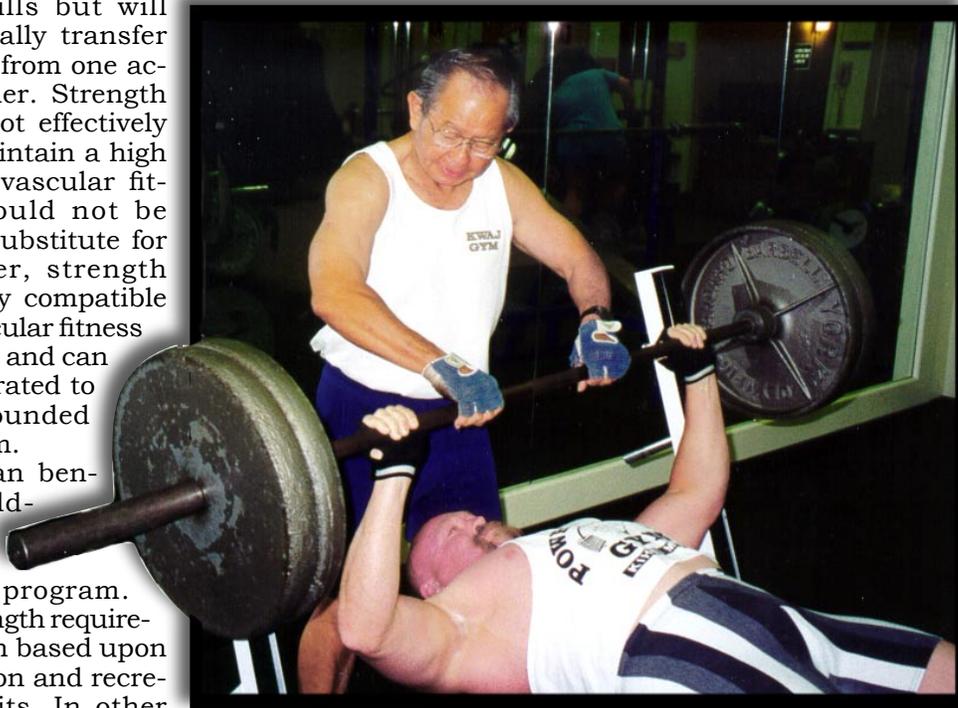
Children, strength training

Children under 12 would be best to use free body exercises and developmental activities to develop strength. The most important type of strength in youth is relative strength: having enough strength to efficiently move one's body weight.

At about 12, most youth are capable of light to moderate strength training with free weights or machines. Exercises should be taught properly with no emphasis on "how much I can lift."

It is important to use a full range of motion on each exercise to properly move each joint, improve flexibility and develop basic strength. Under no circumstances should heavy weight loads be attempted until physical maturity is reached.

(Editor's note: George R. Colfer holds a Ph.D. and is the retired department chair for kinesiology and health, University of Texas at San Antonio. He has published several books on fitness. He is a volunteer contributing writer for the Fort Huachuca Scout newspaper.)



Jamie Obst bench presses at Ivey Fitness Center

Wednesday, November 17

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller/Prime Sports	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors
12:00AM	The Late Show	NBA	Good	Roller	Late Night with Conan O'Brien	Movie: (Cont.) Billy Bathgate	Hey Arnold!	NFL
12:30AM	Access Hollywood	Golden State	Morning America				Rocket Power	(Continued)
1:00AM	Headline News	Warriors at			For Love Or Money	Movie: The Dogs of War	Spongebob	ESPNNews
1:30AM	The Late Late Show	Cleveland Cavaliers					Rugrats	Pacific Report
2:00AM		SportsCenter	Headline News		Law & Order		Lizzie McGuire	Tonight Show
2:30AM	Dennis Miller		Channel One				Taina	w/ Jay Leno
3:00AM		NFL Total Access	The Early Show		American Hotrod	Movie: Exit Wounds	Smallville	The Late Show w/ David Letterman
3:30AM	Countdown With Keith Olbermann				Friends		Boy Meets World	Headline News
4:00AM		SportsCenter			Seinfeld	Movie: <:43>	Boy Meets World	The Late Late
4:30AM	Entertainment Studios				Breathing Space Yoga	The Rookie	Sesame Street	Show
5:00AM	ESPNNews	Totally NASCAR	FOX News Live		Caribbean Workout		Barney & Friends	Dennis Miller
5:30AM	Headline News	NFL Films Presents			Body Shaping			
6:00AM	Good Morning	NFL			Tipical Mary Ellen		Blues Clues	Countdown With
6:30AM	America	Philadelphia Eagles					Dragon Tales	Keith Olbermann
7:00AM		at			The View	Access Hollywood	Bob the Builder	Entertaimnet Studios
7:30AM		Dallas Cowboys				Weekend		
8:00AM	Sagwa		Headline News		Emeril Live	E.T. Weekend	The Wiggles	ESPNNews
8:30AM	Wheel of Fortune		Inside Politics				Dora, the Explorer	Headline News
9:00AM	Dr. Phil	NFL Moments			30 Minute Meals	Movie: Picnic	Stanley	Today
9:30AM	Oprah Winfrey	NFL Live	Navy/Marine Corps		Sweet Dreams		Sagwa	
10:00AM	<9:46>	Around the Horn	Lester Holt Live		Best For Less		Arthur	
10:30AM	Guiding Lt. <10:35>	PTI			Stripped	Movie: <:50>	Between the Lions	
11:00AM	General Hospital	SportsCenter	Headline News		E! News Live	Gathering of Eagles	Sagwa	Emeril Live
11:30AM	<11:17>		NBC Nightly News		King of Queens		Stanley	
12:00PM	Window on the Atoll	NBA	ABC World News	College Basketball	That 70's Show		Dora, the Explorer	Headline News
12:30PM	Bulletin Board	Utah Jazz	CBS Evening News	Niagra	Girlfriends		The Wiggles	Wheel of Fortune
1:00PM	Today	at	Countdown With Keith Olbermann	at Providence	Charmed	Movie: On Golden Pond	Bob the Builder	Dr. Phil
1:30PM		Charlotte Bobcats	Hannity & Colmes				Dragon Tales	
2:00PM				College Basketball	Ally McBeal		Blue's Clues	Oprah Winfrey
2:30PM		PBR Bull Riding		San Diego			Barney & Friends	
3:00PM	I Spy		The Newshour	at Arizona	Any Day Now	Movie: <:04>	Funniest Videos	NBC Nightly News
3:30PM	Animaniacs					Forever Young	Full House	Judge Judy
4:00PM	Braceface		Lou Dobbs Tonight	Headline News	E.R.		Pokemon	Charmed
4:30PM	Teen Kids News			ESPNNews			Yu-Gi-Oh!	
5:00PM	Jeopardy	Tennis	Larry King Live	Headline News	Law & Order	The Entertainers	Real Monsters	Ally McBeal
5:30PM	Headline News			Headline News			Rocket Power	
6:00PM	Bulletin Board	NBA Fastbreak	Newsnight	Roller	The Simpsons	Behind the Scenes	Spongebob	Any Day Now
6:30PM	Movie:	NFL Live	with Aaron Brown		Raymond	E.T.	Rugrats	
7:00PM	The Grapes of	SportsCenter	BET Nightly News		Star Trek: Enterprise	Movie: American Pie	The Proud Family	E.R.
7:30PM	Wrath		Tavis Smiley		Rajin		The Amanda Show	
8:00PM		NASCAR Nextel	Nightline		C.S.I.		Everwood	Jeopardy
8:30PM	Movie: <:40>	Cup	Nightly Business			Movie: <:50>		Headline News
9:00PM	Dial M For	Mountain Dew	Hardball		Biography	Crouching Tiger, Hidden Dragon	Sister, Sister	ESPNNews
9:30PM	Murder	Southern 500	with Chris Matthews		Martin Lawrence		Sister, Sister	Pacific Report
10:00PM			O'Reilly Factor		Friends		The Cosby Show	The Parkers
10:30PM	Tonight Show <:45> W/ Jay Leno				Seinfeld		Home Improvement	Arrested Development
11:00PM			CNN Daybreak		The Daily Show	Movie: Cliffhanger	Touched by an Angel	America's Next Top Model
11:30PM	The Late Show <:45>				Blind Date			

Thursday, November 18

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller/Prime Sports	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors
12:00AM	The Late Show	SportsCenter	Good	Roller	Late Night with Conan O'Brien	Movie (Cont.) Cliffhanger	Hey Arnold!	Las Vegas
12:30AM	Access Hollywood		Morning America				Rocket Power	
1:00AM	Headline News	College Football			Star Trek: Enterprise	Movie: Man From Laramie	Spongebob	Pacific Report
1:30AM	The Late Late Show	Ohio State			Rajiiin		Rugrats	Tonight Show
2:00AM		at	Headline News		C.S.I.		The Proud Family	w/ Jay Leno
2:30AM	Dennis Miller	Purdue	Channel One			Coming attractions	The Amanda Show	The Late Show
3:00AM		NFL Live	The Early Show		Biography Martin Lawrence	Movie: American Pie	Everwood	w/ David Letterman
3:30AM	Countdown With Keith Olbermann	NBA Fastbreak						Access Hollywood
4:00AM		SportsCenter			Friends		Sister, Sister	Headline News
4:30AM	Entertainment Studios				Seinfeld	Movie: <:50>	Sister, Sister	The Late Late
5:00AM	ESPNNews	Boxing	FOX News Live		Breating Space Yoga	Crouching Tiger, Hidden Dragon	Sesame Street	Show
5:30AM	Headline News	World			Caribbean Workout			Dennis Miller
6:00AM	Good Morning	Championship			Body Shaping		Barney & Friends	
6:30AM	America	Boxing			Tipical Mary Ellen		Blues Clues	Countdown With
7:00AM					The View	The Entertainers	Dragon Tales	Keith Olbermann
7:30AM							Bob the Builder	Entertainmet Studios
8:00AM	Blue's Clues		Headline News		Emeril Live	Behind the Scenes	The Wiggles	The Hot List
8:30AM	Wheel of Fortune		Inside Politics			E.T.	Dora, the Explorer	Headline News
9:00AM	Dr. Phil	The Hot List			30 Minute Meals	Movie: Having Our Say	Stanley	Today
9:30AM	Oprah Winfrey	NFL Live	Headline News		Food 911		Sagwa	
10:00AM	<9:46>	Around the Horn	Lester Holt Live		Sensible Chic		Arthur	
10:30AM	Guiding Lt. <10:35>	PTI			Fashion File	Movie: <:48>	Between the Lions	
11:00AM	General Hospital	SportsCenter	Headline News		E! News Live	There's Something About Mary	Sagwa	The Amazing Race
11:30AM	<11:17>		NBC Nightly News		King of Queens		Stanley	
12:00PM	Window on the Atoll	College Basketball	ABC World News	2004 NASCAR	That 70's Show		Dora, the Explorer	
12:30PM	Bulletin Board	Teams TBD	CBS Evening News	Toyota All-Star Showdown	Girlfriends		The Wiggles	
1:00PM	Today		Countdown With Keith Olbermann		Charmed	Movie: The First Wives	Bob the Builder	Dr. Phil
1:30PM							Dragon Tales	
2:00PM		NBA	Hannity & Colmes		Ally McBeal	Club	Blue's Clues	Oprah Winfrey
2:30PM		Miami Heat				Movie: <:57>	Barney & Friends	
3:00PM	Sylvester & Tweety	at	The Newshour		Any Day Now	Last of the Mohicans	Funniest Videos	NBC Nightly News
3:30PM	Buzz Lightyear	Milwaukee Bucks					Full House	Judge Judy
4:00PM	Fairly Oddparents		Lou Dobbs Tonight	Headline News	E.R.		Pokemon	Charmed
4:30PM	Teenage Robot	SportsCenter		ESPNNews			Yu-Gi-Oh!	
5:00PM	Jeopardy		Larry King Live	Headline News	Law & Order	Inside the Actors...	Real Monsters	Ally McBeal
5:30PM	Access Hollywood			Headline News		James Gandofini	Rocket Power	
6:00PM	Bulletin Board	NFL Game of the Week	Newsnight with Aaron Brown	Roller	The Simpsons	Coming Attractions	Spongebob	Any Day Now
6:30PM	Pacific Report				Raymond	E.T.	Rugrats	
7:00PM	The Parkers	SportsCenter	BET Nightly News		The Amazing Race	Movie: Galaxy Quest	Even Stevens	E.R.
7:30PM	Arrested Development		Tavis Smiley				Kenan & Kel	
8:00PM	America's Next Top Model	USA Soccer	Nightline				Gilmore Girls	Jeopardy
8:30PM		World Cup	Nightly Business			Movie: <:57>		Headline News
9:00PM	Las Vegas	Qualifier	Hardball		Discover Specials	Shangai Noon	Degrassi	ESPNNews
9:30PM		Jamaica at USA	with Chris Matthews		Trantulas		Degrassi	Pacific Report
10:00PM	Pacific Report	SportsCenter	O'Reilly Factor		Friends		The Cosby Show	Two And A Half Men
10:30PM	Tonight Show				Seinfeld		Home Improvement	Will & Grace
11:00PM	W/ Jay Leno	Tennis	60 Minutes		The Daily Show	Movie: Say Anything	Touched by an Angel	The Bachelor
11:30PM	The Late Show				Blind Date			

Friday, November 19

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller/Prime Sports	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors
12:00AM	The Late Show	Tennis	Good	Roller	Late Night with Conan O'Brien	Movie: (Cont.) <i>Midway</i>	Hey Arnold!	C.S.I.
12:30AM	Access Hollywood		Morning America		Rocket Power			
1:00AM	Headline News	SportsCenter	Headline News	The Amazing Race	Movie: <i>North Dallas Forty</i>	Spongebob	Pacific Report	
1:30AM	The Late Late Show	PBR Bull Riding <i>Wrangler World Finals</i>				Channel One	Rugrats	Tonight Show w/ Jay Leno
2:00AM	Dennis Miller		NBA Fastbreak	The Early Show	Discover Specials <i>Trantulas</i>	Movie: <i>Galaxy Quest</i>	Kenan & Kel	The Late Show w/ David Letterman
2:30AM		SportsCenter		FOX News Live	Friends	Degrassi	Headline News	
3:00AM	Larry King Live		PGA Tour <i>World Cup First Round</i>		60 Minutes	Seinfeld	Movie: <:57> <i>Shanghai Noon</i>	Degrassi
3:30AM	Entertainment Studios	FOX News Live		Breathing Space Yoga		Sesame Street	Dennis Miller	
4:00AM			Headline News	FOX News Live	Caribbean Workout	Barney & Friends	Countdown With Keith Olbermann	
4:30AM	Good Morning America	FOX News Live			Body Shaping	Blues Clues		
5:00AM			Headline News	FOX News Live	Typical Mary Ellen	Dragon Tales	Entertainment Studios	
5:30AM	Sesame Street	Inside Politics			The View	Inside the Actors... <i>James Gandolini</i>	The Wiggles	The Hot List
6:00AM			Wheel of Fortune	Air Force TV News	Emeril Live	Coming Attractions	The Wiggles	Headline News
6:30AM	Dr. Phil	Lester Holt Live			30 Minute Meals	E.T.	Dora: The Explorer	Headline News
7:00AM			Oprah Winfrey	Around the Horn	Low Carb & Lovin' It	Movie: <i>Danielle Steele's No Greater Love</i>	Stanley	Today
7:30AM	<9:46>	PTI			Design on a Dime	Style Star	Sagwa	Arthur
8:00AM			Guiding Lt. <10:35>	The Hot List	Headline News	Movie: <:45>	Between the Lions	Emeril Live
8:30AM	General Hospital	NBA Action			NBC Nightly News	<i>Electric Horeseman</i>	Sagwa	Stanley
9:00AM			<11:17>	NBA Tip Off	ABC World News	That 70's Show	Dora, the Explorer	Headline News
9:30AM	Window on the Atoll	NBA			CBS Evening News	Girlfriends	The Wiggles	Wheel of Fortune
10:00AM			Bulletin Board	<i>San Antonio Spurs at Philadelphia 76ers</i>	Countdown With Keith Olbermann	Charmed	Movie: <i>The French Lieutenant's Woman</i>	Bob the Builder
10:30AM	Today	Hannity & Colmes			Headline News			Ally McBeal
11:00AM			Legend of Tarzan	NBA <i>N.Y. Knicks at Houston Rockets</i>	The Newshour	Any Day Now	Movie: <:18> <i>Throw Momma From the Train</i>	Barney & Friends
11:30AM	Real Monsters	Lou Dobbs Tonight			ESPNews	Law & Order	Scream Play	Funniest Videos
12:00PM			Sabrina Animated	Larry King Live	Headline News	E.R.	Pokemon	Charmed
12:30PM	In the Mix	Headline News			Headline News	Jeopardy	Real Monsters	Ally McBeal
1:00PM			Jeopardy	NFL Game of the Week	Newsnight with Aaron Brown	The Simpsons	Ebert & Roeper	Spongebob
1:30PM	Access Hollywood	SportsCenter			BET Nightly News	Raymond	E.T.	Rugrats
2:00PM			Pacific Report	College Basketball	Nightline	Summerland	Movie: <i>Big Daddy</i>	That's So Raven
2:30PM	Two and a Half Men	College Basketball			Nightly Business	The Practice	Movie: <:48> <i>Star Trek: Nemisis</i>	All That!
3:00PM			Will & Grace <:25>	<i>Coaches vs. Cancer Semifinals</i>	Hardball with Chris Matthews	Frontline <i>The Persuaders</i>	Sabrina	ESPNews
3:30PM	Window on the Atoll (7:50PM) The Bachelor (8:00PM)	O'Reilly Factor			O'Reilly Factor	Seinfeld	Movie: <i>Innocent Man</i>	Sabrina
4:00PM			C.S.I.	Primetime	Primetime	The Daily Show	Home Improvement	King of the Hill
4:30PM	Pacific Report	The Bachelor (8:00PM)			The Late Show	Blind Date	Touched by an Angel	That 70's Show
5:00PM			Pacific Report	The Bachelor (8:00PM)		The Late Show	Blind Date	Touched by an Angel
5:30PM	Tonight Show	W/ Jay Leno			The Late Show			
6:00PM			Tonight Show	W/ Jay Leno		The Late Show	Blind Date	Touched by an Angel
6:30PM	W/ Jay Leno	The Late Show			Blind Date			
7:00PM			The Late Show	Blind Date		Touched by an Angel	The Apprentice	
7:30PM	The Late Show	Blind Date			Touched by an Angel			The Apprentice
8:00PM			The Late Show	Blind Date		Touched by an Angel	The Apprentice	
8:30PM	The Late Show	Blind Date			Touched by an Angel			The Apprentice
9:00PM			The Late Show	Blind Date		Touched by an Angel	The Apprentice	
9:30PM	The Late Show	Blind Date			Touched by an Angel			The Apprentice
10:00PM			The Late Show	Blind Date		Touched by an Angel	The Apprentice	
10:30PM	The Late Show	Blind Date			Touched by an Angel			The Apprentice
11:00PM			The Late Show	Blind Date		Touched by an Angel	The Apprentice	
11:30PM	The Late Show	Blind Date			Touched by an Angel			The Apprentice

HELP WANTED

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

RECREATION AIDE II, Roi Community Activities. Full time. Individual should be versatile and able to support Small Boat Marina, golf course, facilities and special events. Should be able to work outside and be able to lift 70 lbs. Should be experienced with boats and/or other machinery, have verbal English skills and be able to work independently.

MEDICAL OFFICE RECEPTIONIST, Medical Services. Casual. Duties include scheduling patients, performing patient charting and registering patients for insurance. Must have good written and verbal communication and customer service skills. Must be familiar with MS Word and Excel.

PROJECT CONTROL CLERK I. Full time. Receive phone calls, place electronic and walk-in customer orders at the service desk in Public Works. Process work requests by data entry, use radio to dispatch crews, create service order documentation, coordinate with shop supervisor to monitor and support work. Requires excellent communication skills and knowledge of computers.

REPORTER, Hourglass. Full time. Conduct interviews, write stories, IAW AP Stylebook and Army Reg. 360-1, take photographs, write cutlines, edit documents, make contacts for stories, develop story ideas, follow both verbal and written instructions and assignments from the assistant editor and the editor. Attend and glean story ideas from meetings. Work hours as required to include evenings and weekends.

RESERVATIONIST, Kwaj Lodge. Full time. Perform front desk duties to include check-in/check-outs, reservations, room changes, housekeeping updates, key inventories. Maintain spreadsheets for bike rentals, assist customers with bike rental/return, run night audit, accept cash and balance cash drawer at end of shift. Requires some accounting background, must be high school graduate.

ADULT/COMMUNITY Education Coordinator. 140 days temporary. Responsible for all aspects of the adult education program on Kwajalein. Coordinate college programs within Adult Education programs. Liaison to the University of Maryland representative. Facilitate non-credit courses which include developing courses, scheduling classes,

developing instructors, providing materials, advertising classes, scheduling facility usage/key control, collecting/distributing fees, supervising/monitoring instructor's payroll, testing and military programs.

SUPERVISOR, Community Activities-Roi. Full time. Contract position. Responsible for all facets of recreation and entertainment at Roi-Namur. Must be able to work under minimal supervision. Must possess excellent organizational and communication skills and have experience supervising employees and have background with areas of oversight.

SENIOR RECREATION AIDE, Hobby Shop. Casual. Provide customer service in assisting patrons in Woodshop and ceramic/pottery shop, handle cash, enforce rules and safety procedures and general shop cleaning.

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

BANK OF AMERICA, N.A., Community Bank, is contracted to provide retail banking services to overseas military personnel and their families. We are currently planning to open facilities on Kwajalein around Feb. 1. We are currently looking for individuals to fill several critical roles in our new banking center. We need a banking center manager, tellers (full time or part time) and customer service representatives (full time or part time). Successful candidates should have previous banking, credit union or cash handling experience. Candidates must also have the ability to quickly and accurately handle transactions, communicate effectively and possess a strong desire to learn. Banking center manager candidates should have previous manager and/or supervisory experience. All candidates need to be available beginning mid-January for training. For consideration, send resumé to employment@bank-of-america.jp or call DSN 645-2406 for more information. Community Bank is an Equal Opportunity Employer.

WANTED

A FEW BEDS and a bathroom for visiting friends, Dec. 16-29. Family of four. Children ages five and nine. Very responsible. Call Joe or Ann-Marie, 50158.

HOUSE AND CAT-SITTER. Call Cheryl or Tom, 53652.

LOST

MULTI-COLORED sea glass anklet. Hemp macrame. Possibly lost on Roi. Sentimental value. Reward offered. Call Jane, 54302.

WHITE CASSEROLE dish and stainless-steel spoon, from Willie Tavares potluck dinner at the Pacific Club Monday night. Call 58598.

TO THE PERSON who picked up an unattended box of photos by O's Image on the third floor of the Reef around 3 p.m. after the Craft Fair. Call John O'Brien, 59444 or 59539.

SCUBA DIVING vest, black with blue panels on the front, on ocean side in front of picnic pavilion. Call Dave, 50828 or 51142W.

FOUND

CHOCOLATE M&M Beanie doll, on Lagoon Road by First Street, two weeks ago. Call Amy,

52681.

TWO PRINTS, left on table at Holiday Craft Fair. Call 51359.

DID YOU lose your Craft Fair purchase? I found a navy blue polo shirt. Call 52602.

FOR SALE

AUDIOVOX portable DVD player with car adapter, used once, \$150; Graco three-way baby entertainer, \$35; bouncy seat, \$8; baby walker, \$10; Fisher-Price Playdome portable bassinets with mesh zipper, hardly used, \$35; bobby pillow five-in-one gym, \$20; infant carseat/carrier, \$25. Call 52368.

MICROWAVE, \$55; computer desk, \$70 or best offer; unicycle with three extra seats, \$75; dual-cassette boombox, \$35; 12" and 16" girl's bikes, no training wheels, \$10-\$15; brown recliner, \$65 or best offer; baby bouncer, like new, \$20; baby activity mat, \$9; baby dome, \$25; jogging stroller, Kwaj-condition, \$10. Call 53244.

ZODIAC 16" boat, Pro 470SB, with 40 hp Johnson outboard, Raytheon fish finder, Garmin Marine Map 76 GPS, Raytheon 100 radio, metal boat box. Call 51032W or 52515H.

MEN'S TREK, 21-speed, good condition, \$100. Call Jordan, 56334, 8 a.m.-5 p.m.

2000 MACGREGOR 26X with 50-hp Honda, sail or pull a skier, sleeps six, enclosed head, alcohol stove, GPS, CD stereo, \$25,000. Call 52516.

SAUDER COMPUTER center with lighted hutch, \$100; 16" bike, good condition, \$10; baby pillow, \$10; nursing pillow, \$8. Call 52681.

AWNING and poles, good for trailer, \$200; large awning, suits 200 series housing or could be trimmed to suit other, \$50; kite, never used, \$10; retro aviation wall hanging, \$20; egg poacher, \$5; three pillows, never used, \$10 each; Team Losi RC truck with accessories, \$150; three carpets, one gray, two brown, 4' x 6', \$10 each; toaster, \$5; cushion, never used, \$5; collapsible camping stool, \$10. Call 52672.

PIANO, excellent condition, \$550 or best offer. Call Sabrina, 52034.

COMMUNITY NOTICES

HEALTH AND WELFARE benefits: For a list of frequently asked questions about your benefits, visit K:HRInfo/Health & Welfare & Benefits\AGB FAQs11-10-04.doc.

ALCOHOLICS ANONYMOUS meets Tuesday and Saturday, 6:30 p.m., in PBQ room 250. Call 51143 and leave a message. Your call *will* be returned.

THE KWAJALEIN Police Department, Aluting Security and Technology, LLC, employee of the month for October is Constable Hiram Airam. Airam has been with KPD for close to twenty years. He works at Entry/Exit as a badge and identification clerk. He was recognized for updating 1,100 files and buffer times for all the C-badge workers. Lt. Angelia Pinto is Airam's supervisor and she stated, "Constable Airam is one of my hardest workers. I consider him irreplaceable."

COUNTDOWN TO CHRISTMAS. All Electronics including cameras, camcorders, TVs, DVD and VHS players, stereo and home entertainment systems, computer equipment, telephones and more are 10 percent off at Macy's and Gimbel's through Saturday.



As a reminder . . . USAKA residents who plan to invite visitors to the U.S. Army Kwajalein Atoll must use the Form 480 "Request to Visit USAKA." Airline tickets should NOT be purchased until the request has been approved by the Provost Marshall's office and stamped by Entry/Exit. Call Sgt. 1st Class Travis Tikka, 52109, with questions.

A COURSE IN MIRACLES study group will meet Tuesdays, 6:30 p.m., at Qtrs. 215-A. Interested community members are welcome to attend. Questions? Call Eileen, 52244.

DUE TO Marine operations requirements, the recompression chamber will be unavailable, Wednesday and Thursday. During this period, recreational diving is limited to 50 feet.

SCHOOL ADVISORY COUNCIL will hold its regular monthly meeting Wednesday in the elementary music building. Items on the agenda include all-day Kindergarten. The public is invited. Questions? Call 5-3761.

SUNRISE BAKERY has pies on sale for \$7 just in time for Thanksgiving. We are taking orders through Monday. We will be open Nov. 25, 6 a.m.-noon, for order pickup. To place your order, call 53445.

KWAJ KWILTERS will meet Thursday, 7 p.m., at CRC room 1. Freezer paper appliqué will be demonstrated. Everyone interested in quilting is welcome. Questions? Call Loretta, 53884.

THE WOMEN'S AMERICAN Legion Auxiliary will hold its monthly meeting Thursday, 6:30 p.m., at the Vets' Hall. All those interested in joining can attend. We will pack care packages for deployed service members. Questions? Call Amy, 52681.

MONTE CARLO bowling night is back Sunday, 6-9 p.m. Sign up early by calling Thompson at 53320. We would like to take your reservations now.

YOKWE YUK Women's Club invites you to enjoy an elegant wine and cheese social featuring a silent basket auction. Festivities will begin at 7 p.m., Sunday, at the Yuk Club. This wonderful event will feature an array of unique baskets filled with items not found on Kwaj just in time for Christmas. We are offering a special ticket price of \$15 for YYWC members and a guest. Non-members tickets are \$17. Tickets can be purchased by calling Leigh Hoskins, 51494, Renee Davie, 53498, or Cindy Steverson, 58222.

PRE-SALE OF CHRISTMAS WREATHS of fresh pine by Cub Scout Pack 135 on Macy's porch is the following days at 10 a.m.-noon, Monday, Nov. 29 and Dec. 6. Wreaths will be delivered after they arrive on the December barge.

CHRISTIAN WOMEN'S Fellowship is hosting a Thanksgiving dinner, Nov. 26, 1 p.m., at the Religious Education Building. All are invited. If you are new to Kwaj or just prefer not to eat alone and fellowship with others, call Amy, 52681. Bring a side dish to share if possible.

OPEN MIC NIGHT at the Yuk Club is Nov. 28, 6-10 p.m. No alcohol will be served from 6-8 p.m. Under 21 welcomed. For more information, call Aaron, 54147.

KWAJALEIN SCUBA Club's Underwater Turkey Hunt will be Nov. 21, 2 p.m., at Emon Beach. Scuba divers and snorkelers are invited to join the hunt. Questions? Call Sharon, 54231.

DR. PICARD, orthodontist, will see patients Dec. 1-3. For an appointment, call the Dental Clinic, 52165.

TOWN HALL MEETINGS with COL Beverly Stipe are as follows: Kwajalein Dec. 1, 6 p.m., in the MP room; Roi, Dec. 2, at Tradewinds Theater. Questions? Call Public Affairs, 51404.

REAL CHRISTMAS TREES from Washington State will be sold Dec. 16, 4:30-6:30 p.m., at the high school. \$30 buys you a natural unshaped tree and \$45 buys you a full-bodied, shaped tree. Take it

home yourself or free delivery by Santa's elves. We can only accept cash. Roi residents need to order and pre-pay by close of business, Dec. 14. Watch the Hourglass for more information.

MOPS (Mothers of Preschoolers) meet Thursday. Join us and learn about landscaping ideas for Kwaj. We will be making concrete stepping stones. Bring sea glass, shells or other Kwaj mementos for the stepping stones. Questions?

Call Susannah, 52188.

TAKE OUT service is offered by Café Pacific for Family Dining prime rib meals. Cost is \$12.95 for a nine-ounce cut of slow roasted prime rib with au jus. Choice of starch, vegetable and accompaniments included. Watch the weekly menu and the KRS Newsline for times and dates.

RMI SHOPPING DAY

DEC. 11

RMI Shopping Day
will be at Macy's, Macy's West and Gimbels,
Dec. 11, 10 a.m.-6:30 p.m.
Shopping will be allowed for all residents of Ebeye
and Enniburr with photo I.D. No minors under the
age of 18 allowed. Gimbel's will sell all items
except food, alcohol, tobacco, books, newspapers,
drugs, and sundry items.

SANTA'S COMING



Watch for upcoming holiday
events in the *Hourglass*

Safety Day held despite soggy weather



COL Beverly Stipe, USAKA commander, is given an overview of the Mini Andros II robot by Liz Collier, Explosive Ordnance Disposal technician, Wednesday at the Security and Safety Awareness Day - U.S. Army Space and Missile Defense Command.

(photo by Larry Allen)

By Mig Owens
Assistant Editor

Security and Safety Awareness Day, held despite the unrelenting rain, featured exhibits by numerous departments across the island.

Safety Day included a demonstration of The Mini Andros II, which is used in response to a suspect package in place of an EOD technician for safety reasons. It features remote control and numerous mountable cameras. According to Craig Eisele, EOD technician, the robot is among the equipment required for a federally sanctioned bomb squad.

Kwajalein Police Department representatives displayed SWAT gear, the Marine Police were on hand to discuss boating and water safety and Pest Control disseminated information on vector control and the do's and don'ts of pest control.

Heavy Equipment brought with them a man lift to

enable attendees to see the upper atmosphere and the Fire Department offered a display while Emergency Medical Technicians offered blood pressure checks.

COL Beverly Stipe presented certificates of appreciation for employees who supported the USAKA Safety Program. Awardees included employees from Heavy Equipment, Marine Department, KPD and the Fire Department.

"Awardees were recognized for using Personal Protective Equipment, following Risk Management procedures, having a positive safety attitude, and through demonstrated duty performance - helping to make Kwajalein a safer place to work and live in," Mike Moore, USAKA/RTS Safety said.

Awards will also be presented next week to Marine and Construction Departments in recognition of their outstanding work in safety and while working hazardous operations, according to Moore.

Weather

Courtesy of
RTS Weather

Tonight: Partly cloudy with isolated showers.

Winds: Northeast around 5 knots tonight.

Tomorrow: Partly cloudy with isolated showers.

Winds: East around 5 knots.

Temperature: Tonight's low 80°
Tomorrow's high 89°

November rain total 9.25"

Annual rain total: 87.83"

Annual deviation: +0.74"

Call 54700 for updated forecasts.

www.rts-wx.com

Sun • Moon • Tides

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Today	0642/1826	1011/2203	0614, 4.3'	1220, 0.5'
Nov. 16			1831, 5.5'	0000, 0.9'
Wednesday	0643/1826	1113/2307	0703, 3.8'	0110, 0.9'
Nov. 17			1922, 5.0'	1243, 1.4'
Thursday	0643/1826	1210/	0807, 3.4'	0213, 1.4'
Nov. 18			2029, 4.5'	1339, 1.9'
Friday	0643/1826	1301/0008	0954, 3.2'	0342, 1.7'
Nov. 19			2009, 4.2'	1516, 2.3'