

THE KWAJALEIN HOURGLASS



**Hints for
restful sleep.**
— Page 6

**(Sgt. Brad Walker, K-9 handler, and his dog Tanja help patrol Kwajalein.
For more, see Page 4.)**

(Photo by Elizabeth Davie)

Good deeds surprise new resident

by **LuAnne Fantasia**
 Gulf Region Division
 U.S. Army Corps of Engineers

Baghdad, Iraq—In March, I crawled out of the back of a C-130 and rolled into the International Zone in an armored escort after the freakiest eight-mile-ride of my life! But, I had been briefed on the insurgent activity along Route Irish and had seen it on the news, so I wasn't totally surprised.

I didn't know until I arrived here how much good is being done in Iraq. Unfortunately, our American national media focuses on the insurgents and the daily body count, and rarely reports on the Iraq Reconstruction Program—an \$18 billion effort to help Iraq rebuild its country and stabilize the Middle East. After 35 years of neglect, the country's infrastructure is broken...third-world conditions. Except for the cities where Saddam Hussein lived, there is very little—if no—electricity, potable or waste water systems, or sewage treatment plants. Except for his palaces and dwellings for his party members, buildings and homes are shacks, and schools have 4-inch-deep mud (not dirt) ... mud floors.

Women and men in uniform, Department of Army civilians, and civilian contractors from more than 25 countries are working side-by-side with the Iraqi people to see their country progress into the 21st century, based upon their new, hard-earned and coveted democracy—something I'll never take for granted again.

The Iraqi people are gentle and kind-hearted. They want the same things in life as people everywhere—security for their loved ones, and to be able to go to work everyday and prosper. The difference between the Iraqi citizen and the insurgents is the difference between you and me, and Timothy McVeigh.

The insurgents are thugs; some of them are Iraqis who simply don't want the country to change from the oppression of Saddam's reign. And some are terrorists—hired guns—from other countries. They kill 60 men in line to apply for the police force, or the Army, or to simply get work that day. They kill cleaning ladies on their way to work in the morning. They kill their own ... innocent people, simply because they're working with the coalition forces. They don't discriminate.

Our Marines and Soldiers are out there everyday, on the roads where it's dangerous. They attempt to make an area safe so construction workers—American and Iraqi—can get to the construction sites to work. They're hot and dirty and don't have the security and safety I have. I think about them every day. I talk to them at the Post Exchange and ask them how they're doing. I wish them GodSpeed at the checkpoints and remind them to "call your Mother." They're your sons and daughters. Be proud of them. They're professionals...and precious. My son Tony is here, too. In Mosul.

It's America's responsibility to help others. We've always done it. I hope we never stop. Rose Kennedy taught her children that because they were born privileged, they had a greater responsibility to help others. We're privileged to simply be born American. We have that same responsibility.

Now, four months later, I'm humbled to represent you—Americans. Two female Iraqi checkpoint guards told me last week they were afraid of Americans a couple of years ago when we rolled across their country in HUMVEEs, wearing full body armor.

"Now, we know you are friends and try to help us. For this we are thanking you," one of them said to me, touching her right hand to her heart.

Correction

In the July 13 AFN article, the *Hourglass* misspelled Kelly O'Connor's name as O'Conner. The *Hourglass* regrets the error.

The Kwajalein Hourglass

Commanding Officer...COL Beverly Stipe
Acting Public Affairs Officer..Polli Keller
Editor.....Nell Drumheller
Assistant EditorMig Owens
Graphics Designer.....Dan Adler
Reporter.....Elizabeth Davie
Circulation.....Will O'Connell

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

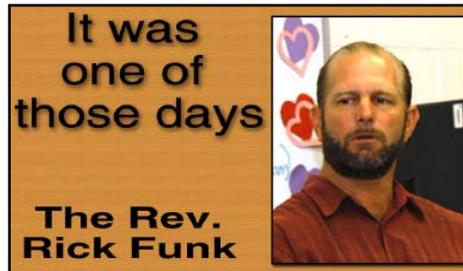
The Kwajalein *Hourglass* is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to USAKA. Contents of the *Hourglass* are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or USAKA. It is published Wednesdays and Saturdays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff, P.O. Box 23, APO AP 96555.

Phone: Autovon 254-3539; local 53539.
 Printed circulation: 2,000

Lining up for vacation

I suppose after a long series of summers I'll be better prepared for the "stateside syndrome." This year caught me by surprise. I could hardly contain my anticipation and excitement for vacation during the first week of June. A Kwaj rumor floated around town two days before we left that Continental was severely overbooked. Kathy Ann and I arrived at noon for the 1:30 check-in. We were at the front of the line. Our anxiety was unnecessary as everyone got on board for an uneventful flight to Hono, but, looking back, I realize that my apprehension over long lines was quite real, just geographically misplaced.

If I had just three words to express my impression of vacation they would be lines, lines, lines. We visited my brother in Florida and stood in Busch Gardens and Sea World. I say "stood" because about half our time in the park



was standing still, in a line. Waiting for a roller coaster, my daughter, Kelly, and I timed the ride – 20 seconds. If you spend 20 minutes in line the ratio of ride to wait is ... ridiculous. Imagine describing Kwajalein to someone in one of that endless, amusement park, serpentine lines and he says, "Wow, that's so small. You must feel confined." "Not like I do in this line!"

Then, there's the traffic. I could

See VACATION, Page 7

Aiding neighbors

Soldiers help with hurricane relief

By Master Sgt. Bob Haskell
Army News Service

More than 5,000 National Guard Soldiers and airmen from four states rolled out or stood by to help when the hurricane season began earlier than usual this year.

Hurricane Dennis battered Pensacola and the surrounding Florida Panhandle July 10, a Sunday afternoon and evening, with 120-mph winds, and cut a northwest track into Alabama before quickly losing steam.

Some 2,600 Florida National Guard troops turned out for the Category 3 blow that, according to initial estimates, caused between \$1 billion and \$2.5 billion in insured damage in this country. The Associated Press reported the storm left more than 550,000 customers in four states without power.

A couple of thousand Florida Guard troops supported law enforcement and civil relief efforts in the stricken western part of the state.

"Our troops were distributing food, water and ice to people at 31 distribution points in Florida's four western-most counties the day after the storm," said Lt. Col. Ron Tittle, a Florida National Guard spokesman. "That was cut back to 21 distribution points in three counties by Tuesday," he added.

Members of the 3rd Battalion, 20th Special Forces Group supported search and rescue operations conducted by state and local agencies. Other Guard members helped police provide security at traffic control points and patrolled neighborhoods.

Three battalions from the 265th Air Defense Artillery formed the main Guard force in the panhandle, Tittle said. The 2nd Battalion of the 265th had returned from a 12-month tour of duty in Afghanistan in April and was pressed into



Sgt. John Anderson, Bravo Battery, 1st Battalion, 265th Air Defense Artillery moves bags of ice at a comfort station in Escambia county, Fla.

(Photo by Spc. Edourd

state active duty to deal with one of the hurricanes that Florida Guard troops have come to know all too well.

A total of 7,000 Army and Air Guard troops responded to the four storms that ripped into their state last August and September, Tittle said. Some who turned out for Dennis were still recovering from the wrath of 2004.

"I hope that Dennis moves farther west and doesn't touch the state," said Sgt. 1st Class Jeffery Sargent of Vero Beach, Fla.. "I'm still working with my insurance company and contractors to complete repairs from damage to my home from last year's hurricanes."

Still, the Guard troops turned out because they knew they had the skills and the training to help their community.

"Our troops are packed and ready to go," said Lt. Col. Troy Ratliff,

the 2nd Battalion's commander. "Many of these Soldiers recently returned from Afghanistan and have skills in conducting security missions over there that will be important in this state mission."

Ratliff also promised that his Soldiers will be ready to deal with the future emergencies that afflict Florida, especially since weather forecasters are concerned that this could be another active hurricane season.

"If there are more storms, we'll be ready for them," the battalion commander vowed. "These guys have been through a lot. We'll just [regroup] and do it again."

(Editor's note: Master Sgt. Bob Haskell writes for the National Guard Bureau. Jon Myatt, Florida Department of Military Affairs, contributed to this report.)

Partners



Sgt. Brad Walker, K-9 handler, and his dog Tanja spend a little time playing after a long day. (Photos by Elizabeth Davie)

Dog, handler, work to keep Kwajalein drug free

By Elizabeth Davie
Reporter

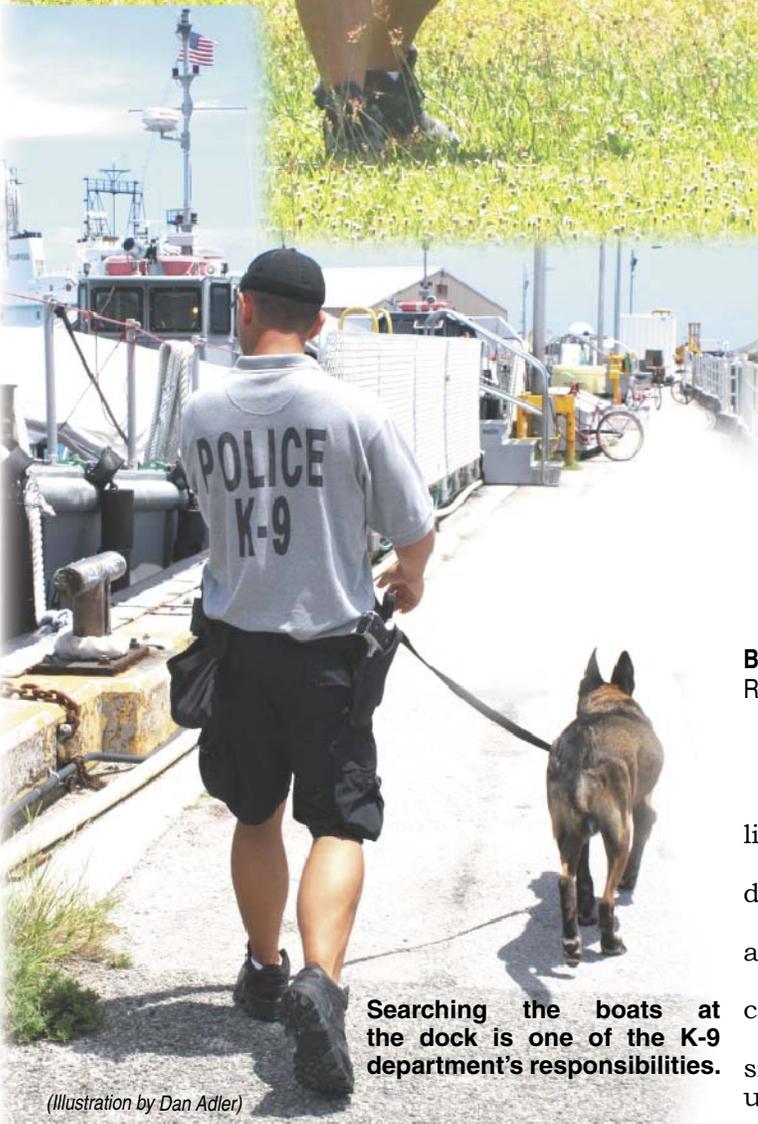
“It is not as glamorous as it looks,” said Sgt. Brad Walker, K-9 handler for the Kwajalein Police Department.

People think we sit around and do nothing but they don't know what goes on behind the scenes, he said.

The K-9 unit has two drug dogs and two bomb dogs, all four are Belgium malinois.

The drug dogs are trained to identify marijuana, cocaine, heroine, ecstasy and hashish.

Each dog is assigned a handler. “We are all responsible for the health and welfare of the dog assigned to us, mentally and physically,” Walker said.



Searching the boats at the dock is one of the K-9 department's responsibilities.

(Illustration by Dan Adler)

Walker has been assigned to Tanja, one of the drug dogs, since the beginning of June. "At first we were like two left feet trying to dance," he said. Training is not only for the dog but for the handlers as well so they can learn to work together, he added.

"After about two weeks we started to develop a bond, after three weeks she would roll over and let me touch her belly, which is the most submissive move, it was awesome," he said.

So what do these handlers do all day? According to Walker there is a lot of hard work that goes into this job. Any given day may consist of obedience training, searches, grooming and specialized training.

Between training and searching places, such as the post office, the handlers are called to the airport to search the incoming baggage. "We search all the planes that have any civilian passengers on them," Walker said. One bomb dog and one drug dog are used to inspect the baggage before it can be released. "We also search foreign military and private boats," he added.

According to Walker, "if you want to train dogs to find drugs you have to use drugs." But he's not talking about ingesting the substances. Part of the day is spent searching for training aids. How this works is the aid, a few grams of the drug in a medal casing, is weighed and signed out from the police department, the aids are transported to the facility where the training is going to be held such as vacant housing. Another officer places the aid in the house. The aid must sit for about 20 minutes to let the odor set in. "In reality if you go into a house the drugs are going to have been sitting there for a while and the smell will be stronger," Walker explained. Once the aids

have been given time to set, the dog and handler go in and try to find them.

"It is all play to them, it is like they are hunting and when they find it they get rewarded," he said. Once the handler gives the command "sook," which is search in Dutch, the hunt is on. The dogs are trained to sit when they find something.

Obedience training is also a part of the day. The dogs are refreshed on simple commands, Walker said.

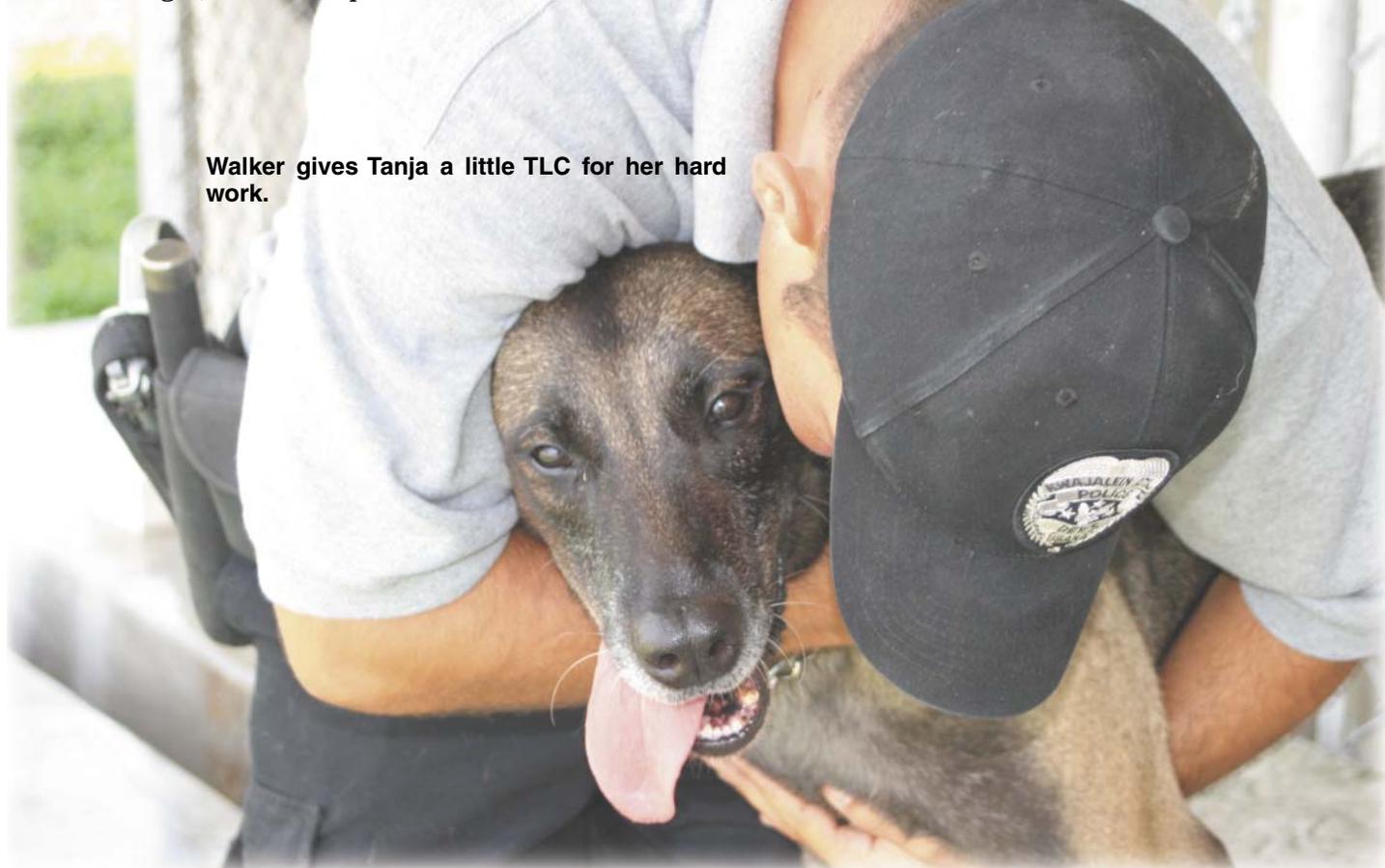
After all the searching and training there is still more. The dog must be groomed.

"I give Tanja a bath every two weeks, its pretty much like giving yourself a bath too," he said. There is also other upkeep that must be done as well such as cleaning out the kennels and cleaning up after the dog. The handlers also save time to play at the end of the day.

"After a long day I am ready to go home, but I am excited to see her in the morning," he said. "It is a lot of work, but I love it."

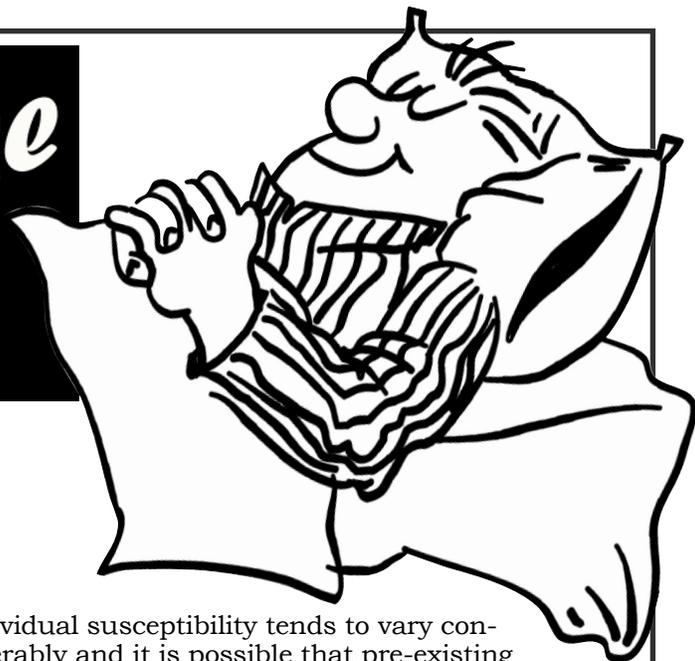


The post office is routinely checked by the dogs.



Walker gives Tanja a little TLC for her hard work.

Getting some shuteye



Helpful hints for a good night's sleep

By Elizabeth Davie
Reporter

A number of things could be to blame if you don't feel rested in the mornings. According to Dr. Eric Lindborg, Kwajalein Hospital's chief medical officer, the prevalence of sleeping disorders is estimated to be about 10 percent in the U.S.

Things such as insomnia, caffeine, sleep walking, snoring, shift work and jet lag can be attributed to a lack of zzzzzs, according to the National Sleep Foundation.

"Some effects of sleep disturbances include fatigue, stress, irritability, psychosomatic troubles and social difficulties. Those are just the short term. Longer term includes increase risk of gastrointestinal illness, cardiovascular issues, and psycho neurotic diseases and with women, hormonal functions can be a problem," said Marion Ruffing, psychologist and certified Employee Assistance professional.

"Here at Kwajalein the most common problem is garden variety insomnia--difficulty in getting to sleep or maintaining sleep," Lindborg said

"Many people suffer from insomnia. Insomnia is the inability to get enough quality sleep to feel rested. Non-drug treatments for people who have a difficult time getting their sleep hours might be relaxation techniques, changes in the diet to foods high in amino acid [tryptophan] such as bananas, turkey, cottage cheese and milk," said Ruffing.

According to the NSF until recently, jet lag was not treated as a medical condition. It is now included as one of the 84 known or suspected sleep disorders that affect millions of people each year.

People may experience jet lag in varying degrees. In general, the severity of jet lag symptoms is directly related to the number of time zones crossed by a flight. Jet lag symptoms typically last longer following eastward flights. Flying east usually results in difficulty initiating sleep, where as flying west results in early morning awakenings. All age groups are susceptible, but individuals older than 50 are more likely to develop jet lag than those under 30. Also,

individual susceptibility tends to vary considerably and it is possible that pre-existing sleep deprivation will intensify jet lag.

Lindborg suggested these steps to help prevent jet lag:

- Maintain a sensible bedtime schedule prior to your trip. Don't avoid sleeping in order to make yourself tired.

- Consider going to bed earlier for a couple of nights before leaving if you are traveling east. Go to bed later for a couple of nights if you are traveling west.

- For short trips, maintain a schedule of eating and sleeping at your usual time, if possible, while at your destination.

- Drink plenty of liquids, but avoid alcohol and caffeine.

- If you exercise regularly, continue to do so at your destination. Avoid exercising late in the evening because it can keep you awake.

- For important events or meetings at your destination, try to arrive in advance to have time to adjust to the time difference.

- Melatonin, a hormone sold in supplement form at health food stores, may help decrease jet lag. Try taking one to three milligrams of melatonin at bedtime for several days once you arrive at your destination.

According to Ruffing, studies show that night workers get the least amount of sleep because they are forced to sleep during the day when circadian rhythm makes them feel more awake. In addition, day sleep is usually shorter than night sleep by about two or three hours. And rotating shift workers sleep the least of all.

"Circadian Rhythm is a Latin word: Circa means "about," and Dia means "day," we are linked to nature's cycle of light and darkness. Circadian Rhythm or our internal clock regulates the cycles in our body like body temperature, hormones, heart rate and other body functions. It is a major body rhythm with regular ups and downs in a 24-hour day. Many of our body systems are very active at certain times of the day and not active at all at other times of day

See SLEEPING, Page 16

ATM approved for Roi-Namur

By Nell M. Drumheller
Editor

An ATM has been approved for installation on Roi-Namur according to Gerry Wolf, U.S. Army Kwajalein Atoll chief, Community Services.

The ATM will be installed at the Roi-Namur Terminal, with the installation date yet to be determined. "It has to be built, and circuits acquired prior to installation," Wolf said.

ATMs are on Kwajalein at the Community Bank, in the Ten-Ten

Store and in the Kwaj Lodge. "Roi did not qualify for an ATM under the guidelines established by the DoD [Department of Defense] contract for Community Bank, an issue that needed to be discussed and resolved. However, due to time constraints with Bank of Guam pulling out on short notice, it was necessary to get the bank established first, and get the secondary issues resolved later. Subsequent discussions with Defense Finance and Accounting Service resulted in a request and approval for an ATM

on Roi," Wolf said.

The ATM on Roi-Namur, like the ATMs on Kwajalein, will be affiliate with the Community Bank.

"The support by DFAS in approving the establishment of a Military Banking Facility on Kwajalein with extremely short notice was excellent, and the Community Bank is an asset that fills a tremendous need and improves quality of life. The approval of the Roi ATM machine as an exception to normal procedures shows DFAS' dedication to supporting all residents of Kwajalein

Italy stands firm against terror

By Jim Garamone
American Forces Press Service

Terrorists will not terrorize Italy, Italian Defense Minister Antonio Martino said during a press conference with Defense Secretary Donald H. Rumsfeld Tuesday.

Rumsfeld said that Italy has shown a great deal of courage and vision in the war on terror.

Italy and the United States agree on the need to defeat violent extremism, Rumsfeld said. "(The terrorists) know they can't win a conventional conflict," the secretary said. "But they do hope to damage free people by terrorizing their citizens, by hoping that public opinion will force the leaders of free countries to accommodate or retreat, (and) by undermining alliances and trying to pick-off countries from the global coalition against terrorism one at a time. Those efforts will fail."

Martino nodded often as Rumsfeld ticked off the terrorists' goals. The prime minister said he told Rumsfeld that the terrorists want to weaken the resolve and determination of free nations, "and they are not going to succeed."

Italy is deeply involved in the struggle against terror. Italy has a brigade of paratroopers in Iraq and more soldiers involved with training Iraqi security forces. Italy will take over command of the International Security Assistance Force in Afghanistan in August. Last month, the Italians took over command of the provincial recon-

struction team in Herat, Afghanistan. Finally, Italy is in command of international efforts in Bosnia and Kosovo. Rumsfeld called these "an indication of the country's commitment to peace and stability in the world."

Martino told reporters that Italian forces will remain in Iraq as long as necessary and "not one day more, certainly not one day less." He said Italy will not make any unilateral decision regarding its presence in Iraq. "We will always work in agreement with our allies and the government of Iraq," he said.

Violent extremists "are trying to terrorize all of us, but we refuse to be terrorized," the minister said.

Rumsfeld and Martino expressed support and admiration for the people of Great Britain as they deal with the aftermath of July 7 terrorist attacks in London. "The world has been impressed, though not surprised, by the British people's gritty resilience," Rumsfeld said.

Rumsfeld said he still doesn't know the answer to the basic question of the war on terror: Is the coalition killing terrorists faster than extremist "madrasas," Islamic schools, are turning them out?

"There is no way for anyone to know what is happening all across the globe among the extremist element that is financing, recruiting, training and then deploying murderers," he said. "I believe that progress is being made, but I wouldn't think anyone could answer the question. It continues to be a question I think about and worry about."

VACATION, from Page 2

expect traffic jams in Orlando and Denver (which I did experience), but Kauai??? It took us 30 minutes to travel 5 miles on the Garden Island on three different days. I could happily live the rest of my life without driving again. So, you could probably expect that I couldn't wait to get back to Kwaj. Of course, that meant the long line at

check-in, the long line at boarding, the long line for the toilet on the plane.

Then, we were finally home, back to beautiful Kwaj with its wonderful, wide-open spaces. So, maybe when you leave you think about how small this island is, but when you come back, it's as large as the open ocean. Next summer, I'll be ready. Right.

**Beware of strangers asking
ABOUT OUR MISSION**

Practice good
OPSEC.
Be sure all classified
offices and documents
are safeguarded.





WELCOME TO THE MOVIES

Tonight

7:30 p.m., Yuk — *Million Dollar Baby* (PG-13)
7:30 p.m., Rich — *Fever Pitch* (PG-13)
7 p.m., Roi — *XXX: State of the Union* (PG-13)

Sunday

7:30 p.m., Yuk — *Constantine* (R)
7:30 p.m., Rich — *Are We There Yet?* (PG)
9 p.m., Rich — *Be Cool* (PG-13)
7 p.m., Roi — *Hostage* (R)

Monday

7:30 p.m., Yuk — *Million Dollar Baby* (PG-13)
7:30 p.m., Rich — *Fever Pitch* (PG-13)

Wednesday

7 p.m., ARC — *Constantine* (R)

All movies subject to change with shipments.

For updates, call the movie hotline at 52700.

Fever Pitch, Nick Hornby's acclaimed memoir about one man's struggle to balance his love of a woman and his love for soccer was the basis of a well-reviewed British film in 1997, and now gets a Americanized rewrite with this picture, in which the game is changed from soccer to baseball. Ben (Jimmy Fallon) is a high-school teacher who meets Lindsay (Drew Barrymore), who has a successful career in business. Ben and Lindsay don't appear to have much in common on the surface, but they hit it off and are soon involved in a serious romance. But when spring rolls around, Lindsay becomes aware of the true love of Ben's life — the Boston Red Sox. Despite the team's lamentable record, Ben has been a fiercely loyal Red Sox fan since childhood, and Lindsay finds it hard to compete with his passion for baseball, while Ben is forced to choose between the obsessions of his youth and the enthusiasms of a responsible adult. *Fever Pitch* was shot in part in Boston during the 2004 baseball season, which to the surprise of the filmmakers saw the Red Sox winning baseball's world series for the first time since 1918.

XXX: State of the Union, A new renegade fighter rises to defend the United States from an internal threat in this action thriller. Augustus Gibbons (Samuel L. Jackson) of the National Security Agency has successfully dealt with a number of threats to America's safety, but he faces a whole new challenge when he discovers a potent terrorist cell that has ties to the upper levels of the American military. Gibbons learns that George Deckert (Willem Dafoe), the secretary of defense, has been training a secret military faction to stage a coup against the United States by kidnapping and assassinating the President of the United States (Peter Strauss). Convinced there's no one he can trust within his circle of operatives, Gibbons turns to Darius Stone (Ice Cube), currently serving time in a maximum security penitentiary. Stone once served with Gibbons in the Army, and also took part in a mutiny against Deckert; despite his reckless side, Gibbons is certain Stone's fearless nature and peerless fighting skills make him the one man who can take on Deckert and his troops. *XXX: State of the Union* is the sequel to the 2002 hit *XXX*, though neither star Vin Diesel nor his character, Xander Cage, appear in this picture.

AFN Kwajalein new radio lineup

FM 99.9 Country
FM 101.1 Classic rock
FM 102.1 National Public Radio
AM 1224 Music, sports, news

For complete listings go to:

http://intranet.com/entertainment/afn_radio

Global War on Terror

Honoring fallen heroes



*"It is foolish and wrong to mourn the men who died.
Rather we should thank God that such men lived."*

— Gen. George S. Patton

The following nine U.S. service-members have died in the Global War on Terrorism.

Lance Cpl. Kevin B. Joyce, 19, of Ganado, Ariz., died June 25 after falling into the Pech River while conducting combat operations in Afghanistan. He was assigned to 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, Kaneohe Bay, Hawaii.

Sgt. Deyson K. Cariaga, 20, of Honolulu, died on July 5, in Al Hammadi, Iraq, when the HMMWV in which he was riding struck a land mine. Cariaga was assigned to the Army National Guard's 229th Military Intelligence Company, 29th Separate Infantry Brigade, Oahu, Kalaheo, Hawaii.

Spc. Hoby F. Bradfield Jr., 22, of The Woodlands, Texas, died July 9 in Tal Afar, Iraq while he was conducting a dismounted cordon search. Bradfield was assigned to the Army's 2nd Squadron, 3rd Armored Cavalry Regiment, Fort Carson, Colo.

Pfc. Eric P. Woods, 26, of Omaha, Neb., died on July 9 in Tal Afar. His HMMWV struck an improvised explosive device that caused the vehicle to overturn. Woods was in the area to evacuate another soldier who had been wounded. Woods was assigned to the 2nd Squadron, 3rd Armored Cavalry Regiment, Fort Carson.

Two Marines, **Staff Sgt. Joseph P. Goodrich**, 32, of Allegheny, Pa. and **Lance Cpl. Ryan J. Kovacicek**, 22,

of Washington, Pa. died Sunday from enemy indirect fire while conducting combat operations in Hit, Iraq. They were assigned to Marine Forces Reserve's 3rd Battalion, 25th Marine Regiment, 4th Marine Division, Moundsville, W.Va. During Operation Iraqi Freedom their unit was attached to Regimental Combat Team-2, 2nd Marine Division, II Marine Expeditionary Force (Forward).

Petty Officer 2nd Class Matthew G. Axelson, 29, of Cupertino, Calif., died while conducting counter-terrorism operations in Kunar province, Afghanistan. Coalition forces located the service member while conducting a combat search and rescue operation Sunday in Kunar province. Axelson was assigned to SEAL Delivery Vehicle Team ONE, Pearl Harbor, Hawaii.

Sgt. Timothy J. Sutton, 22, of Springfield, Mo., died on Monday in Baghdad, Iraq, where his HMMWV struck a land mine. Sutton was assigned to the Army's 3rd Squadron, 3rd Armored Cavalry Regiment, Fort Carson.

Spc. Benyahmin B. Yahudah, 24, of Bogart, Ga., died on Wednesday in Baghdad, where a vehicle borne improvised explosive device detonated near his dismounted patrol. Yahudah was assigned to the 1st Battalion, 64th Armor Regiment, 2nd Brigade Combat Team, 3rd Infantry Division, Fort Stewart, Ga.

All AFN programming is subject to change due to DS3 availability.

Sunday, July 17

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller/Prime Sports	Channel 20 AFN Spectrum	WChannel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors
12 a.m.	The Late Show	Tour de France <i>(Continued)</i>	CNN Saturday AM	Roller	Late Night with Conan O'Brien	Movie: <i>(Continued)</i> <i>Friday</i>	Liberty Kids	Law & Order
12:30 a.m.	The Late Late Show with Craig Ferguson		Headline News		America's Most Wanted		Spongebob	
1 a.m.	Big Idea With Donny Deutsch	134th British Open <i>Third Round</i>	CNN Saturday AM	WWE SmackDown!	Movie: <:44> <i>Wolf</i>	Rocket Power	Headline News	
1:30 a.m.			CNN Open House			Foster's Home	Saturday Night Live	
2 a.m.	Countdown With Keith Olbermann	Forbes on FOX	Bulls & Bears	ESPNs	Will & Grace	Avatar	Kickin' It	
2:30 a.m.			Cavuto on Business			That's So Raven		
3 a.m.	Access Hollywood	CNN Live Saturday	Forbes on FOX	This Week In Baseball	That 70's Show	Zoey 101	Tour de France	
3:30 a.m.			Cashin' In			Romeo	Stage 14	
4 a.m.	Headline News	Weekend Live with Tony Snow	CNN Live Saturday	MLB <i>NY Yankees at Boston Red Sox</i>	Breathing Space Yoga	Best Friend's Date	Sesame Street	
4:30 a.m.	Entertainment Studios		Wall Street Journal		Caribbean Workout			
5 a.m.	Good Morning America	Army Newswatch	Weekend Live with Tony Snow	MLB <i>SF Giants at LA Dodgers</i>	Body Shaping	Movie: <:42> <i>A Knight's Tale</i>	Zooboomafoo	The Pulse
5:30 a.m.			Next @ CNN		Beautiful Homes		Every Woman	Clifford
6 a.m.	Miss Spider	FOX News Live	Wall Street Journal	MLB <i>SF Giants at LA Dodgers</i>	Every Woman	Movie: <i>To Die For</i>	Funniest Animals	Headline News
6:30 a.m.			Next @ CNN		Beautiful Homes		Curbed Appeal	Animal Videos
7 a.m.	Lazy Town	MLB <i>Texas Rangers at Oakland Athletics</i>	FOX News Live	MLB <i>SF Giants at LA Dodgers</i>	Landscaper's Challenge	Movie: <:57> <i>Footloose</i>	Brandy & Mr. Wiskers	Celebration Of Victory
7:30 a.m.	Avatar		Headline News		Weekend Warriors		Maya & Miquel	Coral Ridge Hour
8 a.m.	Foster's Home	at <i>Oakland Athletics</i>	FOX News Live	MLB <i>SF Giants at LA Dodgers</i>	Weekend Warriors	Movie: <:57> <i>Footloose</i>	Jackie Chan	Lord Have Mercy
8:30 a.m.	Avatar		Headline News		Clean House		Kim Possible	Walking By Faith
9 a.m.	Jimmy Neutron	McLaughlin Group	Headline News	Saturday Night Live	BBQ with Bobby	Movie: <i>Mrs. Doubtfire</i>	Hi Hi Puffy Ami Yumi	Headline News
9:30 a.m.	Zoey 101		McLaughlin Group		BBQ with Bobby		\$40 A Day	Power Rangers
10 a.m.	That's So Raven	IndyCar Series <i>Firestone Indy 200</i>	McLaughlin Group	Saturday Night Live	\$40 A Day	Movie: <i>Mrs. Doubtfire</i>	Dragonball GT	ESPNs
10:30 a.m.	Best Friend's Date		Capital Gang		Who's Wedding Is It Anyway?		101 Most...	Justice League
11 a.m.	Miracle Boy's	Boxing <i>Middleweight Title Hopkins vs Taylor</i>	Capital Gang	Roller	Who's Wedding Is It Anyway?	Movie: <:17> <i>Lethal Weapon 4</i>	Teen Kids News	NASCAR
11:30 a.m.	Wild on the Set		Washington Week		101 Most...		Showdogs Moms and Dads	Cyberchase
12 p.m.	Access Hollywood	NFL Total Access	Washington Week	Roller	101 Most...	Movie: <:21> <i>Stand By Me</i>	Endurance	<i>New England 200</i>
12:30 p.m.	Weekend		Headline News		Star Trek: Voyager Basics (Pt. 1)		Blake Holsey High	
1 p.m.	America's Most Wanted	Baseball Tonight	Larry King Live	Star Trek: Voyager Basics (Pt. 1)	Grand Ole Opry Live	Movie: <:13> <i>Lackawanna Blues</i>	Funniest Animals	ESPNs
1:30 p.m.	Wanted		Big Story Weekend with Rita Cosby		Star Trek: Voyager Basics (Pt. 1)		Wild America	
2 p.m.	Movie: <i>The Haunting</i>	NFL Total Access	AT Large with Geraldo Rivera	NASCAR Bush Series <i>New England 200 (Replay)</i>	Star Trek: Voyager Basics (Pt. 1)	Movie: <:21> <i>Stand By Me</i>	Discovery Kids	Suze Orman Show
2:30 p.m.	Movie: <i>The Haunting</i>		Dateline International #1		Star Trek: Voyager Basics (Pt. 1)		Guide To Awesome	
3 p.m.	Movie: <:07> <i>Cool Runnings</i>	NFL Total Access	Dateline International #1	NASCAR Bush Series <i>New England 200 (Replay)</i>	Star Trek: Voyager Basics (Pt. 1)	Movie: <i>It Could Happen To You</i>	Hercules	WWE Smackdown!
3:30 p.m.			Baseball Tonight		Big Story Weekend with Rita Cosby		Star Trek: Voyager Basics (Pt. 1)	Fear Factor
4 p.m.	Movie: <:07> <i>Cool Runnings</i>	SportsCenter	Big Story Weekend with Rita Cosby	NASCAR Bush Series <i>New England 200 (Replay)</i>	Ripley's Believe It Or Not	Movie: <i>It Could Happen To You</i>	Disney's Doug	MotorWeek
4:30 p.m.	Movie: <:07> <i>Cool Runnings</i>		Beltway Boys		Ripley's Believe It Or Not		Fear Factor	
5 p.m.	Bernie Mac	SportsCenter	Beltway Boys	NASCAR Bush Series <i>New England 200 (Replay)</i>	What Not To Wear	Movie: <i>It Could Happen To You</i>	Hey Arnold!	Ebert & Roeper
5:30 p.m.			Girlfriends		Fox News Watch		What Not To Wear	
6 p.m.	George Lopez	MLB <i>Nationals at Brewers</i>	Fox News Watch	Star Trek: Voyager Basics (Pt. 1)	Supernanny	Movie: <i>Bourne Identity</i>	Movie: <i>Buffalo Dreams</i>	The Contender
6:30 p.m.			Headline News				Headline News	
7 p.m.	Half & Half	Chris Matthews	Headline News	NASCAR Bush Series <i>New England 200 (Replay)</i>	Kevin Hill	Movie: <i>Bourne Identity</i>	Movie: <i>Buffalo Dreams</i>	Stargate SG-1
7:30 p.m.	Cold Case		Black Forum				Black Forum	
8 p.m.	Law & Order	Navy/Marine Corps	Chris Matthews	NASCAR Bush Series <i>New England 200 (Replay)</i>	Kevin Hill	Movie: <i>Bourne Identity</i>	Movie: <i>Buffalo Dreams</i>	Headline News
8:30 p.m.			Headline News				Headline News	
8:30 p.m.	Law & Order	20/20	Navy/Marine Corps	NASCAR Bush Series <i>New England 200 (Replay)</i>	Strong Medicine	Movie: <:13> <i>Lackawanna Blues</i>	Movie: <i>The Iron Giant</i>	ESPNs
9 p.m.			20/20				20/20	
9:30 p.m.	Window on the Atoll	Baseball Tonight	Dateline NBC	Army Newswatch	Will & Grace	Movie: <i>Lackawanna Blues</i>	Dawson's Creek	Primetime Movie: <i>Last Samurai</i>
10 p.m.			Dateline NBC				Dateline NBC	
10:30 p.m.	Saturday Night Live	SportsCenter	Dateline NBC	MLS <i>Crew at Fire</i>	That 70's Show	Movie: <i>Finding Forrester</i>	Xena: Warrior Princess	
11 p.m.	Saturday Night Live		FOX & Friends				FOX & Friends	The Real World
11:30 p.m.		FOX & Friends	FOX & Friends	FOX & Friends	Pimp My Ride			

All AFN programming is subject to change due to DS3 availability.

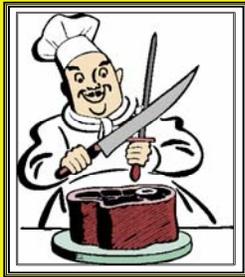
Monday, July 18

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		
12a.m.	Kickin It	134th British Open <i>Final Round</i>	Fox & Friends	MLS	Mad TV	Movie: <i>(Continued)</i>	The Simpsons	Movie: <i>(Continued)</i>		
12:30 a.m.					<i>(Continued)</i>		<i>Finding Forester</i>	The Simpsons	<i>Last Samurai</i>	
1a.m.	The Color of War			CBS News Sunday Morning	SportsCenter	Supernanny	Movie: <:15>	Movie:	Headline News	
1:30 a.m.							<i>Time Cop</i>	<i>Buffalo Dreams</i>	Scrubs	
2a.m.	J.A.G.				The Contender	Kevin Hill			King of the Hill	
2:30 a.m.				Face the Nation				Movie:	Access Hollywood	
3a.m.	Movie: <i>Bounce</i>			Headline News	Stargate SG-1	Strong Medicine	Movie: <i>Bourne Identity</i>	Movie: <i>The Iron Giant</i>	Weekend Edition	
3:30 a.m.				Navy/Marine Corps						Black Forum
4a.m.				Late Edition With Wolf Blitzer		SportsCenter	Will & Grace		Dawson's Creek	ESPNNews
4:30 a.m.							That 70's Show			Baseball Tonight
5a.m.	Headline News			Sports Reporters	Breathing Space Yoga	Movie: <:13>	Sesame Street	MLB		
5:30 a.m.	Hour of Power	2005 Great Outdoor Games		Countdown To Green	Carribbean Workout	<i>Lackawanna Blues</i>		Chicago White Sox at Cleveland Indians		
6a.m.	Celebration Of Victory								Zooboomafoo	
6:30 a.m.	Coral Ridge Hour		FOX News Live	NASCAR	House Hunters		Clifford			
7a.m.	Lord Have Mercy	Boxing <i>Middleweight Title</i>		Nextel Cup Series <i>New England 300</i>	Mission: Organization	Movie: <i>Caddy Shack</i>	Sylvester & Tweety			
7:30 a.m.	Walking By Faith						Swamp Critters		Scooby Doo	
8a.m.	Seven Monsters	<i>Hopkins vs Taylor</i>	Meet the Press		Harvest		Magic School Bus	Trans Am Series		
8:30 a.m.	Sagwa				Music and the...					
9a.m.	Movie:		FNS with Chris		Real Videos	Movie: <:52>	The Jestons			
9:30 a.m.	<i>The Powerpuff Girls</i>	Baseball Tonight	Wallace		Latin Lifestyles		<i>Deep Impact</i>	House of Mouse	Tour de France	
10 a.m.	Movie				Urban Style			Animaniacs	<i>Review</i>	
10:30 a.m.			MLB <i>NY Yankees at Boston Red Sox</i>	Tim Russert	WNBA <i>Connecticut at Minnesota</i>	Fantasy Camp		Ed, Edd & Eddy	ESPNNews	
11a.m.	Motorweek		People in the News with Paula Zahn		Roker on the Road		Filmore	ESPNNews		
11:30 a.m.	Ebert & Roper				Radical Sabatical	<i>Election</i>	A Walk In Your Shoes	Emeril Live		
					All American Festivals			Funniest Animals		
12p.m.	Movie: <i>Cast The First Stone</i>		This Week	ESPNNews	The Suze Orman Show		NBA Inside Stuff	That 70's Show		
12:30 p.m.				FLW Outdoors		Movie: <:52>	Happy Days	Wheel Of Fortune		
1p.m.			ESPY Awards	Dateline International #2	ESPNews		<i>Shanghai Noon</i>	Movie:	Dr. Phil	
1:30 p.m.								<i>Barbie of Swan Lake</i>	Oprah	
2p.m.		CNN Sunday Night		Horse Racing	Do You Speak American?		Movie:			
2:30 p.m.	Movie: <:50>					Movie: <i>Twins</i>	<i>Ghost Dad</i>	Headline News		
3p.m.	<i>Mr. Deeds Goes To Town</i>	SportsCenter	CNN Presents	Meet The Press	Color of War				Judge Judy	
3:30 p.m.							Disney's Doug	Charmed		
4p.m.	The Contender	Sports Special	Larry King Live	Headline News	J.A.G.		Hey Arnold!			
4:30 p.m.				ESPNNews						
5p.m.	Stargate SG-1	Tour de France 2005 SportsCenter Special	60 Minutes	Roller	The Best Of	Movie: <i>Bounce</i>	Spongebob	Ed		
5:30 p.m.					Good Eats			Rocket Power		
6p.m.	Headline News			FOX Magazine		My Wife and Kids		Animal Face-Off	Star Trek	
6:30 p.m.	Window on the Atoll				Window In Review 2000	Malcolm in the Middle				
7p.m.	Movie: <i>Last Samurai</i>	NASCAR Nextel Cup Series <i>New England 300</i>	Beltway Boys	Movie: <i>Anger Management</i>	Girlfriends	Movie: <i>Spider-Man</i>	America's Funniest Videos	Third Watch		
7:30 p.m.					FOX News Watch			The King of Queens		
8p.m.				Bulls & Bears		The Contender		Everwood	Jeopardy	
8:30 p.m.				Cavuto on Business	Movie: <:55> <i>U-571</i>				Headline News	
9p.m.				Forbes on FOX			C.S.I.: NY	Movie: <:15> <i>Austin Powers: Goldmember</i>	Joan of Arcadia	ESPNNews
9:30 p.m.				Cashin' In						Navy/Marine Corps
10 p.m.	Headline News		Dateline NBC		Will & Grace		Fresh Prince	60 Minutes		
10:30 p.m.	Scrubs	SportsCenter			That 70's Show		My Wife & Kids			
11p.m.	King of the Hill			Roller	Saturday Night Live	Movie: <i>Dracula: Dead and Loving It</i>	7th Heaven	Las Vegas		
11:30 p.m.	Access Hollywood	ESPY Awards Special								

Tuesday, July 19

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors
12a.m.	Access Hollywood	ESPY Awards Special	American Morning	Roller	The X-Files	Movie: <i>(Continued)</i>	Rocket Power	E.R.
12:30 a.m..	America's Black Forum	ESPY Awards	FOX News Live		Girlfreinds	Movie: <:45> <i>Hard Target</i>	Animal Face Off	Pacific Report
1a.m.	Passions						America's Funniest Home Videos	Tonight Show with Jay Leno
1:30 a.m..	Third Watch	SportsCenter	The King of Queens		Coming Attractions	Everwood		The Late Show w/ David Letterman
2a.m.			Law & Order			Tour de France <i>Stage 15</i>	The Contender	Joan of Arcadia
2:30 a.m..	The Simpsons	Dateline NBC			C.S.I.: NY		Movie: <:10> <i>Spider-Man</i>	Fresh Prince
3a.m.			Raymond		Studio B with Shepard Smith	Will & Grace		Movie: <:10> <i>Austin Power: Goldmember</i>
3:30 a.m..	The West Wing	1st & 10				That 70's Show	True Hollywood Stories	
4a.m.			Today		NFL Live	Breathing Space Yoga		Hollywood Stories
4:30 a.m..	Wheel of Fortune	The Hot List				Caribbean Workout	E.T.	
5a.m.			Dr. Phil <8:26>		Around The Horn	Body Shaping		Movie: <:48> <i>Vertical Limit</i>
5:30 a.m..	Oprah Winfrey	PTI				Typical Mary Ellen	The Soup	
6a.m.			Guiding Light <10:20>		SportsCenter	The View		King of Queens
6:30 a.m..	NBC Nightly News	Headline News				Emeril Live	Bernie Mac	
7a.m.			General Hospital <11:10>		ABC World News	30 Minute Meals		Girlfriends
7:30 a.m..	Bulletin Board	CBS Evening News				Paula's Home Cooking	Charmed	
8a.m.			Judge Judy		The Newshour with Jim Lehrer	Designer's Challenge		Movie: <:47> <i>The Amityville Horror</i>
8:30 a.m..	Today	Hannity & Colmes				Crafter's Coast to Coast	Ed	
9a.m.			Pepper Ann		Fox Report with Shepard Smith	The View		Movie: <:47> <i>The Amityville Horror</i>
9:30 a.m..	Fairly Oddparents	Lou Dobbs Tonight				King of Queens	The Amityville Horror	
10 a.m..			Mucha Lucha		Larry King Live	Bernie Mac		Ed
10:30 a.m..	Kim Possible	Newsnight with Aaron Brown				Girlfriends	Movie: <:47> <i>The Amityville Horror</i>	
11a.m.			Jeopardy		NFL Total Access	Charmed		The Amityville Horror
11:30 a.m..	Access Hollywood	NFL Total Access		Ed		The Amityville Horror	House of Mouse	
12p.m.			Fairly Oddparents	NFL Total Access	Charmed		The Amityville Horror	House of Mouse
12:30 p.m..	Judge Judy	NFL Total Access			Ed	The Amityville Horror		House of Mouse
1p.m.			Today	NFL Total Access	Ed		The Amityville Horror	House of Mouse
1:30 p.m..	Pepper Ann	NFL Total Access			Ed	The Amityville Horror		House of Mouse
2p.m.			Fairly Oddparents	NFL Total Access	Ed		The Amityville Horror	House of Mouse
2:30 p.m..	Mucha Lucha	NFL Total Access			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
3p.m.			Kim Possible	NFL Total Access	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
3:30 p.m..	Jeopardy	NFL Total Access			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
4p.m.			Access Hollywood	NFL Total Access	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
4:30 p.m..	Window on the Atoll	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
5p.m.			Navy M/Corps News	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
5:30 p.m..	60 Minutes	USA Softball <i>World Cup Championship</i>			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
6p.m.			Las Vegas	USA Softball <i>World Cup Championship</i>	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
6:30 p.m..	E.R.	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
7p.m.			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
7:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
8p.m.			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
8:30 p.m..	O'Reilly Factor	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
9p.m.			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
9:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
10 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
10:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
11p.m.			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
11:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
12:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
1p.m.	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
1:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
2:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
3:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
4:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
5:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
6:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
7:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
8:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
9:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
10:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
11:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
12:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
1:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
2:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
3:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
4:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
5:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
6:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
7:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
8:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
9:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
10:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
11:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
12:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
1:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
2:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
3:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
4:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
5:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
6:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
7:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
8:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
9:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
10:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
11:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
12:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
1:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
2:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
3:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
4:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
5:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
6:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
7:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
8:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
9:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
10:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
11:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
12:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
1:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
2:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
3:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
4:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
5:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
6:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
7:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
8:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
9:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
10:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
11:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
12:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
1:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
2:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
3:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
4:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
5:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
6:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
7:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
8:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
9:30 p.m..			Nightline	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
10:30 p.m..	Business Report	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
11:30 p.m..			Fox & Friends	SportsCenter	Ed		The Amityville Horror	House of Movie: <:47> <i>The Country Bears</i>
12:30 p.m..	American Morning	SportsCenter			Ed	The Amityville Horror		House of Movie: <:47> <i>The Country Bears</i>
1:30 p.m..			Nightline	SportsCenter	Ed			

Café Pacific



Lunch

Sun	Roast beef Seafood Alfredo Italian frittata Chicken cacciatore Italian sausage grill
Grill: Mon	Brunch station open Chicken-fried steak Sautéed ono Curried chicken Crab Benedict Grill: Brunch station open
Tues	Turkey a la king Broiled mahi mahi Sautéed liver and onions Grill: Green chili burrito
Wed	Bison ranch stew Spareribs and sauerkraut Calamari stir-fry Grill: Mushroom/Swiss burger
Thur	Oven fried chicken Barbecued beef Grill: Beef sandwich
Fri	Braised turkey Drumettes in gravy Broiled ham steaks Pepperoni/cheese pizza Grill: Tuna melt sandwich
July 23	Salisbury steak Local boy stew Sweet-and-sour tofu Grill: Cheese sandwich

Dinner

Tonight	Short rib stew Broiled fajita chicken Build-your-own pizza
Sun	Oven roasted chicken Barbecued pork butt Baked tofu/Napa cabbage
Mon	Baked meatloaf Penne pasta Chicken sukiyaki
Tues	Fried chicken Chinese beef Broccoli stir-fry
Wed	Carved top sirloin Parmesan ratatouille Broiled chicken breasts
Thurs	Chicken adobo Roast pork loin Trout almondine
Fri	Hoisin/plumsauce spareribs Thai chicken breasts Soyu ahi

HELP WANTED

KRS has the following job openings. For contract hire positions, call Sheri Hendrix, 50777. For all others, call Jack Riordan, 55154. Full job descriptions and requirements are on line or at Human Resources, Building 700.

HR ASSISTANT III, Chugach. Full time. HR Req. K030882.

MEDICAL OFFICE RECEPTIONIST, Medical Services. Casual. HR Req. K030880.

ADMINISTRATIVE ASSISTANT I, Chapel. Full time. HR Req. K030879.

RECREATION SPECIALIST I, Bowling Center. Casual. HR Req. K030878.

LOGISTICS CLERK, Supply. Full time. HR Req. K030874.

SYSTEMS ENGINEER I. Contract position. HR Req. 031003.

DRAFTSMAN III. Contract position. HR Req. 031009.

RECREATION AIDE I, Corlett Recreation Center. Two openings. Casual. HR Req. K030871.

RECREATION AIDE I, Ivey Gym. Two openings. HR Req. K030872 and HR Req. K030869.

DISPATCHER. Contract position. HR Req. 030746.

RECREATION AIDE I, Community Activities. Casual. HR Req. K030866.

LEGAL, INSURANCE ADMINISTRATIVE ASSISTANT, KRS Legal Department. Part time (32 hours per week). HR Req. K030863.

REGISTERED NURSE. Contract position. HR Req. 030989.

SUPERVISOR, Dental Office. Contract position. HR Req. 030979.

PUBLIC INTERNET ADMINISTRATOR. Contract position. HR Req. 030983.

PROPERTY MANAGER. Contract position. HR Req. 030991.

ELECTRICIAN III. Contract position. HR Req. 030740.

ADMINISTRATIVE SUPPORT. General clerical/administrative office work. Temporary positions only. Submit application to KRS Human Resources.

HELP DESK TECHNICIAN, Information Technology. RMI position. HR Req. K030859.

PROPERTY LEAD, assistant to Property Management supervisor. Full time. Contract position. HR Req. 030987.

CLERK, Administrative Support. Full time. HR Req. K030814.

MECHANIC III, Roi Power Plant. Full time. HR Req. K030820.

TRAFFIC AGENT I, Aviation Base Operation. Part time. 20 hours per week. HR Req. K030821.

TRAFFIC AGENT, Aviation Passenger and Cargo Service. Part time. 20 hours per week. HR Req. K030819.

RECREATION AIDE II Theater Operators. Two casual positions. HR Req. K030800-801.

RECREATION AIDE I. Five casual positions. HR Req. K030813.

EXECUTIVE ADMINISTRATIVE ASSISTANT, Information Technology. Full time. HR Req. 030807.

PETROLEUM, OIL and LUBE TECHNICIAN III. Contract position. HR Req. 030728.

LAUNCH ORDNANCE TECHNICIAN II. Contract position. HR Req. 030941.

SYSTEM ENGINEER IV. Contract position. HR Req. 030943.

RECREATION SPECIALIST I, Community Activities. HR Req. K030743.

SUPERVISOR, Medical Laboratory. Contract position. HR Req. 030881.

RADAR ENGINEER. Contract position. HR Req. 030875.

MAINTENANCE SUPERVISOR. Contract position. HR Req. 030871.

EQUIPMENT REPAIR TECHNICIAN III. Contract position. HR Req. 030873.

PROJECT CONTROLS ENGINEER II. Contract position. HR Req. 030662.

REGISTERED NURSE (2), casual positions, Kwajalein Hospital.

MECHANIC II, Full time, Kwaj Automotive Maintenance. HR Req. K030770.

CYS ACTIVITIES Assistant Director, part time, 20 hours per week, Education Dept. HR Req. K030697.

FIELD ENGINEER II, PLOPS. Contract position. HR Req. 030791.

Chapel Services

Protestant services
8 and 10:45 a.m., Sunday
Roi-Namur service at 4 p.m.
Sunday school for all ages
9:15 a.m., in the REB.

Catholic services
Saturday Mass,
5:30 p.m., in the main chapel
Sunday Mass
7 a.m., small chapel
9:15 a.m., main chapel
Mass on Roi at 11:30 a.m.

**For more information,
call the Chapel, 53505.**

THE COMMANDER, U.S. ARMY KWAJALEIN ATOLL,
ANNOUNCES THE
RONALD REAGAN BALLISTIC MISSILE DEFENSE TEST SITE

Change of Command

at which

Lt. Col. Anne R. Daugherty

relinquishes command to

Lt. Col. Justin A. Hirniak,

at 9 a.m., Wednesday, in Island Memorial Chapel.
Reception follows immediately at the
Religious Education Building.



Dress: Military, BDU
Civilian, casual

MECHANIC II. Full time. HR Req. K030642.

PRODUCTION CONTROL CLERK II On-island/RMI position. Full time. Adequate knowledge of KEAMS desired. HR Req. K030759.

ENVIRONMENTAL TECHNICIAN IV, contract position, HR Req. 030901.

SUPERVISOR DESKTOP support, contract position, HR Req. 030897.

HARDWARE ENGINEER III. Contract position, HR Req. 030993.

PAINTER II, Paint Shop, Roi Ops. Full time. HR Req. K030761. Ennibur residents should apply with Floyd Corder.

ACCOUNTANT II, CDC, contract position, HR Req. 030692.

SPORTS OFFICIALS. Three casual Roi Community Activities positions. Interested candidates should apply with Tim Lykes. HR Req. K030771-K030773.

COMMUNITY BANK:

FULL-TIME senior teller. 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. For consideration, send resumé to Allison.Villarreal@bank-of-america.jp or call 52152. Community Bank is an equal-opportunity employer.

SAN JUAN CONSTRUCTION:

MATERIAL TESTING TECHNICIAN needed to perform various lab and field tests including concrete, aggregate sampling and compaction density. Candidate should have strong math skills and be detail oriented. Job duration through August with possible extension for right person. Call Michael Saks, 53586 or 51006, extension 404.

WANTED

TWO ADULT and one child's snorkel vests; plastic chairs. Call David, 54698.

9/0 OR 12/0 Penn Senator reel. Call 51464, after 6 p.m.

LOST

SMALL, CLEAN tackle box, with rusty hooks and some weights, at the Shark Pit, July 3. Call Jacob, 52668.

BROWN SUNGLASSES, at volleyball court, July 4. Call 53874 or 58972.

FOUND

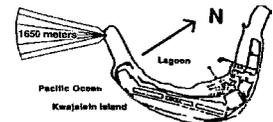
SUNGLASSES, next to bike rack in front of Building 700, Human Resources, July 9. Call 50741.

POLARIZING lens filter on Emon Beach. Call 53932.

PATIO SALES

MONDAY, 6:30-11 a.m., Quarters 477-B (back patio). Ladies' clothes, shoes, cameras,

The Small Arms Range is in operation, 7 a.m.-noon, Wednesday. All watercraft operators observe the red flags at the southwest end of the island. Questions, call, 54448.



books, hats, games, luggage.

MONDAY, 8-11 a.m., Quarters 215-A. PCS sale. Household items, jewelry, cosmetics, books, suitcases, plants, Christmas decorations. No early birds.

MONDAY, 8-10:30 a.m., Quarters 124-D. Toys, clothes, books, bikes, kitchen items. Rain cancels.

FOR SALE

KITCHEN AID cabinet with wheel, \$10; stationery cabinet, \$10; recumbent bike, \$150; paper cutter, \$5; roll of screening, \$5; plants, \$5-\$50. Call 53578.

PANASONIC DVD/COMPACT DISC player, \$50; ladies' Aguajogger with video, new, \$50; new twin sheets set, \$20; comforters and sheets in yellow, purple and mint green; ladies' golf sandals, new; Speedo, size 8-9, \$20; two 20 inch by 28 inch silver frames, \$10 each. Call 59434.

LAP TOP with Intel Celeron 1.8G, 30GB, HDD, 128MB RAM, with Microsoft XP Window OS, DVD/CDRW combo and LCD 15 inch XGA, seven months old, with case, \$450. Call 54534.

36 FOOT CATAMARAN (Fusion) in the water and ready to sail, includes 15 horsepower Mercury kicker, Global positioning system, compact disc stereo, solar panels, fresh water shower, awning, haulout trailer, propane barbecue, swim ladder, sails (main, genoa, staysail spinnaker), bouthouse, bonus 12 foot hard bottom dinghy with 9.9 horsepower Yamaha, \$19,000 or best offer. Call 59576 or 50079.

VARIOUS PLANTS, including two palm trees, \$20 each; four Kwaj-condition bikes, two with baby seats in back, call for price; large, gray, plastic trailer, can be attached to bike, call for price; two storage shelves, \$20 each or best offer; double jogging stroller, \$75 or best offer. Call Bill, 52763 or 56452.

PCS SALE. Starboard 88L windsurfing board, \$600 or best offer; Panasonic five-disc DVD/compact disc player, \$75; Onkyo cassette tape player, \$50; Aeroskin fleece dive skin,

Explosive Ordnance Disposal and Launch Ordnance will provide an out of date flare drop-off point, 8-10 a.m., Sunday at Small Boat Marina and again on Oct. 17. Check the flares on your boat to make sure they're not expired.

**Macy's and Macy's West
will be closed for inventory,
July 27-28. Both stores will
reopen at 10 a.m., July 29.**

size small, \$60; gas grill and tank, \$30; Igloo 72-quart cooler, \$50; Force fins, \$30. Call 50073.

26.5 FOOT CROWLINE, 5.7L V8 inboard with Bravo Two stern drive, excellent condition, V-berth, quarter berth, table, stove, deck and cabin stereo, full bathroom with shower, fridge, full canopy, deck shower, 15 horsepower kicker, lots of extras, anchor, bumpers, gas grill, cover, boat toys, personal flotation devices, boat lot with full cover and deck, boathouse, too much to list, \$41,000. Call 54310 home or 58334 work.

WOODEN ROCKING chair, \$75; blue La-Z-Boy chair, \$75; natural wood baby-changing table, \$40; lots of summer maternity clothes in excellent condition, shorts, tee's, \$5-\$8 each; nursing tee's, \$3 each; Medela double breast pump with extra bottles, hardly used, \$30; Kidsline Sealife crib set with handmade quilt, hardly used, \$85. Call 52368.

16 FOOT NACRA Cat, brand new Mylar sails and all the equipment needed to sail, \$800 or best offer. Call Terry, 52166, or e-mail Jason at jasonste@hawaii.edu.

BABY GATE, tension-style, \$5; baby gate, wall mount-style, \$10; Christmas tree, \$30; Diaper Genie with refill, \$10; entertainment center, \$200; black TV stand with glass doors and shelf, \$30; king-size bed mattress/box springs/frame, paid \$1,400, will sell for \$500; CO2 tanks, 100 lbs/20 lbs/ 5 lbs; baby high chair, \$15; 12 inch girl's bike, \$10. Call 50163.

NEW SILVER CANOPY tarp, 10 feet by 30 feet, \$58; new balls to hold tarp, 60 large, 30 long, 40 small, 50¢ each; used ¾ inch by 1 inch galvanized poles with 10 feet by 30 feet tarp, \$160; assorted plants. Call 53417 or 52424.

WIDE OPTIC depth finder with power cables and portable transom mounting clamp, \$150; Sea and Sea MX10 underwater camera, \$100; PC MIDI cable adapter, \$25; Nikon EH-21 AC adapter (for Coolpix 885/4300), \$45; rechargeable batteries, \$5 each; Nikon ES-E28 slide copying adapter, \$75; Avermate CF card reader, \$20; Zio CF card reader, \$20. Call 52609.

RCA 13 inch color TV, with remote, \$100. Call Rue, 54173.

PLANTS. Stop by Quarters 475-A.

19 FOOT CAPE DORY sailboat, sails in great condition, needs some work, comes with mooring. Mike and Rob, this is the boat for you. Asking \$1,000. Call Mike, 55987.

ROLLERBLADES, women's size 7, used twice, comes with wrist guards, \$50; Creative Memories complete scrapbooking kit, \$40; pet carrier, 27 inches long by 20 inches wide by 19 inches high, will hold up to a 30 pound pet, \$25. Call Chris, 54421 or 59801.

FRAMED BEER novelty mirror, 16 inches by 36 inches, \$10; Sealife Sport Diver Land

and Sea camera, never used, \$75; Team Losi battery powered remote control car, \$25; gray carpet, 4 feet by 6 feet, \$10; cork board, one foot by three feet, \$5. Call 52672.

PCS SALE. Two dive lights, \$30 each; caftan, beige and brown, paid \$50, will sell for \$10; plants; mini-blinds, \$1 each; sky charts for Kwajalein, \$7 each; closet organizers, \$5-\$15; wooden towel racks, \$5 each; teak dining hutch, \$100; keyboard, mouse, speakers, \$3 each; Rubbermaid high storage unit with three shelves, \$125. Call 52244.

COMPUTER DESK with removable shelves, \$30; combination bookcase, drawer and cabinet with shelf, \$150; two-shelf bookcase, \$25; mesh display stackables, similar to those at Macy's West, \$20; hot plate, \$8. Call 51614.

ONE-QUARTER SIZE Suzuki violin and Suzuki teaching books, like new condition, \$250 or best offer. Call 51464, after 6 p.m.

SOLID OAK dining room set. Table with two leaves, 8 chairs, hutch and china cabinet, excellent condition, \$800 or best offer. Call 51516, days or 52211, nights.

PCS SALE. Plants, hoses, garden tools, Rubbermaid storage bins, flower pots, one-speed Sun bike, foot pedicure spa, 6 feet by 10 feet carpet, 6 feet by 12 feet carpet, Kenmore bagless vacuum, brand new floating cooler, Panasonic five-compact disc player. Call 54134, after 5 p.m.

COMMUNITY NOTICES

KWAJALEIN SCUBA Club needs 25 divers to meet at 7:30 p.m., tonight at Emon Beach, to rehearse for a night dive on Sept. 11. It will be called "Light Up the Lagoon." Tanks will be provided. Questions? Contact Bill Williamson.

A CAPTAIN'S MEETING for the Kwajalein Atoll Pro Angler's Fishing Tournament will be 6 p.m., tonight, at Small Boat Marina. Open to all participants but captains should attend. If captains cannot attend, send a team member. Important tournament information will be discussed. Questions? Call Trudy Butler, 55987.

A MANAGERS' meeting for the Summer Fun Basketball league will be at 5 p.m., Thursday, in the library conference room, Building 805. Register your team at the Community Activities office in Building 805. The fee is \$20 per team. Registration deadline is Thursday. The league will run July 27-Aug. 6. Questions? Call Billy, 53331.

KWAJALEIN SCUBA CLUB'S night dive to Gea aboard the Manassas will leave from the boat ramp 6 p.m., July 24. This one-tank dive includes snacks. This will be the only club night dive of the season. To sign up, call Sharon Hurst, 54776, work or 54131, home.

SIGN UP for Grace Sherwood Library's book draw for this month to win Olivier Dunrea's "Ollie" and "Ollie, the Stomper," plus Caroline Alexander's "The Endurance: Shackleton's Legendary Antarctic Expedition." Register now through July 24.

REGISTER TO be a basketball official. Experience a plus, but not necessary. Attend the clinic at 6 p.m., July 26, in Corlett Recreation Center Gym. Learn the mechanics and rules of the game. You must attend the clinic in order to be considered for the position. Questions? Call Billy, 53331.

REGISTER TO be a basketball scorekeeper. Experience a plus, but not necessary. Attend the clinic at 7 p.m., July 26, at Corlett Recreation Center Gym, to learn how to score a game and work the clock. You must attend the clinic in order to be considered for the position.

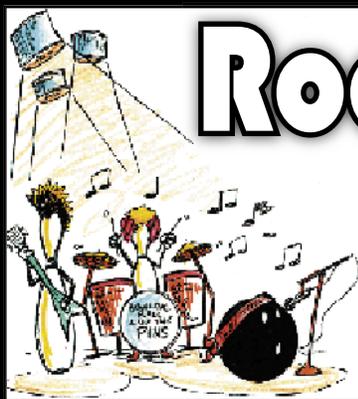
THE MARSHALLESE Cultural Center will be closed July 29, Aug. 5 and Aug. 12. Visit us 4-6 p.m., Mondays for handicraft demonstrations.

SUMMER STORY hour will be 1-2 p.m., Mondays through Aug. 22. Story hour is for 3-7 year olds. Children must be accompanied by an adult.

THE YOKWE YUK Club is looking for disc jockeys to play a wide array of music during the weekend hours. Typical hours would be 9:30 p.m.-1:30 a.m. Hourly pay can be discussed. Theme nights will be introduced, along with holiday nights with specific music to be played. Call Bill Hahn, 53419, or page him at 53243, Pager number 0936.

ART GUILD MEMBERS. It's time to renew your membership. Return checked-out videos and/or books. Empty your storage cubby. Art supplies are sold noon-1:30 p.m., Mondays. (Closed holidays).

A U.S. GOVERNMENT property sealed bid sale will be conducted during July and August at Reutilization and Disposal. Items will be available for inspection Thursday-Aug. 3. Hours are 8 a.m.-3 p.m., Tuesday-Friday and 8 a.m.-6 p.m., Saturday. All visitors must bring badges and wear closed-toe shoes to enter the building.



Rock n Bowl

ROCK N BOWL is where it's at. Children in fifth grade or older are invited to an evening of music and bowling, 6-9 p.m., Sunday, at the Bowling Center. Parents are invited, too. Make this a fun family evening. Questions? Call 53320.

Range operation scheduled for Thursday

A range operation is scheduled for Thursday. Caution times are from 7:01 p.m. through 3:01 a.m., Friday. In conjunction with this operation, a caution area will exist within the Kwajalein Atoll. The caution area is bounded on the north by Boked Island on the East reef and Yabbernohr Island on the West reef. On the south, the area is bounded by a line drawn north of Bigej Island on the East reef to a point at latitude 08 54.2N, longitude 167 45.8E, then to a point at latitude 08 52.8N, longitude 167 45.8E, and then to a point north of the high tide mark on Ninni Island on the West Reef. Bigej Island, including the inner reef, is specifically excluded and is not a part of the mid-atoll corridor. All mid-atoll corridor islands are designated as sheltered islands. Additional areas specified outside the mid-atoll are designated as caution areas, see maps.

In order to ensure clearance of non-mission support personnel

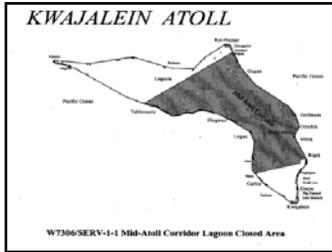
from the mid-atoll corridor by the window opening time, Kwajalein Police Department island clearance procedures will begin at approximately 7:30 a.m. on Monday and continue until evacuation has been accomplished. Egress of all air and seacraft will be required when requested by authorized clearance personnel. Subsequent to lagoon clearance, the hazard area will be in effect until mission completion.

In the event of a mission slip, the caution times and areas will be in effect for the following days:

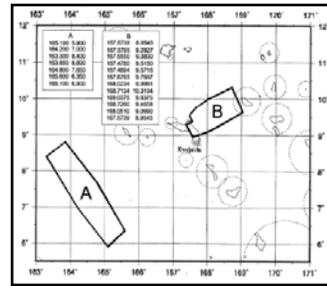
7:01 p.m., Friday, through 3:01 a.m., July 23

7:01 p.m., July 23, through 3:01 a.m., July 24

Questions regarding the above safety requirements for the mission should be directed to U.S. Army Kwajalein Atoll Command Safety Directorate, Range Safety Officer at 52477



Mid-Atoll Corridor lagoon closed area



Surface and airspace caution areas

SLEEPING, from Page 6

“Our Circadian rhythm affects how alert we are and our ability to perform. Night shift workers are working when their circadian rhythm may be low and be required to get their sleep when their circadian rhythm is high.

If you have trouble sleeping, resting is not enough. The brain needs sleep. Rest without sleep is valuable for the body and muscle recovery, but the brain needs sleep. Suggested in most studies is to schedule at least seven hours in bed, even if you don’t sleep the whole time,” she added.

Ruffing suggested workers who move from night to day shifts to connect with her, she has some information to help. She can be

contacted at 55362.

If a person feels they are suffering from a sleeping disorder there are a few things that can be done to help. “Management of diet, stress, exercise, personal schedule and sleep hygiene are all far more likely to give long-term benefit than tests and prescriptions from a doctor. Reasons for seeing a doctor would include: major daytime sleepiness affecting work/activities; history suggestive of sleep apnea; stress or depression that are not responding to best personal efforts,” Lindborg said.

“Treatment is tailored to causes. Insomnia due to stress is helped by stress management. Problems due to alco-

hol excess benefit from alcohol cessation/moderation. Depression and stress may be helped by counseling and medication,” he added.

Lindborg suggested, “In general the less time that one uses sleeping medication the better. There are a number of studies that indicate continuous use for more than two weeks may result in a paradoxical increase in sleep problems on cessation of the medication. Most experts would agree that the best approach is to use medications sparingly when needed and to limit the duration of continuous use.

For more information on sleeping disorders, contact the hospital at 52223 or visit www.sleepfoundation.org.

Weather

Courtesy of RTS Weather

Tonight: Variably cloudy with scattered showers. **Winds:** ENE-ESE at 8-14 knots.
Sunday: Partly sunny with scattered showers. **Winds:** ENE-ESE at 8-14 knots.
Monday: Variably sunny with widely scattered showers. **Winds:** ENE-ESE at 10 knots.
Tuesday: Partly sunny with numerous showers. **Winds:** ENE-ESE at 10 knots.

Annual rainfall total: 22.37"

Annual deviation: -20.36"

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



Sun • Moon • Tides



	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday July 17	0638/1912	1451/0156	1220, 3.6'	0640, 2.2' 1830, 1.9'
Monday July 18	0638/1912	1552/0247	13.50, 3.7' 0110, 4.6'	1940, 1.6' 0800, 1.8'
Tuesday July 19	0638/1912	1656/0345	0220, 5.0' 1450, 4.0'	0900, 1.3' 2030, 1.3'
Wednesday July 20	0639/1912	1803/0449	0310, 5.5' 1540, 4.3'	0940, 0.9' 2130, 1.0'