

THE KWAJALEIN HOURGLASS



**Camping on, around
Kwaj**

— Page 3

**(Ever feel locked into drinking? Kwajalein stats similar to the U.S.
For more, see Page 4.)**

(Illustration by Elizabeth Davie)

Keeping humanity in a time of war

It seems that war, as terrible as it is, can produce men and women who rise above the horror and perform heroic, selfless acts of courage.

During World War II, French villagers hid downed Allied fliers and wounded soldiers from the Germans.

They risked death for themselves and their family members if discovered. Sometimes the hidden fliers or soldiers would be moved from home to home, farm to farm, in order to make it harder for the Germans to find them. Entire village populations risked terrible reprisal if they were found out, but they did it anyway.

All over Europe, there were heroes such as these. In Holland, Belgium, Italy and other countries under Nazi rule, people would risk their lives to aid allied soldiers or spy on the Germans and pass information to the Americans and British.

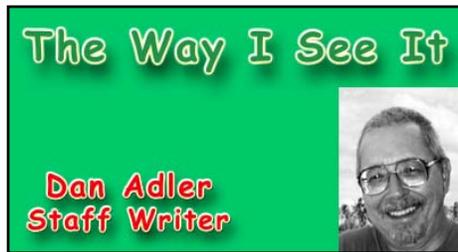
They weren't soldiers. Nobody ordered them to do the things they did. They were young teenagers and elderly men and women. They were farmers, mechanics and shipyard workers. They were just people.

The vast majority of these courageous heroes faded into obscurity when the war ended. They asked no thanks or recognition for their actions. It was simply their way of fighting back.

I've wondered sometimes whether people would do the same these days.

So I was glad to see an article in *Time* magazine about the Afghan who saved a U.S. Navy SEAL's life.

A few weeks ago, a four-man SEAL team was sent into the rugged mountains of Afghanistan to search



for Taliban fighters.

The SEALs were attacked by a Taliban force that greatly outnumbered them.

In a fight that lasted hours, two of the SEALs were killed and a third is missing.

The surviving member of the team climbed farther up into the mountains to escape.

Four days later, an Afghan shepherd named Gulab found the American hiding in some brush in the high mountains.

Gulab convinced the SEAL that he meant no harm by giving the "thumbs up" sign. He took the injured and bloodied American to his village.

The Taliban found out the SEAL was there and demanded that the infidel be turned over to them.

The villagers belong to the Pashtun tribe and it is in their culture to never refuse help to a stranger.

According to the *Time* article, the village chief told the Taliban that the American was their guest and they would not give him up as long as there was a man or woman alive in the village.

The villagers moved the SEAL to a new hiding place until Gulab could slip away and make the six hour trip to a coalition base where he told the Americans the man was alive and that he would bring him to them.

Gulab then returned to his village and risking his life yet again, took the SEAL on the long trip to the safety of the American base.

After Gulab delivered the American, he rushed back

See HUMANITY, Page 6

CORRECTION

The phone number for flight seat requests to travel to Roi-Namur is 56359, not 53469, as stated in the article printed on Wednesday. There is also an e-mail address: flyroi@kls.usaka. smdc.army.mil. The *Hourglass* regrets the error.

The Kwajalein Hourglass

Commanding Officer...COL Beverly Stipe
Editor.....Nell Drumheller
Assistant Editor.....Mig 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.

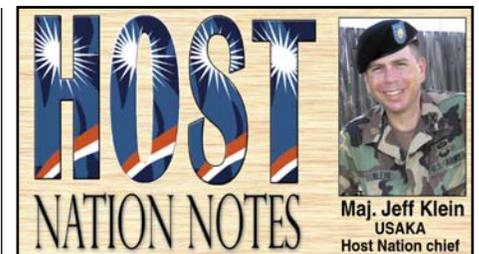
The Kwajalein *Hourglass* is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to USAKA. Contents of the *Hourglass* are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army 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.

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Marshallese citizens inducted into United States Army at Majuro

Military induction ceremonies are always strongly emotional. During these transformational events, civilians become newly minted Soldiers, sailors, airmen and Marines raising their right arms and taking a solemn oath to "support and defend the constitution of the United States against all enemies, foreign and domestic". It means these new members of the Armed Services of the United States have willingly committed themselves to a life of discipline and rigor—a life along the "road less traveled." You cannot help but feel a strong attachment to the ideals which inspired them to make this leap of faith.

The U.S. military remains strong because everyday young men and women make the conscience decision



to join. In our all-volunteer force, we rely on their commitment to selfless service and dedication to duty and country in order to succeed. Without them, quite frankly, our military would fail. Our ships, planes and tanks would have no crew. Our trucks and cargo craft could not deliver supplies.

See INDUCTION, Page 7

ISLAND CAMPING



It can be an overnight success

Good planning, good camping

By Elizabeth Davie
Reporter

It seems as though people are always looking for something different to do around Kwaj. Camping, either on Kwajalein, Roi-Namur or one of the many outer islands, could be the answer to that search for some people. However, it is not as easy as one might think; there are steps that must be taken prior to pitching your tent.

"My friends and I go camping often and have been through and helped define the process over the years," said David Greene, Mission Operations Software Engineering manager.

According to Greene, a camping trip to an outer island starts with the submission of a Republic of the Marshall Islands Special Trip Request Form, Entry/Exit FORM 004-2. The form must first be processed, approved and signed by the RMI office in Building 901. The form indicates which islands are to be visited and the RMI office authorizes the visit by checking with the appropriate landowners. If the landowners and RMI approve the request, then the form must next be processed by the U.S. Army Kwajalein Atoll Entry/Exit office in Building 901. Among other things, E/E will double check that the visit is to an island where visitation is possible - islands involved in range operations, such as Meck, Omelek, Illeginni, Legan, Gagan, Carlos

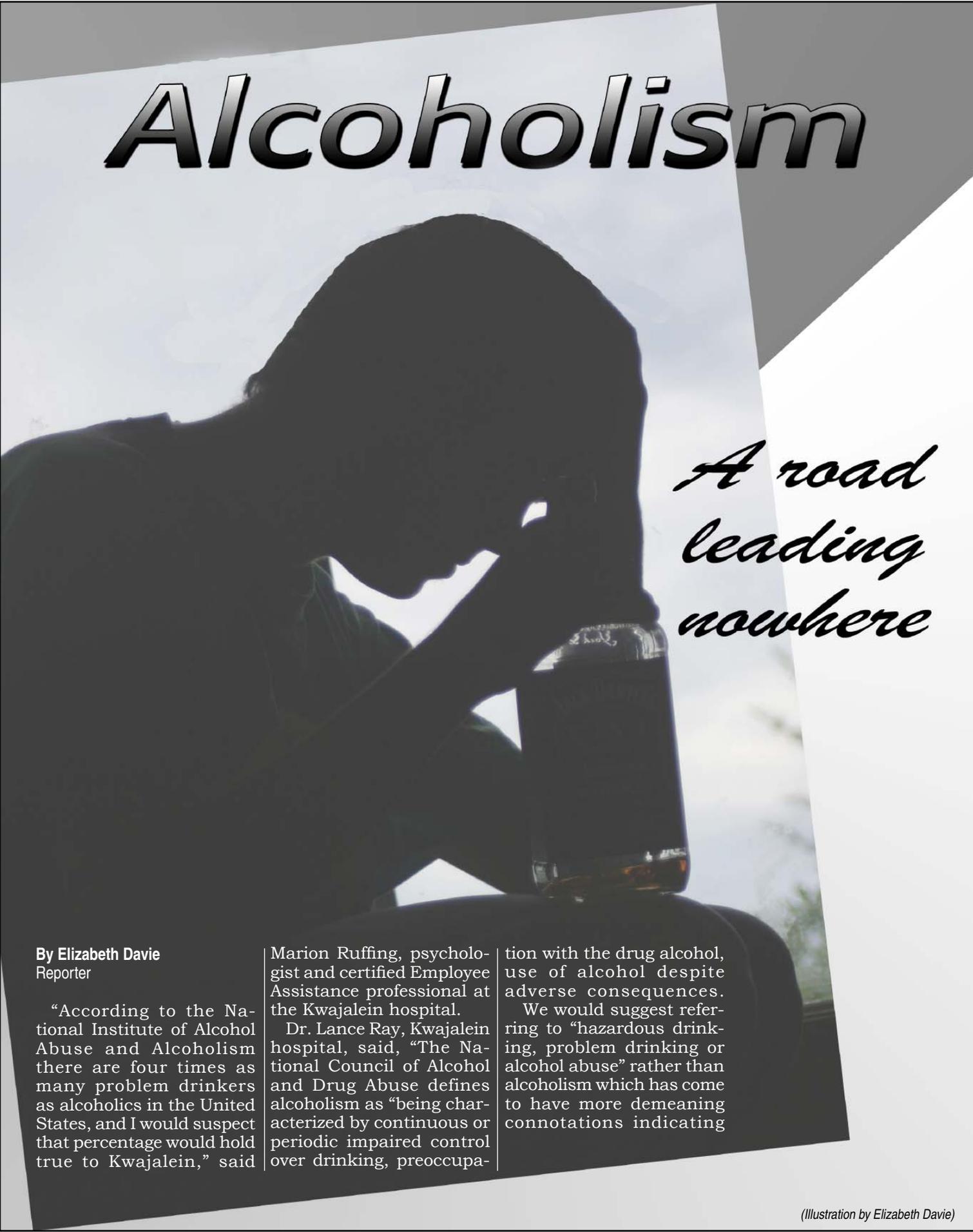
etc. are off-limits for such visits. Officials will also check that the trip will not intersect with a scheduled range operation when the Mid-atoll Mission Corridor is controlled or closed. This form also lists which private boats are involved in the trip and all participating individuals. The final documentation requirement is for a private boat float plan to be filed with Harbor Control detailing the timeline for the trip for each boat involved. The approved Entry Exit form should be attached.

"Once the paperwork is complete and the trip authorized the real fun begins. Planning for meals and cookouts, comforts such as tents, beach chairs, water toys and how to get it all onto the boat can be challenging if there is a large group or if the trip is for more than one night. Be sure to pack mosquito repellents, lots of fresh/bottled water, as many coolers of ice as you can fit and plenty of trash bags to get your trash off the island when you leave. Running out of one of these can cause more misery than any other item," said Greene.

In case of an emergency Greene said the first thing you can do is to have a complete first aid kit. "Members of our group often include a nurse or physician but not by design, just because they want to camp too. We have seen our share of injuries, but nothing more serious than cuts requiring a few stitches. Safety concerns argue for having at least

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Alcoholism



*A road
leading
nowhere*

By Elizabeth Davie
Reporter

“According to the National Institute of Alcohol Abuse and Alcoholism there are four times as many problem drinkers as alcoholics in the United States, and I would suspect that percentage would hold true to Kwajalein,” said

Marion Ruffing, psychologist and certified Employee Assistance professional at the Kwajalein hospital.

Dr. Lance Ray, Kwajalein hospital, said, “The National Council of Alcohol and Drug Abuse defines alcoholism as “being characterized by continuous or periodic impaired control over drinking, preoccupa-

tion with the drug alcohol, use of alcohol despite adverse consequences.

We would suggest referring to “hazardous drinking, problem drinking or alcohol abuse” rather than alcoholism which has come to have more demeaning connotations indicating

(Illustration by Elizabeth Davie)

lack of character or personal weakness rather than a medical condition.”

“Alcoholism is only one type of an alcohol problem. Problem drinking can be just as harmful. A person can abuse alcohol without actually being an alcoholic, that is, he/she may drink too much and too often but still not be dependent on alcohol. Some of the problems linked to problem drinking are the problems we see on Kwajalein,” Ruffing added.

“The problems seen on Kwajalein are falls, Monday morning “hangovers”, liver enzyme changes, heartburn or bleeding from irritation of the esophagus or stomach, obesity and high blood pressure and problems with relationships at home or at work, and increased risk of non protected sex and sexually transmitted diseases. These problems can eventually develop into cirrhosis of the liver, increased risk of liver cancer, breast, colon and oral cancer, increased risk of esophageal cancer, suicide and on the mainland, motor vehicle accidents,” Ray said.

“One’s decision to use alcohol must also carry the wisdom to know its dangers and the responsibility for its consequences. The distance between celebration and catastrophe can be unexpectedly short,” said the Rev. Rick Funk, Protestant chaplain.

How do you know if you or someone you know is a moderate drinker, a problem drinker or an alcoholic?

These are the symptoms for each:

A moderate drinker:

- Considers an occasional drink to be a small, though enjoyable, part of life
- Has hobbies, interests, and other ways to relax and enjoy life that do not involve alcohol.
- Usually has friends who

are moderate drinkers or nondrinkers

- Generally has something to eat before, during, or soon after drinking

- Usually does not drink for longer than an hour or two on any particular occasion

- Usually does not drink faster than one drink per hour

- Feels comfortable with his/her use of alcohol (never drinks secretly and does not spend a lot of time thinking about drinking or planning to drink).

Signs that drinking has become a problem include:

- Worrying about having enough alcohol to last through an evening or a weekend.

- Hiding alcohol or buying it at different stores so no one will know how much you are drinking.

- Switching from one kind of drink to another to keep from drinking too much or getting drunk.

- Trying to get “extra” drinks at a social event or sneaking drinks when others are not looking.

- Failing to do what you should at work or at home because of drinking.

- Not being able to remember what happened while you were drinking.

- Not being able to stop drinking once you start.

- Hurting someone else as a result of your drinking.

Symptoms of alcoholism are different for each person. Just a few, or nearly all, of the following symptoms may be present:

Early stage:

- drinking for relief from problems

- Need for more and more alcohol to feel drunk

- Blackouts occur. (not being able to remember events or blocks of time that happened while drinking

- Hiding alcohol or sneaking drinks

- Thinking more and more about alcohol

- Planning activities around drinking

Middle stage:

- Drinking more than planned

- Not admitting to having a drinking problem

- Trying to control drinking by using mind games such as deciding to never drink before noon

- Breaking promises

- Having personality changes and mood swings

- Drinking as soon as they wake from a night’s sleep

Late stage:

Having severe withdrawal symptoms (symptoms when the body is no longer getting alcohol) such as delirium tremens, also known as the DTs or morning shakes.

According to Ruffing, problem drinking can be addressed with Moderation Management. MM is a recovery program and national support group network, founded by Audrey Kishline, for people who want to reduce their drinking and make other positive lifestyle changes. MM is not for everyone—it is not for alcoholics, chronic drinkers, or those who experience significant withdrawal symptoms when they stop drinking.

MM offers nine steps toward lifestyle change:

- Attend meetings or online groups and learn about the program of MM

- Abstain from alcohol beverages for 30 days and complete steps three through six during this time

- Examine how drinking has affected your life

- Write down your life priorities

- Take a look at how much, how often, and under what circumstances you have been drinking

- Learn the MM guidelines and limits for moderate drinking

- Set moderate drink-

ing limits and start weekly “small steps” toward balance and moderation in other areas of your life.

- Review your progress and update your goals

Continue to make positive lifestyle changes and attend meetings whenever you need on going support or would like to help newcomers.

“Treatment of alcohol abuse or problem drinking is first for an individual to recognize and accept that they have a problem with alcohol. Successful treatment is difficult without this first step. Counseling and 12 step programs are available here, as well medical treatment including Antabuse and newer medications for addiction recovery.” Ray said.

“Treatment for alcoholism can be different for each person but usually begins with detoxification, which is the body’s withdrawal from alcohol. After the body is clean of alcohol, the alcoholic enters a counseling program with the goal being to help the alcoholic face emotional issues that lead to drinking and to learn ways to stop drinking. Medications may be given to curb a physical craving for alcohol,” Ruffing added.

Help can be obtained from your physician or from the Employee Assistance Program located at the hospital. There is an active AA support group on island, Ruffing would be happy to help with this information. She can be reached at 55362.

“Oftentimes, people do need someone to talk to initially; perhaps to admit to the problem and gain some courage to seek further treatment. That would be my primary role. I can help people with other aspects of the issue such as family or work relationships,” Funk said.

Funk is available for all manners of counseling and conversation. He can be contacted by e-mail, at work, 53505 or at home, 52201

Muslim scholars issue religious ruling condemning terrorism

By Donna Miles
American Forces Press Service

A leading group of U.S. Muslim legal scholars issued a religious ruling Thursday condemning terrorism and extremism, underscoring the sharp contrast between Islam and the violent extremism demonstrated by terrorists who claim to operate in the name of Islam.

The Council on American-Islamic Relations announced the edict, issued by the Fiqh Council of North America and endorsed by 120 North American Muslim organizations, leaders and institutions, during a news conference at the National Press Club in

Washington, D.C.

The ruling, called a "fatwa," calls on Muslims to help fight militant violence and clarifies that "those who commit these barbaric acts are criminals, not martyrs.

"Islam strictly condemns extremism and the use of violence against innocent lives," the fatwa states. "There is no justification in Islam for extremism or terrorism."

Nihad Awad, executive director of the Council on American-Islamic Relations, called the ruling an important step in creating a united front among Muslims to help counter extremism.

"United, we can confront the terrorists and frustrate their goal of

sparking an apocalyptic war between faiths and civilizations," he said in a statement read at the news conference. "The presence here today of American Muslim leaders indicates the willingness of our community to strengthen national security and to work with policymakers to gain victory over this international menace to humanity."

Defense leaders have long emphasized that the war on terror is a war against violent extremism, not Islam, but that peace-loving Muslims must help contain it.

"The struggle that is taking place within the Muslim religion is not going to be won by peo-

ple outside that religion," Defense Secretary Donald H. Rumsfeld noted during a June 4 speech to the International Institute for Strategic Studies. "It's going to be won by people inside that religion."

The best way to help stop extremism is to "change the environment where you don't have men and women wanting to join jihad," Air Force Gen. Richard B. Myers said during a June 29 Pentagon town hall meeting.

"The best way that message can delivered is not by the United States of America, but by moderate Muslims around the world," the Joint Chiefs of Staff chairman said.

HUMANITY, from Page 2

to his village, packed up his family and left his home.

He knew that helping the SEAL had probably signed his death warrant. No one knows his whereabouts at this time.

How could anyone thank him enough for what he did?

In the carnage of war, men can become savages or they can keep honor, courage and their humanity. The Afghan shepherd and the

people of his village demonstrated honor, courage and humanity.

I pray that God will look after Gulab, his family and his fellow Pashtun villagers and keep them from harm.

CAMPING, from Page 3

two boats on the trip so that one can depart quickly in an emergency without stranding the others. In a real emergency, contact would be made with Harbor Control and Marine Police by radio as soon as possible so that speedy professional assistance might be arranged ahead of time. A good, working and powerful enough radio could make all the difference in an emergency," Greene said.

Greene added there are few printed rules specifically addressing camping activities. Not too long ago USAKA and the RMI agreed to disallow the use of paint ball guns on all islands in the Kwajalein Atoll.

There are several official USAKA policies people planning a visit to an outer island should be aware of that all address some aspect of conduct allowed on islands within the atoll: 190-10 "Entry and Exit Control," 385-9 "Water Safety," 200-1 "Environmen-

tal Protection and Enhancement," 200-4 "Cultural Resources Management," 200-3 "Natural Resources Management," 200-2 "Environmental Effects of Army Actions."

"Our own personal policy is to leave the campsite at least as clean as we found it, only use dead/driftwood for campfires and to leave Marshallese or World War II sites undisturbed. Even Bigej has a significant number of structures and sites created by the Japanese or Marshallese before or during wartime and we treat all these as cultural resources. Essentially, when visiting islands such as Bigej, you are truly a guest of the family that owns the land and representing both USAKA and the US of A on foreign soil. It is both a privilege and an honor to be allowed to enjoy these locations so it's best to treat them as you would treat your own property," Greene said.

Marshall Islands swim team doing well in Montreal

Hourglass reports

After a week in Montreal, the Republic of the Marshall Islands swim team is in the midst of competition.

"We have a few more days of swimming left," said Chris Lindborg, swim coach. "Jared Heine set a new RMI record on the 100-meter backstroke and met a long desired goal of breaking one minute, his time was 59.76. He still has two more events, the 50 back and 100-meter butterfly," she said.

She added that Michael and Ian Taylor set personal bests in their races, "they improved their times by 3 to 4 seconds each, which is a huge amount for their events. Ian swam 50-meter butterfly in 30.29, 100 breaststroke in 1:21.39 and 100-meter freestyle today [Thursday] in 1:00.71," she added.

"Michael has raced in 100-meter breaststroke (1:20.80), 50-meter breaststroke in 37.20 and 100-meter freestyle in 1:04.20," she continued.

"Both of them have one more race left, the 50-meter freestyle [which he completed on Friday].

"The World Championship is the top competition in swimming; we are racing with the likes of Michael Phelps and Ian Crocker. We have witnessed at least four world records broken and five course records, just to be among the elite of the sort is incredibly inspiring," she said.

According to Lindborg the teams from Oceania include Federated States of Micronesia, Guam, Fiji, Papua New Guinea, Tahiti and Samoa, "we compete and support each other, many of these athletes know each other well from the South Pacific Games," she said.

Keepin'
our
island
clean

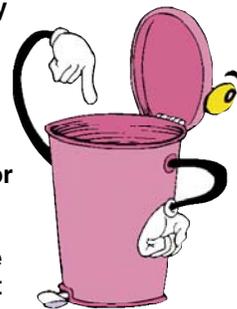


Living on Kwajalein Atoll in the Marshall Islands is truly a blessing. The waters are crystal clear and the vegetation bright with fragrant blooms. The major detractor is the trash and debris that are left carelessly and needlessly on the ground at our work areas and homes.



I challenge the members of our community to devote a few minutes each day to cleaning up the work, living and recreation

areas around them. If you have items outside that are no longer needed, properly dispose of them including recycling what fits in this category. If each of us would stop and pick up trash and debris when we see it, our island would be even more beautiful. We are all responsible for keeping our island home clean.



— John Pickler, Kwajalein Range Services president

INDUCTION, from Page 2

Our fighting units would be hollow shells, mere paper tigers. The pointy tip of the spear would be a feather duster. People, especially our young volunteers, are the blood that pumps through the veins and arteries of the massive human organism that is the U.S. Military. This simple act of joining the military ensures the continued strength of our country.

So why do people join? They do it for a variety of reasons: a challenge, change of pace, monetary gain, skill training, and a hope of a better future. Usually, there is no one single reason— it is an amalgam that varies depending on the individual. No matter the thought process behind

making the choice, no one joins the military because they think it is easy or because they believe they will never face challenges to their mental and/or physical well-being. It takes a willingness to believe in the overarching goals of the organization. For those that join the Armed Forces of the United States, it requires faith in the ideals organized around the principals put down on paper 200 plus years ago by our Founding Fathers. Finally, it requires a written and verbal affirmation that you would willingly risk your life in their defense.

Last week I had the privilege and honor to witness one of these

ceremonies. Nine civilians became Soldiers in defense of our freedoms. Three will become infantryman who, more likely than not, will find their way to the sands of Iraq or Afghanistan within a year. The rest will likely join them as well. I joined the military at time when we as a nation were at peace. The decision I made was nowhere near as momentous as these nine. I admire their courage and am thankful for their sacrifice to our country. It was a remarkable event.

Even more remarkable was that these were not the sons and daughters of the United States; these were the sons and daughters of the Republic of the Marshall Islands.



WELCOME TO THE MOVIES

Tonight

7:30 p.m., Yuk — XXX: State of the Union (PG-13)
7:30 p.m., Rich — The Ring 2 (PG-13)
7 p.m., Roi — Fever Pitch (PG-13)

Sunday

7:30 p.m., Yuk — Hostage (R)
7:30 p.m., Rich — Because of Winn Dixie (PG-13)
9 p.m., Rich — Guess Who (PG-13)
7 p.m., Roi — Sahara (PG-13)

Monday

7:30 p.m., Yuk — XXX: State of the Union (PG-13)
6:00 p.m., Rich — No movie, musical performance by Country/ Western entertainer Chris Gray

Wednesday

7 p.m., ARC — Hostage (R)

All movies subject to change with shipments.

For updates, call the movie hotline at 52700.

The Ring 2. A terrifying legacy haunts a single mother in this sequel to the frightening box-office hit The Ring. Hoping to leave their terrifying experiences in Seattle behind them, Rachel Keller (Naomi Watts) and her son, Aidan (David Dorfman), move to the small town of Astoria, Ore, where Rachel takes a job writing for the local newspaper. When Rachel learns of an unexplained murder, which occurred after a teenager watched a strange videotape with his girlfriend, she suspects her past is following her and she begins looking into the case. Rachel believes that the otherworldly Samara has come back; however, as she tries to convince others of the young girl's powers, her own son falls ill and is hospitalized, and Rachel's stories fail to convince either Dr. Emma Temple (Elizabeth Perkins), who suspects Rachel is guilty of child abuse, or David Rourke (Simon Baker), one of Rachel's colleagues who fears for Aidan's safety. Also starring Sissy Spacek, The Ring 2 was directed by Hideo Nakata; it was the first English-language project for the Japanese filmmaker, who previously made Ringu, the picture that was the basis for The Ring.

Guess Who. A man gets a very big surprise when he meets his prospective son-in-law in this comedy. Percy Jones (Bernie Mac) is the understandably proud father of Theresa (Zoe Saldana), a beautiful and intelligent young woman living in New York City. When Percy learns that his daughter is dating someone and things are getting serious, he decides to do some research, and learns that her beau is a solid businessman. Percy arranges to meet the young man, but is a bit taken aback when he comes face to face with Simon Green (Ashton Kutcher) — Percy and his wife are African-American, and Simon is very, but very Caucasian. When it becomes clear that Simon and Theresa's relationship is likely altar-bound, Percy finds himself suddenly full of misgivings about the young man, especially since Simon tends to get rather clumsy when he's nervous. Guess Who was loosely adapted from the 1967 hit Guess Who's Coming to Dinner, though the race of the prospective father and son have been swapped, and the original film's comic undercurrent has been pushed to the forefront.

Beware of strangers asking ABOUT OUR MISSION

Practice good OPSEC.

Be sure all classified offices and documents are safeguarded.



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 seven U.S. service-members have died in the Global War on Terrorism.

Sgt. Arthur R. McGill, 25, of Gravette, Ark., died July 19 in Baghdad, Iraq, where an improvised explosive device detonated while he was on mounted patrol in a HMMWV. McGill was assigned to the 1st Battalion, 9th Field Artillery Regiment, 2nd Brigade Combat Team, 3rd Infantry Division, Fort Stewart, Ga.

Petty Officer 3rd Class Travis L. Youngblood, 26, of Surrency, Ga., died July 21 of wounds received July 15 from an improvised explosive device during combat operations in Hit, Iraq. Youngblood was a hospital corpsman assigned to Naval Hospital Great Lakes, Great Lakes, Ill., and deployed with the II Marine Expeditionary Force (Forward).

Cpl. Steven P. Gill, 24, of Round Rock, Texas, died July 21 from an improvised explosive device while conducting combat operations near Zaidon, Iraq. He was assigned to the Marine Reserve's 4th Reconnaissance Battalion, 4th Marine Division, San Antonio. During Operation Iraqi Freedom his unit was attached to Regimental Combat Team-8, 2nd Marine Division, II Marine Expeditionary Force (Forward).

Sgt. Bryan J. Opskar, 32, of Princeton, Minn., died July 23 when his vehicle was struck by an improvised explosive device while conducting combat operations near Ar Rutbah, Iraq. He was assigned to 2nd Light Armored Reconnaissance Battalion, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Sgt. Jason T. Palmerton, 25, of Auburn, Neb., died on July 23 in Qal'eh-Yegaz, Afghanistan, where he came under enemy small arms fire while conducting a dismounted patrol. Palmerton was assigned to 1st Battalion, 3rd Special Forces Group (Airborne), Fort Bragg, N.C.

Sgt. Christopher J. Taylor, 22, of Opelika, Ala., died Sunday in Balad, Iraq, when he was hit by mortar rounds while he was exiting a bunker. Taylor was assigned to the 1st Battalion, 41st Field Artillery, 1st Brigade Combat Team, 3rd Infantry Division, Fort Stewart.

Staff Sgt. Michael W. Schafer, 25, of Spring Hill, Fla., died Monday in Oruzgan, Afghanistan, when he was shot by enemy forces while on a quick reaction force mission. Schafer was assigned to the 2nd Battalion, 503rd Infantry Regiment, Vicenza, Italy.

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

Sunday, July 31

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	Baseball Tonight	CNN Saturday AM	Roller	Late Night with Conan O'Brien	Movie: <i>High Fidelity</i>	Liberty Kids	Law & Order
12:30 a.m.	The Late Late Show with Craig Ferguson	ESPNNews <:40>	Headline News		America's Most Wanted	Movie: <:07> <i>Scream</i>	Spongebob	Headline News
1 a.m.		Friday Night Fights	CNN Saturday AM		WWE SmackDown!		Foster's Home	
1:30 a.m.	Big Idea With Donny Deutsch	SportsCenter	CNN Open House			Will & Grace	Movie: <:42> <i>Moulin Rouge</i>	Avatar
2 a.m.	Countdown With Keith Olbermann		Bulls & Bears		That 70's Show			Jimmy Neutron
2:30 a.m.			Cavuto on Business		Forbes on FOX	Movie: <:13> <i>The Matrix</i>	Zoey 101	Kickin' It
3 a.m.	Access Hollywood	Cashin' In	Beautiful Homes		American Pie 2		That's So Raven	
4 a.m.	Headline News	ESPNNews	CNN Live Saturday		SportsCenter	Will & Grace	Movie: <:42> <i>Moulin Rouge</i>	Romeo
4:30 a.m.	Entertainment Studios	This Week in Baseball	Weekend Live with Tony Snow	MLB <i>LA Angels at NY Yankees</i>	That 70's Show	Movie: <:13> <i>The Matrix</i>	Best Friend's Date	NFL Total Access
5 a.m.	Good Morning America	MLB <i>White Sox at Orioles</i>			Wall Street Journal		Breathing Space Yoga	
5:30 a.m.		PGA <i>Buick Open</i>			Army Newswatch	Caribbean Workout	Zooboomafoo	Beyond The Glory
6 a.m.					FOX News Live	Next @ CNN	Body Shaping	Clifford
6:30 a.m.		FOX News Live				Headline News	Every Woman	Movie: <i>Through It</i>
7 a.m.	Miss Spider				MLB <i>Cardinals at Dodgers</i>		Beautiful Homes	
7:30 a.m.	Lazy Town	FOX News Live				Curb Appeal	Weekend Warriors	Maya & Miquel
8 a.m.	Foster's Home				PGA <i>3rd Round (JIP)</i>	FOX News Live	Clean House	Jackie Chan
8:30 a.m.	Avatar	Headline News	FOX News Live	BBQ with Bobby		Kim Possible	Walking By Faith	
9 a.m.	Jimmy Neutron	ESPNNews	Headline News	\$40 A Day	Hi Hi Puffy Ami Yumi	Headline News		
9:30 a.m.	Zoey 101	ESPNNews	McLaughlin Group	Saturday Night Live	Who's Wedding Is It Anyway?	Movie: <:20> <i>Malcolm X</i>	Dragonball GT	ESPNNews
10 a.m.	That's So Raven	ESPNNews	Headline News		101 Most...	Movie: <:20> <i>Malcolm X</i>	Justice League	ESPNNews
10:30 a.m.	Best Friend's Date	ESPNNews	McLaughlin Group		101 Most...		Teen Kids News	NASCAR
11 a.m.	O'Grady	MLB <i>Twins at Red Sox</i>	On The Story		Roller	Showdogs Moms and Dads	Cyberchase	Bush Series
11:30 a.m.	Toyota Wide World of Wildlife	Twins at Red Sox	Washington Week			Grand Ole Opry Live	Endurance	Wallace Family
12 p.m.	Access Hollywood	MLB <i>Reds at Padres</i>	Headline News		Roller	Star Trek: Voyager <i>The Chute</i>	Funnest Animals	<i>Tribute 250</i>
12:30 p.m.	Weekend		Headline News			Larry King Live	Ripley's Believe It Or Not	Funnest Animals
1 p.m.	America's Most Wanted	MLB <i>Reds at Padres</i>	At Large with Geraldo Rivera		Roller	Fear Factor	Movie: <:40> <i>A League of Their Own</i>	Wild America
1:30 p.m.	Wanted		At Large with Geraldo Rivera	Dateline International #1		What Not To Wear	Disney's Doug	The Most Extreme
2 p.m.	Movie: <i>Conan The Barbarian</i>	MLB <i>Reds at Padres</i>	Geraldo Rivera	Roller	Supernanny	Movie: <i>Divine Secrets of The Ya Ya Sisterhood</i>	Hercules	WWE Smackdown!
2:30 p.m.	Movie: <:51> <i>Pure Country</i>		At Large with Geraldo Rivera		Big Story Weekend with Rita Cosby		Kevin Hill	Movie: <i>Brother Bear</i>
3 p.m.	Movie: <:51> <i>Pure Country</i>	SportsCenter	CNN Saturday Night	Roller	Missing	Movie: <:01> <i>The Wedding Planner</i>	Disney's Doug	Stargate SG-1
3:30 p.m.	Movie: <:51> <i>Pure Country</i>		CNN Saturday Night		Big Story Weekend with Rita Cosby		Missing	Movie: <i>Gotta Kick It Up</i>
4 p.m.	Movie: <:51> <i>Pure Country</i>	SportsCenter	CNN Saturday Night	Roller	Will & Grace	Movie: <i>The Wedding Planner</i>	Hey Arnold!	Headline News
4:30 p.m.	Movie: <:51> <i>Pure Country</i>		CNN Saturday Night		Big Story Weekend with Rita Cosby		Will & Grace	Movie: <i>The Wedding Planner</i>
5 p.m.	Bernie Mac	SportsCenter	CNN Saturday Night	Roller	That 70's Show	Movie: <i>Butterfly Effect</i>	Spongebob	MotorWeek
5:30 p.m.	Girlfriends		CNN Saturday Night		Big Story Weekend with Rita Cosby		That 70's Show	Rocket Power
6 p.m.	Girlfriends	SportsCenter	CNN Saturday Night	Roller	Supernanny	Movie: <i>Divine Secrets of The Ya Ya Sisterhood</i>	Movie: <i>Brother Bear</i>	The Contender
6:30 p.m.	George Lopez		CNN Saturday Night		Big Story Weekend with Rita Cosby		Supernanny	Movie: <i>Brother Bear</i>
7 p.m.	George Lopez	SportsCenter	CNN Saturday Night	Roller	Kevin Hill	Movie: <i>Divine Secrets of The Ya Ya Sisterhood</i>	Movie: <i>Gotta Kick It Up</i>	Stargate SG-1
7:30 p.m.	Half & Half		CNN Saturday Night		Big Story Weekend with Rita Cosby		Kevin Hill	Movie: <i>Gotta Kick It Up</i>
8 p.m.	Cold Case	SportsCenter	CNN Saturday Night	Roller	Missing	Movie: <:01> <i>The Wedding Planner</i>	Movie: <i>Gotta Kick It Up</i>	Headline News
8:30 p.m.	Cold Case		CNN Saturday Night		Big Story Weekend with Rita Cosby		Missing	Movie: <i>The Wedding Planner</i>
9 p.m.	Law & Order	SportsCenter	CNN Saturday Night	Roller	Will & Grace	Movie: <i>The Wedding Planner</i>	Dawson's Creek	Primetime Movie: <i>A Few Good Men</i>
9:30 p.m.	Law & Order		CNN Saturday Night		Big Story Weekend with Rita Cosby		Will & Grace	Movie: <i>The Wedding Planner</i>
10 p.m.	Window on the Atoll	SportsCenter	CNN Saturday Night	Roller	That 70's Show	Movie: <i>Butterfly Effect</i>	Xena: Warrior Princess	
10:30 p.m.	Saturday Night Live		CNN Saturday Night		Big Story Weekend with Rita Cosby		That 70's Show	Movie: <i>Butterfly Effect</i>
11 p.m.	Saturday Night Live	SportsCenter	CNN Saturday Night	Roller	The Real World	Movie: <i>Butterfly Effect</i>	Xena: Warrior Princess	
11:30 p.m.	Saturday Night Live		CNN Saturday Night		Big Story Weekend with Rita Cosby		The Real World	Movie: <i>Butterfly Effect</i>
11:30 p.m.	Saturday Night Live	Baseball Tonight	Headline News	Headline News	Will & Grace	Movie: <i>Butterfly Effect</i>	Xena: Warrior Princess	

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

Monday, August 1

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	Real Sports with Bryant Gumbel	Fox & Friends	MLS	Mad TV	Movie: <i>(Continued)</i>	The Simpsons	Movie: <i>(Continued)</i>
12:30 a.m.				<i>All-Star Game</i>		<i>Butterfly Effect</i>	The Simpsons	The Simpsons
1a.m.	The Color of War	SportsCenter	CBS News Sunday	<i>(Continued)</i>	Supernanny	Movie: <:08>	Movie:	Headline News
1:30 a.m.			Morning	ESPNNews		<i>Mad Max 2:</i>	<i>Big Fat Liar</i>	Seinfeld
2a.m.	J.A.G.	The Sports Reporters		The Contender	Kevin Hill	<i>The Road Warrior</i>		King of the Hill
2:30 a.m.		SportsCenter	Face the Nation				Movie:	Access Hollywood
3a.m.	Movie:		Headline News	Stargate SG-1	Missing	Movie:	<i>Rip Girls</i>	Weekend Edition
3:30 a.m.	<i>Desperately Seeking Susan</i>		Navy/Marine Corps			<i>Divine Secrets of</i>		Black Forum
4a.m.			Late Edition With Wolf Blitzer	American LeMans Series	Will & Grace	<i>The Ya Ya</i>	Dawson's Creek	The Sports Reporters
4:30 a.m.		Baseball Tonight		<i>Portland Grand Prix</i>	That 70's Show	<i>Sisterhood</i>		Baseball Tonight
5a.m.	Headline News	MLB			Breathing Space Yoga	Movie: <:01>	Sesame Street	
5:30 a.m.	Hour of Power	<i>Nationals</i>			Caribbean Workout	<i>The Wedding Planner</i>		MLB
6a.m.	Celebration Of Victory	<i>at</i>	FOX News Live		House Hunters		Zooboomafoo	<i>Twins at Red Sox</i>
6:30 a.m.	Coral Ridge Hour	<i>Marlins</i>			Mission: Organization		Clifford	
7a.m.	Lord Have Mercy			FLW Outdoors	Swamp Critters	Movie:	Sylvester & Tweety	
7:30 a.m.	Walking By Faith				Harvest	<i>Sense And Sensibility</i>	Scooby Doo	
8a.m.	Seven Monsters	PGA	Meet the Press	PBR Bull Riding	Music and the...		Magic School Bus	
8:30 a.m.	Sagwa	Buick Open		<i>Tulsa Express PBR</i>	Real Videos		The Jetsons	
9a.m.	Movie:		FNS with Chris Wallace	<i>Classic</i>	Latin Lifestyles		House of Mouse	AMA Motorcross
9:30 a.m.	<i>Lilo & Stitch</i>	<i>Final Round (JIP)</i>			Urban Style	Movie: <:31>	Animaniacs	<i>Red Bud Track-Trail</i>
10 a.m.		ESPNNews	Tim Russert	NFL Total Access	Fantasy Camp	<i>The First Wives</i>	Ed, Edd & Eddy	ESPNNews
10:30 a.m.	Spongebob				Roker on the Road		Filmore	ESPNNews
11a.m.	Motorweek	Baseball Tonight	People in the News with Paula Zahn	ESPNNews	Radical Sabatical	Movie: <:28>	A Walk In Your Shoes	Emeril Live
11:30 a.m.	Ebert & Roper			ESPNNews	All American Festivals	<i>Planes, Trains & Automobiles</i>	Funniest Animals	
12p.m.	Movie:	MLB	This Week	54321	The Suze Orman Show		NBA Stuff	That 70's Show
12:30 p.m.	<i>Once In A Lifetime</i>	<i>White Sox at Orioles</i>		Champ Car			Happy Days	Wheel Of Fortune
1p.m.			Dateline	World Series	Antiques Roadshow	Movie: <:17>	Movie:	Dr. Phil
1:30 p.m.	Movie: <:47>		International #2	<i>Grand Prix of San Jose</i>		<i>Reality Blues</i>	<i>Stuart Little</i>	Oprah
2p.m.	<i>Thunderheart</i>		CNN Sunday Night		Dominick Dunne's		Movie:	
2:30 p.m.					<i>A Marriage Of Inconvenience</i>			
3p.m.		SportsCenter	CNN Presents	Meet The Press	Color of War	Movie:	<i>Quest For Camelot</i>	Headline News
3:30 p.m.						<i>Sweet Home</i>		Judge Judy
4p.m.	The Contender		Larry King Live	Headline News	J.A.G.	<i>Alabama</i>	Disney's Doug	Charmed
4:30 p.m.		Baseball Tonight		ESPNNews			Hey Arnold!	
5p.m.	Stargate SG-1		60 Minutes	Roller	The Best Of	Movie:	Spongebob	Ed
5:30 p.m.		SportsCenter			Good Eats	<i>Desperately Seeking Susan</i>	Rocket Power	
6p.m.	Headline News		FOX Magazine		According To Jim		Animal Face-Off	Star Trek
6:30 p.m.	Window on the Atoll				Malcolm in the Middle			
7p.m.	Movie:	Senior British Open	Beltway Boys		Girlfriends	Movie:	America's	Third Watch
7:30 p.m.	<i>A Few Good Men</i>	US Senior Open	FOX News Watch		The King of Queens	<i>Scooby-Doo</i>	Funniest Videos	
8p.m.		<i>Final Round</i>	Bulls & Bears		The Contender		Everwood	Jeopardy
8:30 p.m.			Cavuto on Business					Headline News
9p.m.			Forbes on FOX	Window In Review 2000	C.S.I.: NY	Movie: <:41>	Joan of Arcadia	ESPNNews
9:30 p.m.	The Simpsons		Cashin' In	Roller		<i>The Mummy Returns</i>		Navy/Marine Corps
10 p.m.	Headline News	SportsCenter	Dateline NBC		Will & Grace		Fresh Prince	60 Minutes
10:30 p.m.	Seinfeld				That 70's Show		My Wife & Kids	
11p.m.	King of the Hill				Saturday Night Live	Movie:	7th Heaven	Las Vegas
11:30 p.m.	Access Hollywood	Baseball Tonight				<i>Dumb And Dumber</i>		

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

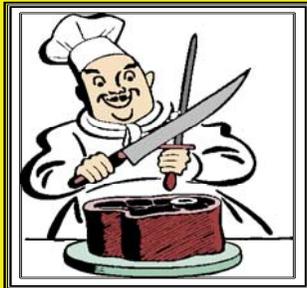
Tuesday, August 2

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	Baseball Tonight	American Morning	Roller	The X-Files	Movie: <i>(Continued)</i>	Rocket Power	E.R.
12:30 a.m..	America's Black Forum	IndyCar Racing	FOX News Live		Girlfreinds	Movie: <:48> <i>Jury Duty</i>	Animal Face Off	Pacific Report
1a.m.	Passions	<i>Firestone Indy 400</i>					The King of Queens	America's Funniest
1:30 a.m..	Third Watch				The Contender	Home Videos	with Jay Leno	
2a.m.		Law & Order			SportsCenter	Coming Attractions	Everwood	The Late Show w/ David Letterman
2:30 a.m..	The Simpsons					Dateline NBC	C.S.I.: NY	Joan of Arcadia
3a.m.		Raymond			The West Wing		Will & Grace	Movie: <:41> <i>The Mummy Returns</i>
3:30 a.m..	Today					NFL Yearbook	That 70's Show	
4a.m.		NFL Yearbook			NFL Yearbook		Breathing Space Yoga	Mr. Rogers
4:30 a.m..	NFL Yearbook					1st & 10	Caribbean Workout	Clifford
5a.m.		Wheel of Fortune			NFL Live		Body Shaping	True Hollywood Stories
5:30 a.m..	Dr. Phil <8:26>		The Hot List			Typical Mary Ellen	Stories	
6a.m.		Oprah Winfrey			Around The Horn	The View	Hollywood Stories	Jo Jo's Circus
6:30 a.m..	<9:20>		PTI			Emeril Live	E.T.	Stanley
7a.m.		Guiding Light <10:20>			SportsCenter	30 Minute Meals	Movie: <i>Friends 'Till The End</i>	Lazy Town
7:30 a.m..	General Hospital <11:10>		Baseball Tonight			Paula's Home Cooking		House of Mouse
8a.m.		Bulletin Board			MLB <i>Marlins at Cardinals</i>	Designer's Challenge		Jimmy Neutron
8:30 a.m..	Judge Judy		The Newshour with Jim Lehrer			Crafter's Coast to Coast	Jackie Chan	4 Qtrs
9a.m.		Today			Hannity & Colmes	The Soup	Scooby Doo	
9:30 a.m..	Pepper Ann		SportsCenter			King of Queens	New Scooby Doo	NHRA Powerade Series
10a.m.		Fairly Oddparents		Baseball Tonight	Bernie Mac	Fresh Prince		
10:30 a.m..	Mucha Lucha		Baseball Tonight		Girlfriends	Growing Pains	<i>Autolite Nationals</i> <i>Final Eliminations</i>	
11a.m.		W.I.T.C.H.		ESPNs <:40>	Charmed	Funniest Animals		
11:30 a.m..	Jeopardy		NFL Total Access		Movie: <i>Guarding Tess</i>	Little Bill		
12p.m.		Access Hollywood		SportsCenter		Ed	Dora The Explorer	
12:30 p.m..	Window on the Atoll		SportsCenter		Passions	Movie: <:50> <i>Hope Floats</i>	Angelina	ESPNNews
1p.m.		Navy M/Corps News		SportsCenter	Third Watch	The Brady Bunch	ABC World News	
1:30 p.m..	60 Minutes		LPGA		Law & Order S.V.U.	That's So Raven	ESPNNews	
2p.m.		Weetabix Women's		British Open	The Simpsons	Movie: <i>The Scream Team</i>	CBS Evening News	
2:30 p.m..	Las Vegas		British Open		Raymond	Liberty Kids	NBC Nightly News	
3p.m.		E.R.		SportsCenter	Charmed	Movie: <i>The Ya Ya Sisterhood</i>	Spongebob	Star Trek
3:30 p.m..	MLB Hall of Fame		SportsCenter		Battlestar Galactica		Lizzie McGuire	
4p.m.		Pacific Report		SportsCenter	Hardball with Chris Matthews	Movie: <i>The Wedding Planner</i>	The Brothers Garcia	Jeopardy
4:30 p.m..	Tonight Show		SportsCenter		O'Reilly Factor		Smallville	
5p.m.		W/ Jay Leno		SportsCenter	Nightline	Movie: <:01> <i>The Wedding Planner</i>	Boy Meets World	ESPNNews
5:30 p.m..	The Late Show		Baseball Tonight		Business Report		Movie: <i>Dirty Harry</i>	Boy Meets World
6p.m.		The Late Show		Baseball Tonight	Fox & Friends	That 70's Show		Fresh Prince
6:30 p.m..	The Late Show		Baseball Tonight		American Morning	That 70's Show	My Wife and Kids	Movie: <i>Once Upon A Time In Mexico</i>
7p.m.		The Late Show		Baseball Tonight		Blind Date	7th Heaven	
7:30 p.m..								
8p.m.								
8:30 p.m..								
9p.m.								
9:30 p.m..								
10p.m.								
10:30 p.m..								
11p.m.								
11:30 p.m..								

Wednesday, August 3

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
12:00AM	The Late Show	ESPNNews	American Morning	Roller	Late Night with Conan O'Brien	Movie: <i>(Continued)</i>	Liberty Kids	Movie: <i>(Continued)</i>
12:30AM	The Late Late Show with Craig Ferguson	MLB <i>A's at Twins</i>	FOX News Live		Charmed	Movie: <:45>	Spongebob	Pacific Report
1:00AM	Big Idea with Donnie Deutsch				Lizzie McGuire	Tonight Show w/ Jay Leno		
1:30AM	Countdown with Keith Olbermann				The Brothers Garcia	The Late Show w/ David Letterman		
2:00AM	Access Hollywood	ESPNNews			Battlestar Galactica	Coming Attractions	Smallville	The Late Late Show
2:30AM	Headline News	Baseball Tonight			The New Detectives	Movie: <i>Divine Secrets of</i>	Boy Meets World	
3:00AM	Headline News	ESPNNews <:40>			Will & Grace	<i>The Ya Ya</i>	Fresh Prince	
3:30AM	Entertainment Studios	ESPNNews <:40>			That 70's Show	<i>Sisterhood</i>	Sesame Street	Big Idea w/ Donnie Deutsch
4:00AM	ESPNNews	NBA Inside Stuff	Dayside with Linda Vester		Breathing Space Yoga	Movie: <:01>		Countdown With Keith Olbermann
4:30AM	Headline News	NASCAR Nation			Caribbean Workout	<i>The Wedding</i>		
5:00AM	Today	Wire To Wire	FOX News Live		Body Shaping	<i>Planner</i>	Mr. Rogers	
5:30AM		NFL Yearbook			Tipical Mary Ellen		Clifford	Access Hollywood
6:00AM		NFL Yearbook	Studio B with Shepard Smith		The View	Access Hollywood Weekend	Out of the Box	Headline News
6:30AM		1st & 10	Your World with Neil Cavuto		Emeril Live	E.T. Weekend	Rolie Polie Olie	Entertainment Studios
7:00AM	Wheel of Fortune	NFL Live			30 Minute Meals	Movie: <i>The Awakening</i>	Jo Jo's Circus	ESPNNews
7:30AM	Dr. Phil <8:26>	The Hot List	Coast to Coast		Sweet Dreams		Stanley	Headline News
8:00AM	Oprah Winfrey <9:20>	Around the Horn			Best For Less	Movie: <47>	Lazy Town	Good Morning America
8:30AM	Guiding Light <10:20>	PTI	Headline News		Stripped	<i>Arsenic And Old Lace</i>	House of Mouse	
9:00AM	General Hospital <11:10>	SportsCenter	NBC Nightly News		E! News Live		Jimmy Neutron	
9:30AM	Bulletin Board	MLB <i>Cubs at Phillies</i>	ABC World News		King of Queens		Jackie Chan	NASCAR Nation
10:00AM	Judge Judy		CBS Evening News	The Newshour with Jim Lehrer	Bernie Mac		Scooby Doo	Winkelman's Fishing
10:30AM	Today		Hannity & Colmes		Girlfriends		New Scooby Doo	WNBA <i>Charlotte at Washington</i>
11:00AM	Disney's Doug	MLB <i>Rockies at Giants</i>	Fox Report with Shepard Smith	Charmed	Movie: <i>The Seventh Sign</i>	Funnest Animals		
11:30AM	Animaniacs		Lou Dobbs Tonight	Ed		Little Bill		
12:00PM	As Told By Ginger		Larry King Live		Passions	Movie: <:49>	Dora The Explorer	ESPNNews
12:30PM	Teen Kids News			Third Watch	<i>Talk Of The Town</i>	Angelina	ESPNNews	
1:00PM	Jeopardy	NFL Total Access	NewsNight with Aaron Brown	Law & Order S.V.U.	The Entertainers	The Brady Bunch	ABC World News	
1:30PM	Access Hollywood			The Simpsons	Behind The Scenes	That's So Raven	ESPNNews	
2:00PM	Bulletin Board	SportsCenter	BET Nightly News	Raymond	E.T.	Movie: <i>Right On Track</i>	CBS Evening News	
2:30PM	Pacific Report		Tavis Smiley	The West Wing			NBC Nightly News	
3:00PM	7th Heaven	MLB <i>Brewers at Mets</i>	Hardball with Chris Matthews	C.S.I. Miami	Movie: <i>The Brothers</i>	Liberty Kids	Ed	
3:30PM	Movie: <i>Once Upon A Time</i>		O'Reilly Factor				Star Trek	
4:00PM	Movie: <i>In Mexico</i>		Nightline		WWE Raw!	Movie: <:44> <i>Rush Hour 2</i>	As Told By Ginger	Third Watch
4:30PM	Jeopardy		Business Report			The Amanda Show	Jeopardy	
5:00PM	Access Hollywood	SportsCenter	FOX and Friends First	The Daily Show		Everwood	Headline News	
5:30PM	Bulletin Board			Blind Date	Movie: <i>Rules of Engagement</i>	Sister, Sister	ESPNNews	
6:00PM	Pacific Report		American Morning			Sister, Sister	Navy/Marine Corps	
6:30PM	Tonight Show	Baseball Tonight				Fresh Prince	Eve	
7:00PM	W/ Jay Leno	ESPNNews <:40>				My Wife and Kids	The Simple Life	
7:30PM	The Late Show					7th Heaven	Extreme Makeover Home Edition	

Café Pacific



Lunch

Sun	Pot roast Chicken divan Cheese crepes Pasta a la pesto Heuvos rancheros Grill: Brunch station open
Mon	Skillet-fried pork chops Chicken peapod stir-fry Quiche Lorraine Grill: Brunch station open
Tues	Country-fried steak Turkey and dumplings Herb-broiled ono Sesame-ginger tofu/veggies Grill: Pastrami/Swiss on rye
Wed	Stuffed cabbage Breaded chicken strips Vegetarian stir-fry Grill: Cheese sandwich
Thur	Chicken fajitas Cajun roast beef Chorizo enchiladas Grill: Ranchero burger
Fri	Spaghetti Chicken corn saute Fish and chips Grill: Turkey sloppy Joes
Aug. 6	Pork adobo Beef and cheese turnovers Sweet-and-sour chicken Grill: Build-your-own BLT

Dinner

Tonight	Keoki's pot roast Pepperoni/veggie pizza Baked cod
Sun	Beef lasagna Spinach/mushroom lasagna
Mon	Braised Swiss steak Crispy baked chicken Barley/rice casserole
Tues	Sweet-and-sour pork Chicken sukiyaki Korean beef steak
Wed	Roast prime rib Lemon roasted chicken Chef's choice
Thurs	Oven-fried chicken Chinese oxtail stew Vegetarian stir-fry
Fri	Pancake supper Smoked beef brisket Breaded snapper filets Szechuan pork stir-fry

HELP WANTED

KRS has the following job openings. For contract hire positions, call Marie Dixon, 51300. For all others, call Jack Riordan, 55154. Full job descriptions and requirements are on line or at Human Resources, Building 700.

CARPENTER IV, Meck Operations. Full time. HR Req. K030891.

ADMINISTRATIVE ASSISTANT, Education Services. Full time. HR Req. K030897.

HUMAN RESOURCES ASSISTANT II, KRS Human Resources. HR Req. K030893. Successful candidate will have excellent communication and computer skills. Will be required to interface with all levels of the employee population on a regular basis.

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

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

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

DRAFTSMAN III. Contract position. HR Req. 031009.

DISPATCHER. Contract position. HR Req. 030746.

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.

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

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

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.

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.

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. Enniburr residents should apply with Floyd Corder.

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

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

Chapel Services

Protestant services
8 and 10:45 a.m., Sunday
Roi-Namur service at 4 p.m.

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.**

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

TELEVISION, 21 inch or larger. Call 52300.

GOT BRICKS? I'll pay cash for your old bricks laying around your yard. Call 55558.

POWER RANGER books, toys, and/or dress-up items. Call Mary, 51298.

FOUND

WOMEN'S PENDANT. See Lisa Meyers in hospital administration during work hours.

PATIO SALES

MONDAY, 6 a.m.-?, Quarters 118-A. Clothes, toys, storage containers.

MONDAY, 7:30 a.m.-noon, Quarters 475-A. Small ice box, electric guitar, two computers, clothes, keyboard, toys, large bookshelf.

MONDAY, 7 a.m.-noon, Quarters 486-B. Bike parts; bikes; microwave, \$50; microwave cabinet, \$40; queen-size bed frame, \$75; canvas 1,000 pound lift bag, \$100; Computer: 900 Mhz, 40 GB hard drive, 384 MB RAM with monitor, DVD drive, ZIP 250 drive; garden hoses, \$10; refrigerator, \$75; video cassette recorder, \$60; vacuum cleaner, \$25; flatware, service for eight, \$15. Call 52370.

MONDAY, 8-11 a.m., Quarters 116-B. PCS sale. Clothes, toys, baby items, household items, kitchen items, plants. Rain cancels. No early birds.

MONDAY, 8 a.m.-noon, Quarters 215-A (in back). Final PCS sale. Clothes, housewares, poster frames, Christmas lights and stands, books, videos.

TUESDAY-FRIDAY, 10 a.m.-?, Dome 151. PCS sale.

FOR SALE

UTILITY SHELVES, \$20; baby gate, tension-style, \$5; baby gate, wall-mount style, \$10; Christmas tree, \$30; CO2 tanks: 100 pound, 20 pound and 5 pound; 16 inch girl's bike, \$10; UHF/VHF powered antenna, \$20; computer with 17 inch monitor and modem, \$50; Nishiki

racing bike, \$150; Cannondale racing bike, \$250; youth racing bike, \$75. Too much to list. Call 50163.

WOMEN'S SUN BIKE with baby seat, \$100; patio cover, new, \$200; bike Burley, only three months old; \$100; plastic outside storage unit, \$50; gas grill, \$85; baby crib with mattress, brand new, \$150; piano, \$550; two cell phones, \$70 each; television, \$135. Call 54221 and leave a message.

310 ¾ inch by 6 inch by 6 foot cedar fence posts, \$3 each or \$300 for all; bike handle bars, \$2 each; bike sets, \$5 each; two dog harnesses, 35-50 pound animals, \$7 each; four inch Spectra television, \$5 each; Huffy 18-speed girls bike, \$20; Toshiba satellite computer, \$25. Call 54586.

HOT TUB, for two to four persons, in good condition, but needs some mechanical work, \$200; older Sony compact disc player, dual cassette with detachable speakers, works fine, \$40; small Sony compact disc player/radio, \$15; Kwaj-condition bike, \$20. Call 52306, evenings.

GIRL'S HUGGIES pull-ups, 4T-5T, \$7 for pack of 21; toaster, \$5. Call 54530.

FULTON XLT SERIES boat trailer winch, new, with strap, \$40; nice wall mount lamp with shade, new in box, \$25; jogger stroller, excellent condition, \$70; gas-powered weed eater, needs caburetor adjustment, \$40; three new life jackets, vest-type, sizes medium, large and extra-large, \$25. Call 52642.

TWO WINDOWS XP computers with monitor; large bookshelf; laser disc player; small icebox; electric guitar; clothes, keyboard; toys. Call Gene, 52534.

PCS SALE. 18 by 24 inch poster frames; soft dive weights, \$1 per pound; folding resin sand chair, \$3; ficus, \$5; aloe, \$5; ironing board, \$5; trellis archways, \$2; pillows, \$2-\$5; small metal bookcase, \$1; Christmas lights, \$2; cardboard Christmas fireplace, \$5; foam bed pad, double, \$10. Call 52244.

PCS SALE. Plants, hoses, 6 by 9 foot carpets, glass blender, Rubbermaid storage bin. Call 54134, after 5 p.m.

ROLLERBLADES, women's size 7, used twice, comes with wrist guards, \$40; pet carrier, 20 by 20 by 19 inches, holds up to 30 pound pet, \$20. Call 59801 or 54421.

PCS SALE. 19 inch television/video cassette recorder combo unit, \$50; DVD player with remote, \$50; Altec Lansing computer speakers with subwoofer, \$75; small table, \$5; microwave, \$25. Call 59368 and leave a message.

YAMAHA 23 FOOT runabout with twin four-stroke, 50 horsepower Honda, center console, fishfinder and spare parts, includes covered Boat Lot 80 and aluminum trailer, \$21,000; mooring: 800 pound pedestal with more than 30 feet of galvanized ½ inch chain, \$200. Call 52370.

IBANEZ GUITAR with extra strings and electronic tuner, \$250; small electric air compressor, \$35; complete scuba gear outfit, never used, still in original packages, \$1,000; assorted plants. Call 53693.

TOASTER OVEN, \$30; steam iron, \$25; various pieces of luggage, \$10-\$25; lacquer ware music box, \$10; numerous table cloths and place mats; prescription scuba goggles for distance vision, paid \$80, will sell for \$20. Call 52498.

CHOEY-LEE 27 foot sailboat, \$19,500. Call 54557 and leave a message or see at Boat Lot 25.

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), boathouse, bonus new 12 foot hard bottom dinghy with 9.9 horsepower Yamaha, \$19,000 or best offer. Call 59576 or 50079.

COMMUNITY NOTICES

EILEEN AND BOB CARSON are PCSing. Help us say goodbye to our favorite celestial and musical hosts as they go on their way to Virginia, 6 p.m., tonight, at Emon Beach Pavilion 1. Bring a dish to share. Questions? Call Cal or Jan, 50170.

LEARN ABOUT THE University of Maryland Asian Division, 10 a.m.-1 p.m., Monday, on the mini mall porch. Susannah Jones, UMUC field representative, will be available to answer questions, register students for the upcoming astronomy class and Term I distance education classes, set up math and English placement tests for those wanting to register in a math or English course in Term I or Term II and to make appointments to orient students to UMUC's distance education WebTycho delivery system. If you are interested in the Term II Math 107 College Algebra course, stop by to sign up for a placement test to ensure enrollment for the October start date.

COMMUNITY ACTIVITIES is sponsoring a two-person team modified best ball tournament with a shotgun start at 8:30 a.m., Monday, at Holmberg Fairways. Open to all golfers who are current with their greens fees. Two-person team lowest net 18 hole score will be declared the winner. First nine holes alternate shot format with second nine holes a scramble format. Sign up at the Pro Shop or call 53768.

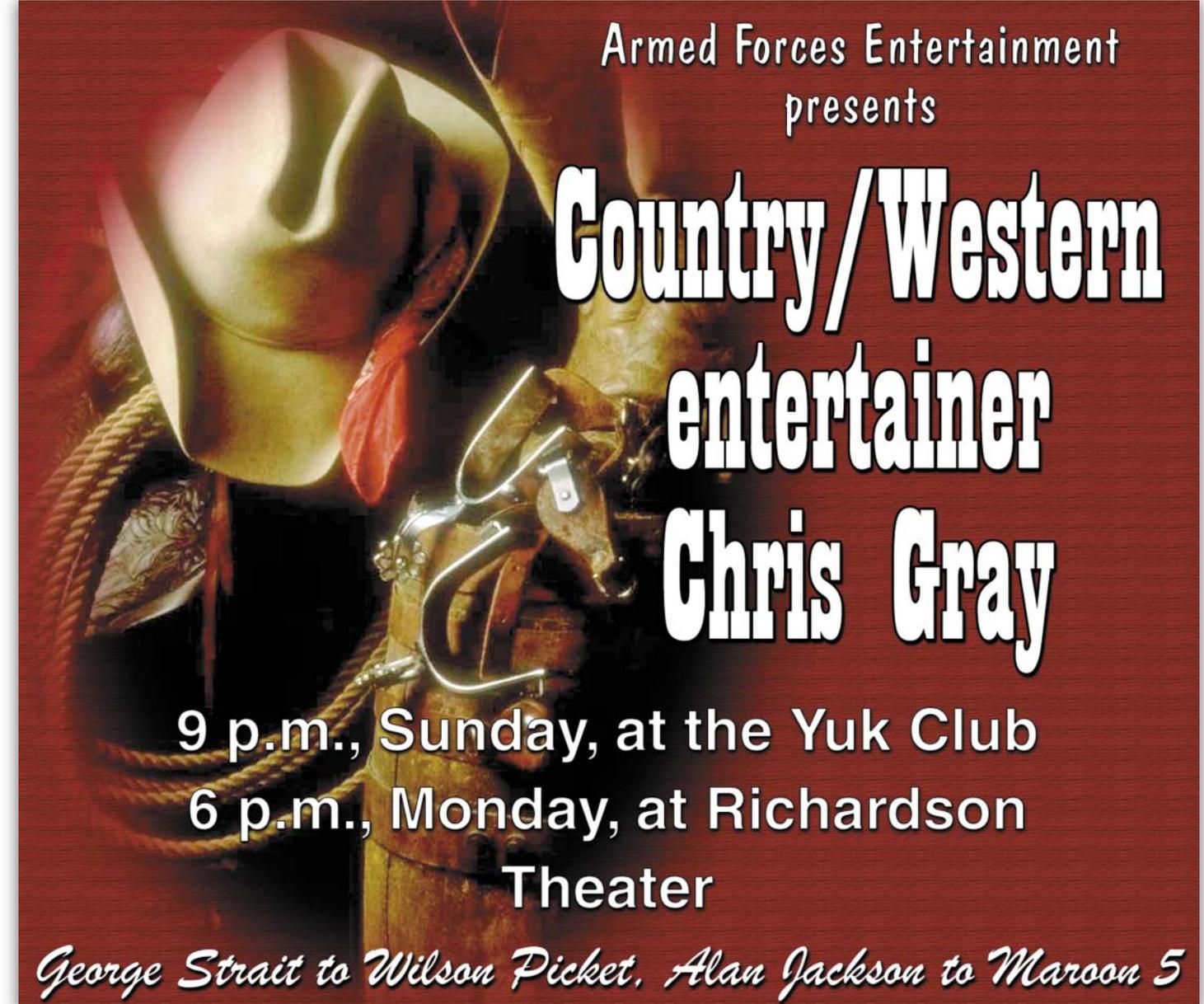
KWAJALEIN AMATEUR RADIO Club meets at 7 p.m., Thursday, at the Ham Shack. We'll be saying goodbye to Jeff and Gene. Refreshments and drinks will be served. Questions? Call Ivy, 54814.

KING OF THE BEACH volleyball tournament will be Aug. 8 at Emon Beach. Individual participants can sign up at Community Activities, Building 805. Entry fee is \$5. Entry deadline is Friday. There will be a competitive division and a recreational division. Questions? Call Billy, 53331.

Monte Carlo Night



Monte Carlo Bowling Night is back, 6-9 p.m., Aug. 7. Make your reservations now. Call Thompson or Junior, 53320.



Armed Forces Entertainment
presents

Country/Western entertainer Chris Gray

9 p.m., Sunday, at the Yuk Club
6 p.m., Monday, at Richardson
Theater

George Strait to Wilson Pickett, Alan Jackson to Maroon 5

COMMUNITY ACTIVITIES is sponsoring a junior golf clinic for all island juniors 6-17, Aug. 8-29, at Holmberg Fairways. Sign up at the Pro Shop.

KWAJALEIN SCUBA CLUB's monthly meeting will be Aug. 10, in Corlett Recreation Center Room 6. Doors open at 6:30 p.m. and the meeting will start at 7 p.m. This will be a scuba gear yard sale, so clean out your closets and bring your treasures to sell.

SCHOOL STARTS Aug. 12. If you are new on island and have not registered your child, do so as soon as possible. Enrollment packets for the elementary school are available at the school office. Questions? Call 53761.

REGISTER YOUR TEAMS NOW through Aug. 12 for the main soccer season. The season starts Aug. 23 and runs through Oct. 21. Call 53331 or visit Community Activities, Building 805, to register your team or to sign up as a free agent. Registration is \$150 per team. Managers' meeting is 5:30 p.m., Aug. 12, in the Library Conference Room. Questions? Call Billy, 53331.

SOCCER OFFICIALS NEEDED. Register to be an official. Experience a plus, but not

necessary. Attend the clinic at 5:30 p.m., Aug. 16, in the library conference room. Learn the mechanics and rules of the game. You must attend the clinic to be considered for the position. Questions? Call Billy, 53331.

ATTENTION ALL anglers who participated in the Kwajalein Pro Anglers Tournament. Weigh-in stats are posted at Small Boat Marina, Dock Security Checkpoint, Roi Small Boat Marina and Gimbel's and Macy's porch.

NEW BOOKS at the Micronesian Shop. "Glass Ball," "Glass Fishing Floats," "Nanyo," "We Drank Our Tears," "Seizure of the Gilberts and Marshalls," and "Costumes of Micronesia."

NOTICE TO ALL who play volleyball at Ocean View Bar. There have been complaints about the chain link fence at the old volleyball court at Ocean View Bar. The management has decided to leave it up to the players whether or not this fence should be taken down. If you have objections to the removal of this fence, call Bill Hahn, 53419. The fence could be removed as early as the beginning of August depending on the number of objections we receive. Thank you for your cooperation.

CHILDREN UNDER 18 are not permitted in the Reutilization and Disposal building under any circumstances. As an industrial warehouse and work area it is an inappropriate place for children. Hazard and liability issues prohibit their entrance with or without adult supervision.

UNSOLICITED BID SALE. If you bid on items and fail to make payment or pick them up by the designated date (the following Saturday of the bid), your bid becomes null and void. Abide by the terms and conditions.

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.

KWAJALEIN BAPTIST Fellowship invites you to worship at 9:40 a.m., Sundays, in the Elementary School Music Room. For more information, call Ernie, 54173.

KWAJALEIN BAPTIST Fellowship invites you to Bible study, 7:30 p.m., Thursdays, at Quarters 127-B. For more information, call 54173.



The Kwajalein Fun-League Basketball Season continues through Aug.6 at the Corlett Recreation Center. For more information, call 53331. (Photos by Elizabeth Davie) (Illustration by Dan Adler)

Weather

Courtesy of RTS Weather

Tonight: Partly cloudy with widely scattered showers. **Winds:** NE-E at 8-14 knots.

Sunday: Mostly cloudy with showers likely. **Winds:** NE-E at 10-15 knots.

Monday: Partly sunny with scattered showers. **Winds:** NE-E at 10-15 knots.

Tuesday: Partly sunny with widely scattered showers. **Winds:** NE-E at 10-15 knots.

Annual rainfall total: 26.42"

Annual deviation: -20.94"

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



Sun • Moon • Tides



	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday July 31	0640/1911	0215/1515	0040, 4.1' 1330, 3.3'	0740, 2.2' 1910, 2.2'
Monday August 1	0640/1910	0304/1608	0200, 4.4' 1440, 3.5'	0850, 1.9' 2010, 2.0'
Tuesday August 2	0641/1910	0356/1701	0250, 4.7' 1520, 3.8'	0930, 1.6' 2100, 1.7'
Wednesday August 3	0641/1910	0449/1751	0330, 5.0' 1600, 4.0'	1000, 1.3' 2140, 1.5'