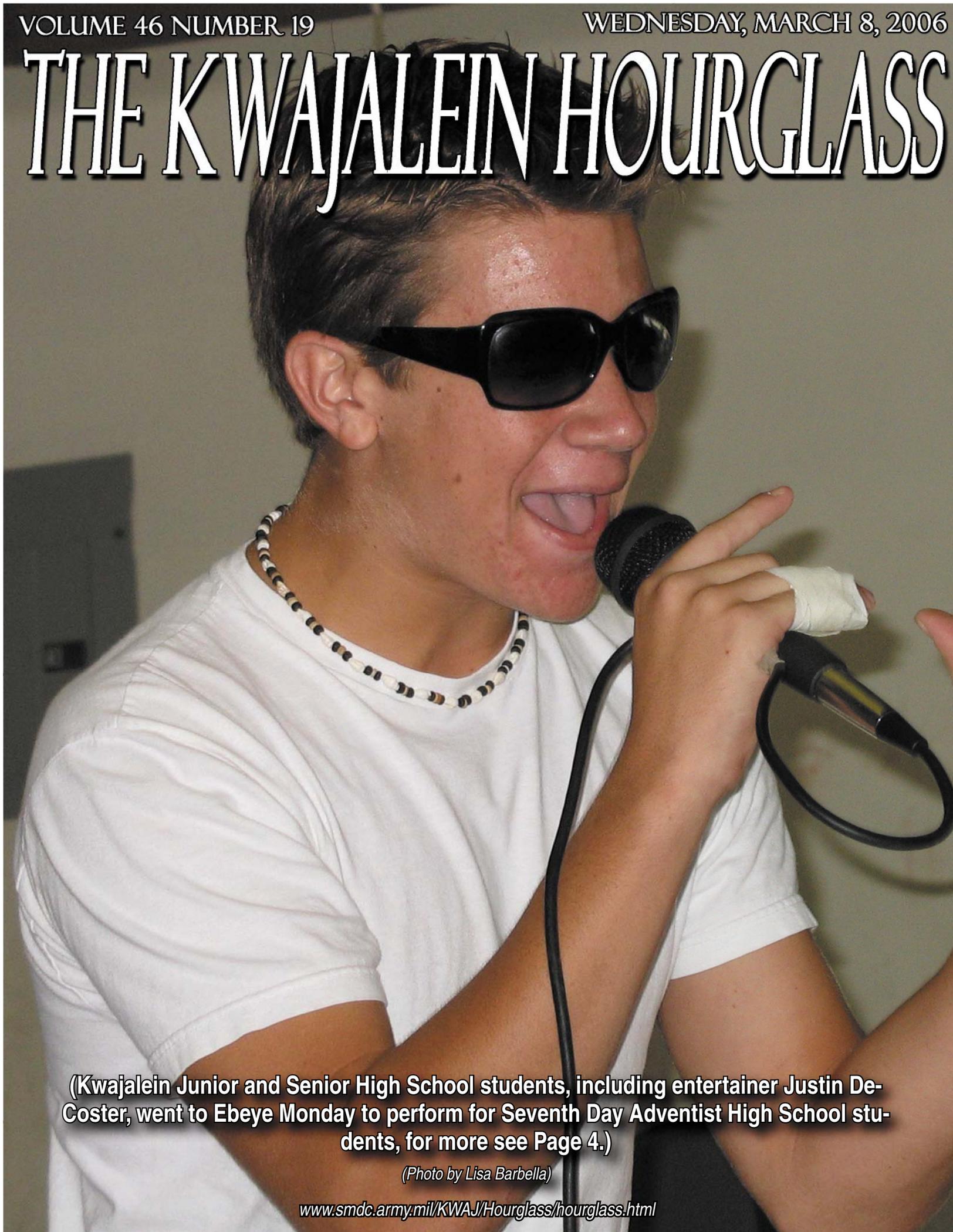


THE KWAJALEIN HOURGLASS



(Kwajalein Junior and Senior High School students, including entertainer Justin De-Coster, went to Ebeye Monday to perform for Seventh Day Adventist High School students, for more see Page 4.)

(Photo by Lisa Barbella)

DoD may raise retirees' TRICARE premiums to control long-term costs of healthcare

By Bill Yamanaka
Army News Service

The Department of Defense is considering raising TRICARE premiums for retirees under 65, as a way to control the long-term costs of military healthcare and save the benefits for future servicemembers.

Without this increase, there is concern that long-term costs may eventually diminish the benefits provided and impact the nation's defense capability and national security.

DoD provides truly outstanding health benefits for active-duty and reserve-component members, retirees, and their families under TRICARE, and plans to continue this service.

"TRICARE has improved steadily in recent years," said Dr. William Winkenwerder Jr., assistant secretary of Defense for Health Affairs. "Independent surveys show TRICARE ranks as one of the nation's best health plans," he said. Unique benefits include a national network of more than 220,000 physicians,

all U.S. hospitals, and 55,000 retail pharmacies. Military medical facilities have one of the best electronic health record systems in the world.

Winkenwerder pointed out the issue at hand: "TRICARE's costs have more than doubled in 5 years from \$19 billion in FY 01 to \$38 billion in FY 06, and analysts project these costs to reach \$64 billion by 2015 – more than 12 percent of DoD's anticipated budget. It's at 8 percent today."

Costs have grown because of expansion of benefits, increased use by retiree beneficiaries, health inflation and no change in TRICARE premiums in the last 10 years.

Large numbers of under-65 retirees are dropping employer-sponsored healthcare plans and relying on TRICARE. As a result, DoD increasingly subsidizes healthcare costs for many private-sector companies and some state governments.

Total beneficiary cost shares have declined substantially. Beneficiaries paid 27 percent of their service cost in 1995 but only 12 percent in 2005,

Winkenwerder said.

It is essential to restore an appropriate cost-sharing relationship between beneficiaries and the Defense Department as an employer and provider of TRICARE. DoD has a plan to address this very important issue so that the military health benefit program can be on a fiscally sound foundation for the long term.

A reasonable approach, achieved in a stepwise fashion, will be to re-establish the proportional level of individual cost sharing of 1995. This plan will have no impact on active-duty personnel or over-65 retiree beneficiary premiums.

Even with proposed changes in the DoD plan, TRICARE would REMAIN the nation's best health benefit and would continue to cost significantly less than comparable federal, state and private health plans.

The Army supports DoD's efforts of informing Congress of the steps that are necessary to sustain this great health benefit. It is vitally important to our beneficiaries and to our national security.

Letter to the editor

Employee questions lack of town hall meetings

This is an open question to Kwajalein Range Services.

A few issues back *The Kwajalein Hourglass* published a response as to why KRS has held no town hall meetings for their employees in the last eight months. The response was that there were visitors on island (which has never been a problem before), missions and U.S. Army Kwajalein Atoll.

Well, all the visitors are gone; the next mission isn't

until sometime the middle or late March and to my knowledge there is no policy or regulation that requires KRS to hold their town hall meetings in conjunction with USAKA's.

So the question to KRS is: When will KRS hold a town hall meeting for their employees? Or is there another excuse to keep avoiding it?

Tom Farris

THE KWAJALEIN HOURGLASS

The Kwajalein 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 U.S. Army Kwajalein Atoll. Contents of the *Hourglass* are not necessarily of-

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U.S. aids Marshall Islands avian flu preparedness

U.S. Embassy,
Republic of the Marshall Islands
News Release

Responding to a request from the Republic of the Marshall Islands minister of Foreign Affairs, the U.S. Departments of State and Defense recently dispatched several experts in health and disaster preparedness to exchange current avian flu information with RMI officials and local American citizens.

The Foreign Minister's request was made to the U.S. Pacific Command during the annual Joint Committee Meeting held in Honolulu on Feb. 3.

On Feb. 22 in the capitol city of Majuro, U.S. officials sat down with the RMI secretary of Health and members of the RMI Avian Flu Task Force. U.S. Ambassador to RMI Greta Morris introduced the U.S. visitors, including Judy Vardy, a State Department Foreign Service nurse practitioner from the U.S. Embassy Manila, U.S. Army Col. Michael Brumage, MD, a licensed epidemiologist representing U.S. Pacific Command

in Honolulu, Lt Col. Stanley Toy, USARPAC Operations and Aviation Division, Dr. Eric Lindborg, chief of staff at Kwajalein U.S. Army Kwajalein Atoll Hospital, and Maj. Jeffrey Klein, chief of USAKA Host Nations Activities.

RMI's Secretary of Health Justina Langidrik introduced members of the RMI Avian Flu Task Force, distributed copies of the RMI's preparedness plan to the U.S. visitors, and then invited their suggestions and comments. Brumage praised the RMI for its diligent planning and noted that the MOH had provided detailed information for the public in the local newspaper. He commented that RMI's preparation efforts are ahead of most countries in the world.

Vardy recommended that Marshall Islands residents practice good hygiene, particularly hand washing and care in handling poultry, to reduce susceptibility to infection. She stressed, however, that poultry can be safely eaten if it is thoroughly and completely cooked to at least 70 degrees centigrade.

Brumage remarked that there is

not yet an avian flu vaccine and that it could be at least from six to nine months away. He said that the World Health Organization is the lead agency addressing the worldwide threat but that the U.S. Center for Disease Control in Atlanta is very actively involved in monitoring developments. He referred everyone to the websites of both organizations for current updates and recommendations.

Toy urged a three-pronged approach to the threat of pandemic: prepare, prevent and deter. In response to an inquiry from Majuro Hospital Administrator Sandy Alfred about possible United States assistance in the event of an outbreak, Toy outlined three areas of United States assistance: Information sharing, requesting help through the U.S. Embassy to the Office of Foreign Disaster Assistance, and thirdly, technical expertise and advice from USAKA and PACOM experts. He noted that his team had already performed site surveys on Majuro and Ebeye to gather infrastructure information in the event of a major medical emergency.

Discharge procedures change for Army Reserve, National Guard Soldiers 'non-participants'

Army news service

Under a personnel initiative, Army Reserve and National Guard Soldiers who do not attend required weekend training may soon face streamlined discharge procedures.

In the past, reserve-component Soldiers who did not attend the required number of battle assemblies were sometimes transferred out of their unit and into the Individual Ready Reserve. Now these 'non-participants' may be expeditiously discharged from the Army and could lose benefits, according to G1 officials. They said the type of discharge will be determined on a case-by-case basis.

Under the new initiative, non-participating Soldiers will first be encouraged to resume training with their unit, officials said.

The notification procedures for separating Soldiers who do not train with their unit will be abbreviated under the new policy. In the past, four certified letters had to be sent to Soldiers who were not attending training.

Now a notification will be sent and a Soldier will have 30 days to respond. If the Soldier does not respond and return

for training, officials said his file will be reviewed by a board to determine the type of discharge to be administered.

The abbreviated notification procedures for separation will be phased in regionally over a 12-month period, beginning with the East Coast.

"The Reserve component will take a full inventory of Soldiers assigned to Reserve units," said Lt. Gen. James R. Helmly, chief of the Army Reserve. "This inventory will identify those Soldiers that have failed to participate in required unit training and have, therefore, been identified as unsatisfactory participants."

The expected result will be fewer non-participants on unit rosters, providing a more accurate picture of unit readiness, officials said. At the same time, other Soldiers can be recruited or promoted into the resultant vacancies.

Col. Elizabeth F. Wilson, deputy director of Military Personnel Management for the Army G-1, said the Army is at war and transforming and must take a full accounting of Soldiers assigned to Army Reserve and Army National

See ARMY, Page 12

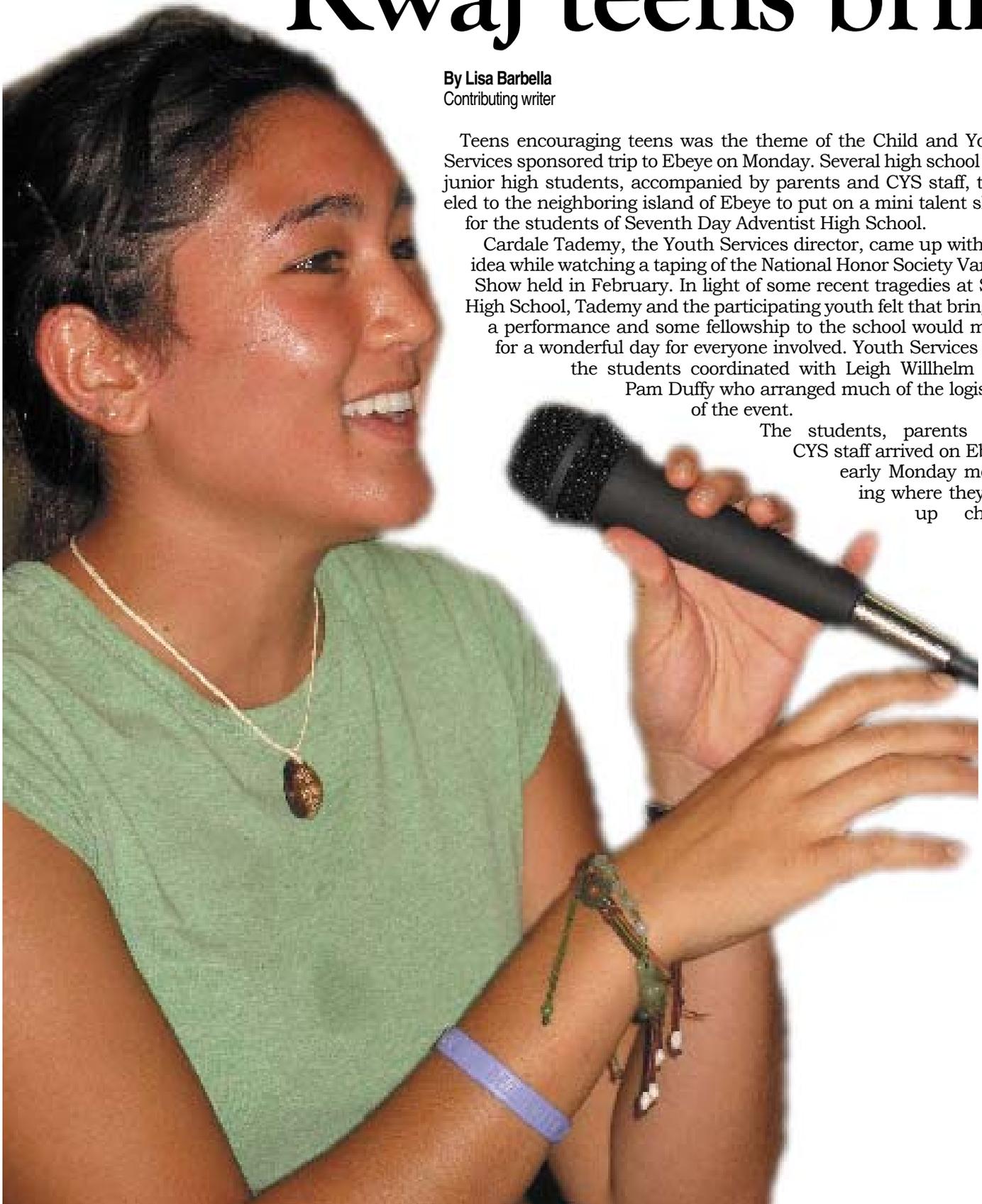
Kwaj teens bring

By Lisa Barbella
Contributing writer

Teens encouraging teens was the theme of the Child and Youth Services sponsored trip to Ebeye on Monday. Several high school and junior high students, accompanied by parents and CYS staff, traveled to the neighboring island of Ebeye to put on a mini talent show for the students of Seventh Day Adventist High School.

Cardale Tadem, the Youth Services director, came up with the idea while watching a taping of the National Honor Society Variety Show held in February. In light of some recent tragedies at SDA High School, Tadem and the participating youth felt that bringing a performance and some fellowship to the school would make for a wonderful day for everyone involved. Youth Services and the students coordinated with Leigh Willhelm and Pam Duffy who arranged much of the logistics of the event.

The students, parents and CYS staff arrived on Ebeye early Monday morning where they set up chairs



Amber Banducci, along with several other Kwajalein high school students, spent the day on Ebeye performing for students of Seventh Day Adventist High School.

Photos by Lisa Barbella

song , dance to Ebeye

and a sound system in the community gymnasium. The students from Kwajalein and Ebeye were treated to songs and dances by some talent from Kwajalein High School. The atmosphere was one of excitement and enthusiasm as the audience clapped and sang along with the performers. "I feel I am really a part of something," expressed Kwajalein High School student Ryan Wagner, who performed in the show, "if I could do this every weekend I would."

One crowd favorite was Sophomore Justin DeCoster who performed an outlandish dance to the delight of the students. "Justin was my favorite; he was very amusing," said SDA student Jecia Angolok. "He was hilarious," agreed her classmate Julian Helson. A few brave SDA students even ventured onstage to dance with DeCoster.

Tademy recruited some of the SDA students to participate in a skit about making the right choices in life. He successfully entertained the crowd and snuck in a life lesson for all the youth who were watching. At the end of the show Tademy and Duffy both spoke to the students about the importance of friendship and community during rough times. "This is not a one-time event," said Duffy expressing her desire for a bond among all the students.



Danielle Gilmore, a seventh grade student from Kwajalein, performed.

After the show everyone reconvened at SDA High School where the students got an opportunity to talk and share in their common experiences. The SDA Junior class sang a song for the Kwajalein High School students as a way of saying kommel tata. Before leaving, the Kwajalein visitors challenged the SDA students

to put together a small show and come to Kwajalein to perform.

At the end of the day Tademy summed up his feelings about the event saying, "Without the young people doing the work they wouldn't benefit. They take on real life issues and make statements to others; they are doers rather than talkers."



The performance by the Kwajalein teens was received by the Ebeye students with clapping, laughing and cheers.

Taking care

March is National Colorectal Cancer Awareness Month

By Amanda Curtis, RN, and Inge LeBlanc, RN, CCRN
Kwajalein Hospital

March is National Colorectal Cancer Awareness Month. Colorectal cancer is found in the colon (large intestine) or rectum. During 2006, approximately 56,290 Americans will die from colorectal cancer, and an additional 145,290 new cases will be diagnosed. This makes it the second leading cause of cancer-related death in the United States according to The American Cancer Society's Cancer facts and figures, 2005. When colorectal cancer is found early and treated, the 5-year relative survival rate is 90 percent but screening rates are low less than 40 percent of colorectal cancers are found early.

U.S. Preventive Services Task Force estimates that 50-60 percent of colorectal cancer deaths can be prevented with routine screening. Screening includes yearly fecal occult blood test (testing for blood in the

stool) which can easily be performed at home, flexible sigmoidoscopy every 5 years, colonoscopy every 10 years and double-contrast barium enema every 5 years.

Sigmoidoscopy and colonoscopy are procedures in which a thin, flexible, lighted viewing tube, a fiberoptic endoscope, is threaded up through the rectum to inspect the entire colon and rectum (colonoscopy) or the lower colon (sigmoidoscopy). If an abnormality is found a tissue sample can be taken for examination under a microscope.

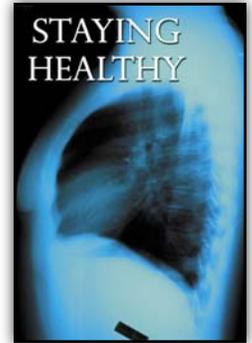
Double-contrast barium enema is a procedure in which liquid containing barium is put into the rectum and x-rays of the colon and rectum are taken. The compound outlines the colon and rectum and can show abnormalities.

Signs and symptoms of colorectal polyps or cancer may include; blood in or on your stool, unexplained and frequent stomach pain or cramps, a change in bowel habits, such as having stools that are narrower than

usual and unexplained weight loss.

Screening is important for all men and women over 50 and earlier in people with inflammatory bowel disease or people with a close relative who has had colorectal polyps or colorectal cancer. Speak to your health care provider about fecal occult blood testing, colonoscopy and double-contrast barium studies at Kwajalein Hospital.

For more information, visit the CDC's colorectal cancer Web site at: www.cdc.gov/colorectalcancer or the American Cancer Society's Web site at: www.cancer.org/docroot/PED/content/PED_1_5X_Ambassadors_and_Allies.asp.



Snorkling offers water fun with little cost

By Elizabeth Davie
Reporter

Looking for something fun to do? With little out-of-pocket expense snorkeling could be a fun and relaxing hobby.

According to Ron Gamble, a scuba instructor, "Anyone can snorkel." He added, "knowing/learning how to swim adds safety to any water sport."

Unlike scuba diving snorkeling requires no special permits or certifications. "Essential items are fins, mask, snorkel, flotation device and sun screen. These items can be obtained for less than \$100 per set. Scuba divers or serious free divers will pay quite a bit more for higher performance equipment," Gamble said.

"You should always refer to the maps and rules in the Community and Safety Information section of the Kwajalein Telephone and Island Directory. This details where you can snorkel and if there are special restrictions. Some of the most popular snorkeling sites at Kwajalein are from Emon Beach to North Point, North Point toward Little Busterd and in the Japanese and American Pools on the oceanside of Kwajalein. Special attention should be paid to possible currents north of North Point and the pools are only open to snorkeling at low tide when no waves are breaking into the pools," he added.

U.S. Army regulation 385-9, Recreational Water Safety,

has a few guidelines on snorkeling as well:

- It is recommended that snorkelers and skin divers wear a floatation device - snorkel vest or buoyancy compensator at all times
 - Floatation devices assist people who lack adequate swimming skills or who may get caught in currents or become fatigued while in the water.
 - A snorkel vest or buoyancy compensator must be worn when snorkeling or skin diving more than 100 feet from shore.
 - Walk-in oceanside snorkeling or skin diving is prohibited; skin diving or snorkeling from a boat is allowed on oceanside reefs. Snorkelers or skin divers are allowed in oceanside tidal pools during low tide periods.
 - During low tides, snorkelers or skin divers may choose to wear/not wear a floatation device while in a tidal pool. This risk decision is based on their personal swimming skills and on-site conditions.
 - When boat diving, snorkelers and skin divers must post a diver's flag and remain within 300 feet of it.
- Snorkelers should expect to see many types of reef fishes and corals, according to Gamble. "On a good day you might see a turtle, eel, octopus, sting ray or even a manta ray."
- "Buddies are always recommended but you can sometimes snorkel with a shore watch," he added.

Time	Channel 9 Roller	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 AFN Prime/ Roller	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors	
midnight		College Basketball	Today	The Late Show	Late Night with Conan O'Brien	Movie: (cont.)	SpongeBob	Law & Order	
12:30 a.m.		Sun Belt Champ.		Late Late Show w/ Craig Ferguson			Fairly Oddparents		
1 a.m.		SportsCenter			Ghost Whisperer	Movie: <:18> American Pie 2 Seabees	As Told by Ginger	Pacific Report	
1:30 a.m.			Judge Judy				The Amanda Show	Tonight Show w/ Jay Leno	
2 a.m.		NBA Teams TBD	American Morning	Star Trek: Voyager	Lost		Everwood	The Late Show w/ David Letterman	
2:30 a.m.									
3 a.m.				CNN Live Today	Oprah Winfrey Show	The Apprentice	Movie: Undercover Brother	Sister, Sister	
3:30 a.m.								Sister, Sister	Late Late Show with Craig Ferguson
4 a.m.			MSNBC Live	Dr. Phil Show	Friends		Fresh Prince		
4:30 a.m.		ESPNNews				King of Queens	Movie: <:42> The Rookie	Family Ties	Judge Judy
5 a.m.		SportsCenter		Roller	Carol Duval Show			Play with Sesame	Star Trek: Voyager
5:30 a.m.					Breathing Space		Barney & Friends		
6 a.m.		World Baseball Cuba vs. Panama		Today	Caribbean Workout		Sesame Street	Oprah Winfrey	
6:30 a.m.						The Right Fit			
7 a.m.				Fox News Live		Good Eats	The Entertainers	Bear in the Big Blue	Dr. Phil
7:30 a.m.						Unwrapped		Little Bill	
8 a.m.			Studio B with Shepard Smith	Sesame Street	30 Minute Meals	Behind the Scenes	Blue's Clues	ESPNNews	
8:30 a.m.					Food 911	E.T.	Dora the Explorer	Headline News	
9 a.m.		World Baseball Canada vs. USA	The Situation Room	The View	Raymond	Movie: Odd Girl Out	Rolie Polie Olie	Good Morning America	
9:30 a.m.					Raymond				JoJo's Circus
10 a.m.				The Big Story w/ John Gibson	Dr. Phil Show	Dawson's Creek	Franklin		
10:30 a.m.							Reading Rainbow		
11 a.m.			Headline News	ER	E! News Live	Movie: <:44> Ordinary People	JoJo's Circus	30 Minut Meals	
11:30 a.m.			NBC Nightly News		Blind Date		Rolie Polie Olie	Friends	
noon		College Basketball Big East Championship	ABC World News	Roller	My Wife & Kids		Dora the Explorer	American Idol	
12:30 p.m.				CBS Evening News	Judge Judy	Living Single		Blue's Clues	
1 p.m.			Countdown with Keith Olbermann	Guiding Light	Mad About You	Movie: What Women Want	Little Bill	Veronica Mars	
1:30 p.m.					Mad About You		Bear in the Big Blue		
2 p.m.		SportsCenter	Hannity & Colmes	General Hospital	Emeril Live		Barney & Friends	Amazing Race	
2:30 p.m.		College Basketball Big East Championship					Play with Sesame		
3 p.m.				Lou Dobbs Tonight	Passions	My First Place	Movie: <:19> The War of the Worlds	Funniest Videos	
3:30 p.m.						#1 Single		Full House	King of Queens
4 p.m.				News Hour with Jim Lehrer	Oprah Winfrey Show	Alias	Pokemon	Mad About You	
4:30 p.m.		SportsCenter				Yu-Gi-Oh!	Mad About You		
5 p.m.			Special Report with Brit Hume	Wheel of Fortune	C.S.I.	True Hollywood Story	Disney's Doug	Emeril Live	
5:30 p.m.		College Gamenight		Jeopardy			Ed, Edd, & Eddy		
6 p.m.			Your World with Neil Cavuto	Roller	Seinfeld	Coming Attractions	SpongeBob	NBC Nightly News	
6:30 p.m.		SportsCenter			That '70s Show	E.T.	Fairly Oddparents	Friends	
7 p.m.				World News Now	Eve	American Idol	Movie: The Tuxedo	Even Stevens	ER
7:30 p.m.				All of Us				Kenan & Kel	
8 p.m.				Extreme Makeover: Home Edition	Veronica Mars		Gilmore Girls	Wheel of Fortune	
8:30 p.m.		AFL Philadelphia at Las Vegas	Up to the Minute			Movie: <:53> Deep Impact		Jeopardy	
9 p.m.								Degrassi	Headline News
9:30 p.m.				Nightline		Amazing Race		Degrassi	Pacific Report
10 p.m.				Hardball with Chris Matthews	Roller	Friends		Fresh Prince	Two & a Half Men
10:30 p.m.					King of Queens		Family Ties	Joey	
11 p.m.			O'Reilly Factor	Tonight Show W/ Jay Leno	The Daily Show	Movie: Pure Country	7th Heaven	Medium	
11:30 p.m.		SportsCenter		The Late Show	Colbert Report				

Friday

All programming is subject to change without notice

Time	Channel 9 Roller	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 AFN Prime/Roller	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors
midnight		SportsCenter	Today	The Late Show	Late Night with Conan O'Brien	Movie: <i>(Cont.)</i>	SpongeBob	C.S.I.
12:30 a.m.		ESPNews		Late Late Show w/ Craig Ferguson		Fairy Oddparents		
1 a.m.		World Baseball	American Morning	Judge Judy	American Idol	Movie: <:07> <i>Arthur</i>	Even Stevens	Pacific Report
1:30 a.m.		<i>Puerto Rico vs. Netherlands</i>		Star Trek: Voyager			Veronica Mars	Kenan & Kel
2 a.m.			CNN Live Today	Oprah Winfrey Show	Amazing Race	Movie: <i>The Tuxedo</i>	Gilmore Girls	The Late Show w/ David Letterman
2:30 a.m.								
3 a.m.							Degrassi	Late Late Show with Craig Ferguson
3:30 a.m.							Degrassi	
4 a.m.		SportsCenter	MSNBC Live	Dr. Phil Show	Friends	Movie: <:53> <i>Deep Impact</i>	Fresh Prince	Judge Judy
4:30 a.m.								
5 a.m.		College Basketball	Roller		Carol Duval Show		Family Ties	Star Trek: Voyager
5:30 a.m.		<i>Big East Champ. Quarterfinal #1</i>						
6 a.m.			Today		Caribbean Workout		Barney & Friends	Oprah Winfrey
6:30 a.m.								
7 a.m.		College Gamenight	Fox News Live		Good Eats	True Hollywood Story	Bear in the Big Blue	Dr. Phil
7:30 a.m.		College Basketball						
8 a.m.		<i>Big East Champ. Quarterfinal #2</i>	Studio B with Shepard Smith	Sesame Street	30 Minute Meals	Coming Attractions	Blue's Clues	ESPNews
8:30 a.m.								
9 a.m.			The Situation Room	The View	Low Carb & Lovin' It	E.T.	Dora the Explorer	Headline News
9:30 a.m.		The Hot List						
10 a.m.		Around the Horn	The Big Story w/ John Gibson	Dr. Phil Show	Raymond	Movie: <i>Danielle Steel's Heartbeat</i>	Rolie Polie Olie	Good Morning America
10:30 a.m.		PTI						
11 a.m.		SportsCenter	Headline News	ER	Raymond	Movie: <:46> <i>Star Trek IV: The Voyage Home</i>	JoJo's Circus	30 Minut Meals
11:30 a.m.								
noon		Worl Sport	ABC World News	Roller	E! News Live		Reading Rainbow	American Idol
12:30 p.m.		NBA Action	CBS Evening News	Judge Judy	Blind Date		JoJo's Circus	
1 p.m.	NBA <i>Denver at Philadelphia</i>	Countdown with Keith Olbermann	Guiding Light	My Wife & Kids	Movie: <i>Bad Girls</i>	Dora the Explorer	American Idol	
1:30 p.m.								
2 p.m.		Hannity & Colmes	General Hospital	Living Single		Blue's Clues	J.A.G.	
2:30 p.m.				Mad About You	Movie: <:47> <i>What Lies Beneath</i>	Bear in the Big Blue		
3 p.m.		Lou Dobbs Tonight	Passions	Emeril Live			Barney & Friends	The Closer
3:30 p.m.	NBA <i>San Antonio at Phoenix</i>	News Hour with Jim Lehrer	Oprah Winfrey Show	Design on a Dime		Play with Sesame	Access Hollywood	
4 p.m.								
4:30 p.m.		Special Report with Brit Hume	Wheel of Fortune	Style Star		Funnest Videos	Largest Concert	
5 p.m.			Jeopardy	E.R.		Full House		
5:30 p.m.						Pokemon	Mad About You	
6 p.m.						Yu-Gi-Oh!		
6:30 p.m.	Inside the NBA	Your World with Neil Cavuto	Roller	C.S.I.	The Directors <i>Robert Benton</i>	Disney's Doug	Emeril Live	
7 p.m.	SportsCenter	World News Now	Two & a Half Men Joey (7:25pm)	American Idol	Ebert & Roeper	SpongeBob	NBC Nightly News	
7:30 p.m.								
8 p.m.	College Basketball		Window on the Atoll (7:50pm)		E.T.	Fairy Oddparents	Friends	
8:30 p.m.	<i>Big East Champ. Quarterfinal #3</i>	Up to the Minute	Medium	J.A.G.	Movie: <:59> <i>The Thomas Crown Affair</i>	That's So Raven	ER	
9 p.m.								
9:30 p.m.		Nightline	C.S.I. Miami	The Closer		All That!	Wheel of Fortune	
10 p.m.	College Basketball <i>Big 12 Tournament</i>	Hardball with Chris Matthews	Roller	Friends		Joan of Arcadia	Jeopardy	
10:30 p.m.								
11 p.m.		O'Reilly Factor	Tonight Show W/ Jay Leno	King of Queens	Movie: <i>The Pelican Brief</i>	Sabrina	Headline News	
11:30 p.m.			The Late Show	The Daily Show			Sabrina	Pacific Report
				Colbert Report		Fresh Prince	The O.C.	
						Family Ties		
						7th Heaven	Survivor: Panama	

Time	Channel 9 Roller	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 AFN Prime/Roller	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors
midnight		SportsCenter	Today	The Late Show	Late Night with Conan O'Brien	Movie: (Cont.)	SpongeBob	The Apprentice: Martha Stewart
12:30 a.m.				Late Late Show w/ Craig Ferguson			Fairly Oddparents	
1 a.m.		World Baseball			American Idol	Movie: <:14>	That's So Raven	Pacific Report
1:30 a.m.		Italy		Judge Judy		Quicksilver	All That!	Tonight Show w/ Jay Leno
2 a.m.		vs. Dominican Republic	American Morning	Star Trek: Voyager	J.A.G.		Joan of Arcadia	The Late Show w/ David Letterman
2:30 a.m.								
3 a.m.			CNN Live Today	Oprah Winfrey Show	The Closer	Movie: Bringing Down the House	Sabrina	
3:30 a.m.							Sabrina	Late Late Show with Craig Ferguson
4 a.m.		SportsCenter	MSNBC Live	Dr. Phil Show	Friends		Fresh Prince	
4:30 a.m.					King of Queens	Movie: <:59>	Family Ties	Judge Judy
5 a.m.		College Basketball		Roller	Carol Duval Show	The Thomas Crown Affair	Play with Sesame	Star Trek: Voyager
5:30 a.m.		ACC Tournament Quarterfinals #1			Breathing Space		Barney & Friends	
6 a.m.			Primetime	Today	Caribbean Workout		Sesame Street	Oprah Winfrey
6:30 a.m.					The Right Fit			
7 a.m.		College Gamenight	Fox News Live		Good Eats	The Directors Robert Benton	Bear in the Big Blue	Dr. Phil
7:30 a.m.		College Basketball			Unwrapped		Little Bill	
8 a.m.		ACC Tournament Quarterfinals #2	Studio B with Shepard Smith	Sesame Street	30 Minute Meals	Ebert & Roeper	Blue's Clues	Good Morning America
8:30 a.m.					Easy Entertainig	E.T.	Dora the Explorer	
9 a.m.			The Situation Room	The View	Raymond	Movie: Abandoned & Deceived	Rolie Polie Olie	
9:30 a.m.		College Basketball			Raymond		JoJo's Circus	
10 a.m.		Patriot League Championship	The Big Story w/ John Gibson	Dr. Phil Show	Dawson's Creek		Franklin	Extreme Homes
10:30 a.m.						Movie: <:39>	Reading Rainbow	Designed to Sell
11 a.m.			Headline News	ER	E! News Live	Good Will Hunting	JoJo's Circus	Landscape Smart
11:30 a.m.		College Gamenight	NBC Nightly News		Blind Date		Rolie Polie Olie	Weekend Handyman
noon		College Basketball	ABC World News	Window on the Atoll /Roller	My Wife & Kids		Dora the Explorer	Sports:
12:30 p.m.								TBD
1 p.m.		ACC Tournament Quarterfinals #3	CBS Evening News	Largest Concert	Living Single		Blue's Clues	
1:30 p.m.			Countdown with Keith Olbermann	Guiding Light	Mad About You	Movie: Someone to Watch Over Me	Little Bill	
2 p.m.		College Gamenight	Hannity & Colmes	General Hospital	Emeril Live		Bear in the Big Blue	
2:30 p.m.							Barney & Friends	
3 p.m.		College Basketball	Lou Dobbs Tonight	Passions	Decorating Cents	Movie: <:46>	Play with Sesame	
3:30 p.m.					The Look for Less	Point Break	Funniest Videos	Navy/MCorps News
4 p.m.			News Hour with Jim Lehrer	Oprah Winfrey Show	E.R.		Full House	Mail Call
4:30 p.m.		ESPNews					Pokemon	National Geographic
5 p.m.							Yu-Gi-Oh!	
5:30 p.m.		College Gamenight	Special Report with Brit Hume	Wheel of Fortune	C.S.I.	Inside the Actor's... John Goodman	Disney's Doug	American Idol
6 p.m.				Jeopardy			Ed, Edd, & Eddy	
6:30 p.m.		SportsCenter	Your World with Neil Cavuto	Roller	Seinfeld	Hollywood Shootout	SpongeBob	Extreme Makeover Home Edition
7 p.m.					That '70s Show	E.T.	Fairly Oddparents	
7:30 p.m.			Larry King Live	The O.C.	American Idol	Movie: A Beautiful Mind	Wild Thornberrys	Enterprise
8 p.m.							Juniper Lee	
8:30 p.m.		World Baseball USA	Hannity & Colmes	Survivor: Panama	NCIS		Xiaolin Showdown	American Chopper
9 p.m.		vs. South Africa	Business Report	The Apprentice: Martha Stewart	Judging Amy	Movie: <:15>	Drake & Josh	Headline News
9:30 p.m.			Nightline			Swordfish	Zack & Cody	Headline News
10 p.m.							What I Like About You	Navy/MCorps News
10:30 p.m.		SportsCenter	Hardball with Chris Matthews	Roller	Friends		Made!	George Lopez
11 p.m.				Tonight Show W/ Jay Leno	King of Queens			One on One
11:30 p.m.		College Gamenight	O'Reilly Factor		The Daily Show	Movie: Animal House	Fresh Prince	Boston Legal
				The Late Show	Colbert Report		Family Ties	

HELP WANTED

Kwajalein Range Services 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 online or at Human Resources, Building 700.

NEED EXTRA money? KRS employment applications are continually accepted for the Community Activities and Food Services departments for casual and part-time positions. If you are interested in being a scorekeeper, sports official, recreation aide, recreation specialist, library aide, lifeguard, disc jockey, pizza delivery driver or catering/dining room worker, please submit your application to the HR Department for consideration as positions become available. For more information, call the KRS HR Office at 54916.

ADMINISTRATIVE ASSISTANT II, Full-time position Contracts Management. HR Req. K031093.

AUTO BODY TECHNICIAN, Automotive. Full time. HR Req. K031086.

BINGO CALLER, Yokwe Yuk Club.

CARPENTER I, Roi Operations. HR Req. K030920. Enniburr residents should apply to Floyd Corder at Roi Operations.

COMPUTER TECHNICIAN I. HR Req. K031063.

GENERAL MAINTENANCE WORKER I, Roi Operations. HR Req. K031060. Enniburr residents should apply to Floyd Corder, Roi Operations.

HEAVY EQUIPMENT OPERATOR, Roi Operations. HR K030227. Enniburr residents should apply to Floyd Corder at Roi Operations.

MECHANIC I, Kwajalein Automotive. Two full-time positions. HR Req. K030332 and HR Req. K030641.

MEDICAL OFFICE RECEPTIONIST. Casual. Schedule patients, perform patient charting and register patients for insurance. Must have good written and verbal communication and customer service skills. Must be familiar with MS Word and Excel. HR Req. K031070.

MEDICAL BILLING SPECIALIST, Kwajalein Hospital. Casual. HR Req. K030982.

PAINTER II, Roi Operations. Full time. HR Req.

K030761. Enniburr applicants should apply to Floyd Corder.

PROPERTY SPECIALIST I, casual, on-Island position. HR Req. K031091.

REGISTERED NURSE, Kwajalein Hospital. Casual. HR Req. K030935.

TOOL ROOM ATTENDANT II, Kwajalein Automotive. Full time. HR Req. K030895.

KRS CONTRACT POSITIONS

APPLICATIONS SYSTEM ANALYST/PROGRAMMER I. HR Req. 031323.

APPLICATIONS SYSTEM ANALYST/PROGRAMMER III. HR Req. 031321.

APPLICATIONS SYSTEM ANALYST/SENIOR PROGRAMMER. HR Req. 031319.

ADMINISTRATIVE ASSISTANT, Automotive Services. Full time. HR Req. K031074.

CDC/SCHOOL AGE Services Director, HR Req. 031335.

CHILD/YOUTH services director, HR Req. 031297.

COMPUTER TECHNICIAN I/Retail POS Specialist, HR Req. 031213.

COMMUNICATION TECHNICIAN III. HR Req. 031029.

ELECTRONIC DOCUMENT MGMT SYSTEM LEAD – KARDS; Sr. Document Controller. HR Req. 031271.

ELECTRICIAN III/MARINE ELECTRICIAN. HR Req. 030924.

ELECTRICIAN III. HR Req. 030854.

ELECTRONIC TECHNICIAN II, HR Req. 030817.

ELECTRONIC TECHNICIAN II – Telemetry, HR Req. 031005.

ELECTRONIC TECHNICIAN III – ALTAIR, HR Req. 030669 (Roi-Namur).

FIELD ENGINEER I, two positions, HR Req. 031189.

FIELD ENGINEER II, two positions, HR Req. 031315 and HR Req. 031149.

FIELD ENGINEER II, two positions. HR Req. 031157.

FIELD ENGINEER II, Roi-Namur. HR Req. 030741.

FIELD ENGINEER II – RF Safety, HR Req. 031147.

FIELD ENGINEER II – TRADEX, HR Req. 031245 (Roi-Namur).

HARDWARE ENGINEER II, Roi-Namur. HR Req. 031179.

HELP DESK TECHNICIAN. HR Req. 031303.

INVENTORY CONTROL SPECIALIST I. HR Req. 030880.

MAINTENANCE SPECIALIST. HR Req. 030871.

MANAGEMENT AND STANDARDIZATION ANALYST I. HR Req. 030882.

MECHANIC III – CDC, HR Req. 030590.

NETWORK ENGINEER II–MO. HR Req. 031227.

NETWORK ENGINEER I – IT, HR Req. 031289.

OPTICS TECHNICIAN II, three positions HR Req. 030775, 031231 and 031249.

PRIME CONTRACTS ADMINISTRATOR. HR Req. 031233.

PROGRAMMER. HR Req. 031067.

REGISTERED NURSE, HR Req. 030919.

REPORTER, *The Kwajalein Hourglass*. HR Req. 031311.

RF SAFETY SPECIALIST/FIELD ENGINEER II. HR Req. 031147.

SOFTWARE ENGINEER II. CONUS-Lexington. HR Req. 031175.

SUPERVISOR, Bakery. HR Req. 031287.

SUPERVISOR Human Resources – CDC, HR Req. 030904.

SUPERVISOR, Imaging. HR Req. 031277.

SUPERVISOR, Medical Business office. HR Req. 031305.

TELEPHONE TECHNICIAN III. HR Req. 030965.

WAREHOUSE PROJECT SPECIALIST – CDC, HR Req. 030896.

WAREHOUSEMAN II/SHIPPING AND RECEIVING CLERK. CONUS-Richmond. HR Req. 030843.

COMMUNITY BANK

For consideration, submit your resume online at www.dodcommunitybank.com. For more information, contact the personnel department at communitybank.recruiting@bankofamerica.com or call the Banking Center manager at 52292/52142. Community Bank is an equal opportunity employer.

BANKING CENTER SERVICE MANAGER, full time, Req. KW21805 and TELLER, part time, Req. KW21766.

Successful candidates should have previous banking, credit union or cash handling experience. Candidates must have the ability to quickly and accurately handle transactions, communicate effectively and possess a strong desire to learn.

WANTED

COULD THE person who abandoned a Packard



Bell hard drive, monitor and keyboard at the dumpster near Trailer 611 please call Sharon Kay, 52900.

LOOKING FOR a Gameboy Advance SP. Do you have one you will sell? Call 52515.

ORGANIC HOME products partners: looking for partners to split cases of 'third generation' products such as unbleached paper towels, no-dye laundry detergent and dish soap; all environmentally-friendly products. Call Teresa at 52864.

IPOD MINI in perfect working condition, call Tim 52471.

WOOD GRAIN contact paper - light in color, call Sue 53593.

TO RENT, an underwater housing for a Canon 20D. Please call 50733 or 53523.

LOST

GOLD NECKLACE with a small square Hawaiian heirloom pendant. Call 51992 after 5p.m.

LOST ON ROI Sony 5.1 megapixel digital camera. Inside a small green and black carrying case with pouch that had spare batteries and media cards. Reward, call 56734, please leave a message.

FOR SALE

ODYSSEY TWO ball putter, excellent condition, \$100; Taylor-made R5 driver, 101/2 graphite, regular shaft, \$150 and 18-speed aluminum road bike, great condition, \$125. Call 53317.

NEW IN BOX, Maxtor One Touch, 100-GB, USB II, external hard drive with backup software ka1t1uj@gwi.net.

A FIVE-drawer chest, \$30; mending sewing machine, \$30; iron wall sconce, \$7; Marshallese woven mat with carved wooden shark in the middle, \$40 and plain woven mat, \$20. Call after 5 p.m., 58954.

VCR \$40; base guitar and amplifier, \$200; dive vest (BC) small, \$200; first stage with two regulators, \$100; music keyboard and stand, \$50; king-size comforter set, \$30 and plants \$5 and \$10. Call Curt or Tina Bean at 51045 after 5 p.m.

OCEAN KAYAK with a paddle, \$200; white crib and changing table set \$250; twin-to-king kit, \$25; two table lamps, \$15 each or \$25 set; Power Macintosh OS 8 with 17-inch monitor, old versions of Freehand, Photoshop, PageMaker, Microsoft Office, font disks and more, \$100. Call 54455 after 5 p.m.

FIVE WOODEN stools, \$5 each and a set of green stoneware dishes, \$25. Call 51992 after 5 p.m.

QUEEN-SIZE metal bed frame and box spring, \$100. Call 52400.

FENCE MATERIAL, 1 by 6 by 63 inches treated boards, \$1 each and concrete cylinders, 50 cents each. Call 52651.

OMEGA FRUIT and vegetable juicer, model 1000. Excellent condition, retails for \$200, sell for \$100 with recipe book; Megaland playhouse, great, unique off-island birthday gift, new, \$45; baby Bjorn carrier with box, \$45 and *So Smart* DVD set for babies from 9 months to 3 years, \$20. Call 52642.

SHARPER IMAGE professional series ionic breeze GP air purifier \$250 and liquid glucosamine for joint care Flexicose, \$18. Call Larisa, 59527.

A 1997 YAMAHA Waveblaster II jetski, runs excellent, many new extras, \$3,000; Suunto

Cobra Dive computer and compass, only used a few times, paid \$635, will sell for \$500; and Henderson Hyperstretch wetsuit, never used, size XXL, paid \$250, will sell for \$175. Call Rick work, 52273, home, 51132.

FENCING MATERIAL, 20 6 foot by 4 inch wood pieces, \$50; seven sheets of approximately 8 by 4 foot metal roofing sheets in good condition, \$50. Both are great for boat shacks. Call 50165.

COMMUNITY NOTICES

VOLUNTEERS ARE needed for the Volunteer Income Tax Assistance program. Certification training for tax preparers will be conducted March 15 through 17. Please call the USAKA Legal Office at 51431 for more information, and to sign up.

DURING LENT Cafe Pacific will be offering daily deli tuna wraps and sandwiches. Also various fish entrees and vegetarian dishes will be offered periodically.

THE MARSHALLESE CULTURAL Center will be closed Friday.

THE 2005 REPUBLIC OF the Marshall Islands social and economic report 'Juumemmej,' a presentation by Ben Graham, will be at 7 p.m., Friday, in the Religious Education Building and is sponsored by the Marshallese Cultural Society.

EAST COAST swing lessons with Bill Williamson will be 7-8 p.m., Saturday night at the Yuk Club. Open swing dancing will be 8-9 p.m. No sneakers or flip-flops. Singles and couples welcome.

KWAJALEIN SCUBA CLUB meets at 7 p.m., tonight in the Corlett Recreation Center, Room 1. Changes to KSC constitution will be voted on. Scuba points for attending, wearing a club shirt and an extra point for any dive shirt from Hawaii, Bikini, Wake, Midway or Truk lagoon. Learn about turtle tracking from Cathy Madore.

THE JAVA CAFÉ is 7 - 10:30 p.m., Saturday at the Yokwe Yuk Club, sponsored by the Memorial Chapel. There will be free coffee, desserts and music. For more information, call Jack Carey at 52303.

SMALL ARMS RANGE will be in operation from 7 a.m. to noon March 15. Avoid the hazard area. All watercraft operators observe the red flag.

REUTILIZATION AND DISPOSAL has rescheduled a cash sale at 8-11 a.m. and 1-3:30 p.m. on March 18 at the Defense Central

Clearance Building, Building 1500. Badges required. Wear closed-toe shoes. No children under 18.

'THE MICRONESIAN PSYCHE,' a presentation by the Rev. Fran Hezel, Roman Catholic priest, director of the Micronesian Seminar, will be at 7 p.m., March 27, in the Religious Education Building and is sponsored by the Marshallese Cultural Society.

TICKETS FOR Kwajalein Scuba Club's Scuba Doo are on sale 10 a.m. till 2 p.m. Mondays at the mall. Tickets are \$20. Dancing with the Zooks, food, drinks, an auction and learn the Scuba Dance. Tickets may be purchased from Amy Brouwer, Casey Schuh, Ivy Springer, Kyle Mozley, Michelle Barnett, Jaime Rathjen, Trish Wildfang, Beth Wagner, Bill Williamson, Danny Barthle and JB Scott.

TELESCOPE/ASTRONOMY assistance needed. Cub Scout Pack 135 is having a campout next month at coral sands. Someone willing to share their knowledge and skills with the Scouts would be greatly appreciated. Also looking for people with survival, compass use and whittling skills. For more information, call Rob Gray at 52200.

THE RETAIL OFFICE has relocated to Supply Building 602, second floor. We will continue to serve the community as before with your special requests. Call 53307.

DO YOU HAVE a few hours to spare per month? The Micronesian Shop is looking for volunteers. For more information, call Sandi, 54991.

GRACE SHERWOOD LIBRARY is looking for a few good volunteers. We are installing an automation system! This requires placing barcode stickers on each book and we are looking for volunteers to help. If you are available Tuesday through Saturday anytime from 7:30 a.m. to 4:30 p.m., call Lea at 53439.

THE GEORGE SEITZ ELEMENTARY PTO would like all elementary school parents to know that candidates are being sought for next year's PTO officers. For more information, call Bonnie Compton at 52415.

THANKS TO ALL that helped provide the feeder fish for the baby bird that was staying with Cathy Madore and Jenny Schwartz. He grew and grew and has finally left the nest. We couldn't have done it without you!

Win a fabulous prize!

Impress your friends!

NAME THE TRAM CONTEST!

Look, it's a trolley, it's a shuttle, it's a Wiki-Wiki, it's a ??? YOU decide! The Name the Tram contest runs through March 18. E-mail entries to: namethetram@usaka.smdc.army.mil
Or, submit names in person in the suggestion box outside the library.

Guard units.

If Soldiers do not resume mandatory training when encouraged, Wilson said they will be processed for separation, and, if appropriate, required to reimburse the government any unearned portion of incentives they have been paid.

"The demands of the Global War on Terror have magnified our need to better reconcile RC unit rosters," Wilson said. "It's always been the intent to effectively manage RC Soldiers who are determined to be unsatisfactory

participants, but the process can be administratively cumbersome and executed with varying degrees of rigor."

A temporary exception to policy and streamlining notification procedures for Soldiers who are considered for separation, Wilson said, will help RC leaders and administrators initiate separation actions in a timely manner.

"The execution of this realignment will be done at the Reserve-component level, and will allow commanders and managers to begin from an

unprecedented vantage point to better manage the force," she said. "We are transforming the Army, while serving a nation at war, and this realignment is an integral part of that transformation. An estimated 15,000 reserve-component Soldiers are currently not participating in required weekend training, officials said. But they pointed out that as of March 2006, approximately 100,000 Army National Guard and Army Reserve Soldiers were serving on active duty in support of the Global War on Terror.

Namo Weto Teen Center Activities

Co-ed flag football game

There will be a co-ed flag football game for teen center members 3:30-5 p.m. You do not need to sign up.

Teachers vs. teens volleyball game

Teachers and teens sign up now for the teachers vs. teens volleyball game. The match will be played at 3:30 p.m. on Saturday at the Corlett Recreation Center. If you are interested in playing, sign up at the Namoweto Teen Center or call 53796.

Dance

The youth center will host a teen dance 8 - 11 p.m., Saturday.

Hobby Shop

There will be a free clay slab

class offered for the first six Namoweto Teen Center members to sign up. You can sign up at the youth center or call 53796. Classes will take place 3:30 - 5 p.m. on March 24 and 31 and April 7 and 14. You must be able to come to all four classes.

Digital music making

Teen center members are invited to the teen center 3 - 5 p.m. every Monday in the month of March. Come learn how to create your own digital music and create a compact disk of all of your own music.

Powerhour

Attention teen center members. Need a quiet place to study? Powerhour is held 6 - 7 p.m., Monday - Fridays at the teen center technology lab.



Attention high school seniors

If you are planning to go on to college or trade school and you would like to apply for a Kwajalein Range Services Scholarship, please pick up a scholarship application at the KRS Human Resources Office, Building 700, or see your high school guidance counselor. This scholarship opportunity, sponsored by the Quality of Life IPT and funded by KRS, is open to Kwajalein High School seniors as well as any high school seniors elsewhere whose parent(s) are employed on the USAKA/RTS installation. The deadline for submission of applications is May 10.

For more information, call the Human Resources Office at 55154.

PRODUCT RECALL

The manufacturer is recalling half-gallons of California Sunshine 2 percent milk that are dated March 25. The milk is being recalled for a quality issue and poses no health threat. Recalled milk can be returned at the purchase location for exchange, partial returns also accepted. For more information, call 51010, 53607 or 56369.

RTS Weather

Tonight: Partly cloudy with a slight chance for a shower. **Winds:** NE-ESE at 11-17 knots. **Low:** 79°F

Thursday: Partly cloudy with isolated showers. **Winds:** NE-ESE at 10-16 knots. **High:** 86°F

Friday: Mostly sunny with isolated showers. **Winds:** NE-ESE at 10-15 knots. **High:** 86°F

Annual rain total: 7.29 inches

Annual deviation: -2.42 inches

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

Sun • Moon • Tides

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Thursday	0659/1900	1429/0241	0220, 3.0' 0650, 2.7'	1340, 3.9' 2050, 2.0'
Friday	0659/1900	1522/0332	0300, 3.5' 0820, 2.3'	1440, 4.4' 2120, 1.6'
Saturday	0658/1900	1612/0419	0320, 3.9' 0900, 1.9'	1510, 4.7' 2140, 1.2'