

VOLUME 46 NUMBER 3

WEDNESDAY, JAN. 11, 2006

# THE KWAJALEIN HOURGLASS



(Jazz musician Andrea Lindborg performs at the Yuk Club Saturday evening. She also played Sunday evening in the multi-purpose room.

For more, see Page 4.)

*(Photo by Elizabeth Davie)*

# How to abbreviate a waist line

**Doug Hepler**

Teacher, Kwajalein Jr-Sr High School

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

However, I have a slight problem with all this... a weight problem. Yes, I admit to a certain amount of whale insulation and this does not translate well into good running ability. When I shop for a T-Shirt, I look for size EP (extra porky).

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

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

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

on vacation.

B.I.L.D.D.= (brother-in law diet destruction): How V.P. is gained, by gleefully consuming barbecue and dark beer with that exclusive three-member group of men brave enough to marry a Lacost sister.

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

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

I.W.B.L.B.B.= (I wanna be like Brian Brewster): A self-explanatory impossibility. I will never be in as good a shape as Brian, no matter how hard I train.

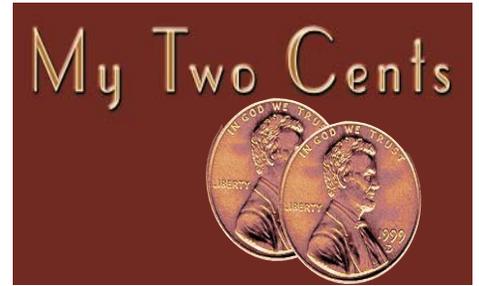
W.F.P.W.= (warning from pitying wife): Where Amy cautions me not to keel over during my evening run.

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

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

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

M.W.A.S.= (must wear a shirt): To avoid embarrassment while I run, due



to my B.B.F.

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

N.F.L.L.= (nine foot-long legs): What I see when the affable Dave Fortin blows past me, seemingly with no effort or exertion, while I chug, and huff and bounce along. (Reminds me of War of the Worlds...)

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

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

As the doctor said at the end of the movie, *Bridge on the River Kwai*, "Madness. Madness! Madness!!!"

## Letter to the editor

To submit a letter to the editor: Keep letters to less than 300 words, and keep comments to the issues.

No personal attacks will be printed. However, names will be withheld if requested. Letters must be signed. We will edit for Associate Press style, grammar and punctuation and, if you exceed the word limit, space. Limit one letter every 30 days.

Send your letter to: *The Hourglass*, P.O. Box 23, Local; or [hourglass@kls.usaka.smdc.army.mil](mailto:hourglass@kls.usaka.smdc.army.mil).



**To everyone who helped make Get in the Mix a success.**

## 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*

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**Commanding Officer.....COL Beverly Stipe**  
**Public Affairs Officer.....Sandy Miller**  
**Editor.....Neil Drumheller**  
**Graphics Designer.....Dan Adler**  
**Reporter.....Elizabeth Davie**  
**High School Volunteer.....Lisa Barbella**  
**Circulation.....Will O'Connell**

## Marshallese government

# President Kessai Note speech opens *Nitijela* session

By Nell M. Drumheller  
Editor

U.S. Ambassador Greta Morris from Majuro along with Lt. Col. Winfield Keller, U.S. Army Kwajalein Atoll and John Pickler, Kwajalein Range Services were among the group representing the United States at the Republic of the Marshall Islands' parliament or *Nitijela* 27th Constitutional Regular Session opening ceremony Jan. 3 in Majuro.

The *Nitijela* holds two sessions annually, in January and August, totaling 50 days a year. At the beginning of each session they have held an opening ceremony.

The *Nitijela* is comprised of 33 representatives. The *Nitijela* senators are elected by popular vote and hold office for four-year terms. The senators elect a president, speaker and vice-speaker from within their body. The president holds the titles of chief of state and head of the government. President Kessai Hesa Note was elected by the



Republic of the Marshall Islands President Kessai Note and wife Mary walk to the podium for his first inaugural address in 2004.

*Nitijela* on Jan. 5, 2004. The next election will be not later than November 2007.

### **Highlights of Note's speech included:**

- Fuel crisis averted in Majuro, RMI government secured \$5 million loan from Bank of Guam
- Expressed excitement about fiber optic coming in the near future, working with U.S. Army/U.S. government
- Identified alternate fuels/solar panels as possible answer to outer island power needs, talked briefly of Kyoto Protocol and global warming
- Discussed classrooms being built as direct result of Compact II funds, also said that Marshalls would need many, many teachers once the classrooms were built
- 30 World Teach teachers in elementary schools around the Marshalls
- CMI accreditation hinges on infrastructure, all other academic concerns were met

## *Head lice reported in schools, nuisance but curable*

### **Hourglass reports**

According to a letter sent to parents of Kwajalein School students, head lice has been identified on island.

In the letter released by School Superintendent Dan Frazier he said, "Although we have not had a significant outbreak of head lice at school at this time, we have been informed that some homes on our island found lice over the holiday break."

Frazier said, "A single case was reported to the elementary school office on Jan. 5."

He added that the hospital responded immediately and sent two nurses to check the entire grade. "After the check, a second case was found, but that is the extent of the outbreak, to the extent we know at this time."

Head lice can easily travel from one host to another. Children often transfer them by sharing clothing or pillows. However, lice have other ways of traveling. For example, they can float on the top of the water in a swimming pool and move from one person to another.

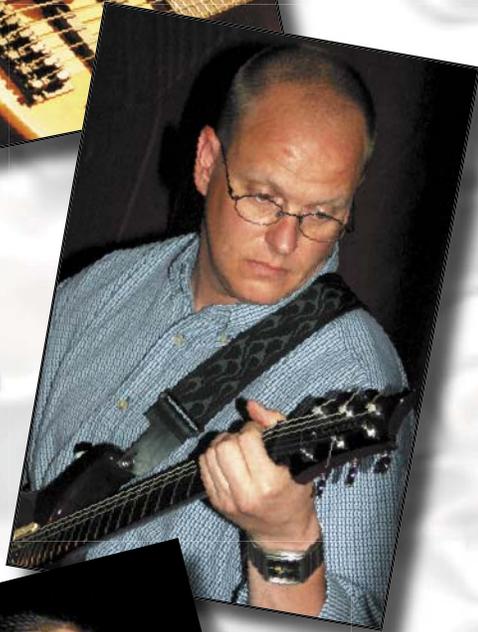
Head lice are tiny insects that live only on people's scalp and hair. They hatch from small eggs (nits) that are

firmly attached to the individual hairs near the scalp and cannot be easily moved up or down the hair (as can specks of dandruff). They look like grains of sand. Nits may be found throughout the hair but are most often located at the back of the scalp, behind the ear, and at the top of the head. The eggs hatch in about 10 days, with new lice reaching adulthood in about two weeks. The female louse is about the size of a sesame seed and can live for up to

**See LICE, Page 6**



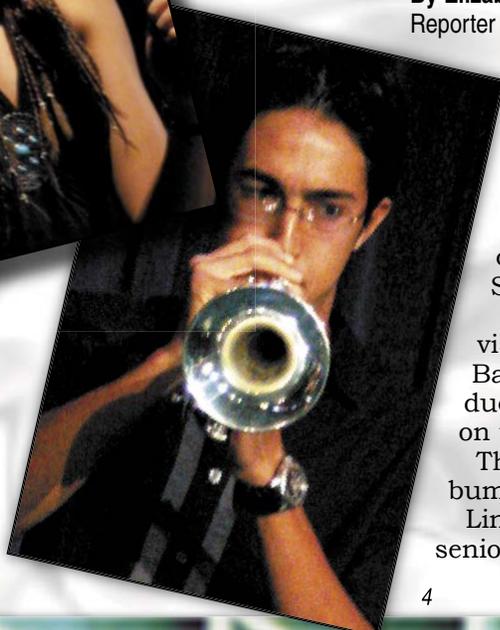
Jerry  
Davis



Brian  
Elderkin



Amber  
Banducci



Michael  
Taylor



Andrea Lindborg plays music from her new compact disc *Boro Song* at the Yuk club and singers accompanied her.

## *Former Kwaj Kid Andrea Lindborg returns to the island with some help from local musicians*

By Elizabeth Davie  
Reporter

**K**waj kid turned recording artist Andrea Lindborg returned to her roots last week. While visiting the island, Lindborg performed two shows with several other on-island musicians.

The crew performed Saturday night at the Yuk club for residents 21 and over and an all-ages show Sunday night at the multi-purpose room.

Lindborg was joined by a full band with Jerry Davis on bass guitar, Brian Elderkin on guitar, Danny Barthle on drums, Lindsay Davis and Amber Banducci on vocals, Michael Taylor and Michael Graham on trumpet and Dick Shields on clarinet.

The group performed 11 songs from Lindborg's album *Boro Song* for a large audience both nights.

Lindborg came to Kwaj when she was 3 and left in her senior year of high school. Spending a total of 14 years

# Tropical Soul



high school multi-purpose room Sunday evening. Eight local musicians  
(Photos by Elizabeth Davie)

## *Lindborg jazzes up island band of musical friends*

on island.

What made this and other performances on Kwaj special to her was that she started playing trumpet in fourth grade with Shields as her instructor.

"He is a real inspiration and he really brings out a joy of music," she said of Shields. "He was always really encouraging. I am very thankful for his influence and for the influence of the islands."

When asked why she chose jazz, she said because of the element of self expression and improvisation. "I have always loved jazz," she added.

After leaving Kwaj, Lindborg studied jazz at Oberlin in Ohio. Before moving to New York City she worked on a cruise ship. "It was not as glamorous as I thought it would be but I got a chance to travel," she said. She also described the experience as good and bad.

Lindborg said she moved to New York City because she heard it 'was the place to be for jazz.' Lindborg signed

See LINDBORG, Page 6

Dick  
Shields



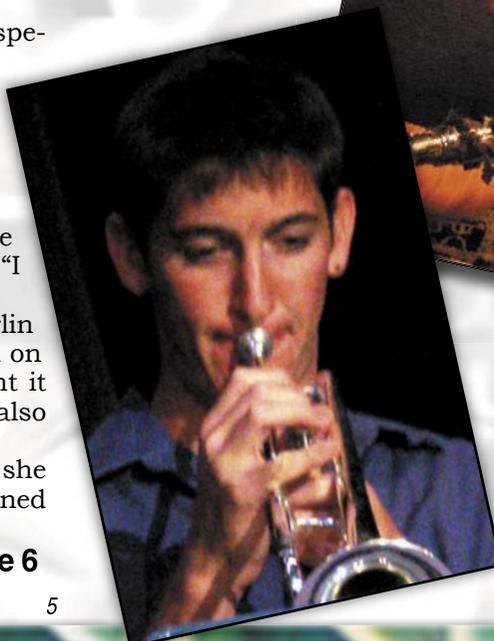
Lindsay  
Davis



Danny  
Barthle



Michael  
Graham



# Taking care

## January is National Healthy Weight Week

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

Just in time for New Year's resolutions, Jan. 18-24 is National Healthy Weight Week. According to the U.S. Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity (2001) approximately 300,000 adult deaths in the United States each year can be attributed to unhealthy dietary habits and physical inactivity or sedentary behavior.

Only 33.5 percent of American adults are at a healthy weight and 30.5 percent are considered obese. From 1960 to 2000, obesity more than doubled from 13.3 to 30.9 percent, with most of this increase occurring in the past 20 years. (National Institute of Diabetes and Digestive and Kidney Diseases, 2000).

The most common screening tool for weight status is body mass index.

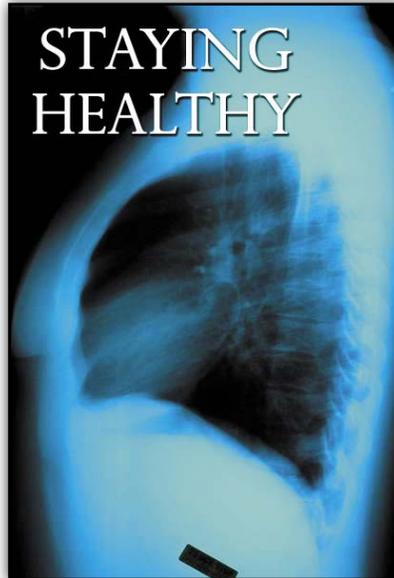
BMI is calculated by dividing weight in kilograms by height in meters squared: Weight/

height squared. Using pounds and inches: multiply your weight in pounds by 704.5, then divide the result by your height in inches, and divide that result by your height in inches a second time. On-line resources and BMI calculator can be found at <http://www.nhlbisupport.com/bmi/>

Healthy weight is not just the numbers; it includes lifestyle, eating habits, good nutrition, and physical activity. Initial goals for weight loss include reducing body weight by about 10 percent from baseline, lose no more than from 1 to 2 pounds per week for a period of six months, and combine a reduced calorie diet with increased physical activity. (National Heart, Lung and Blood Institute) Talk with your healthcare provider before starting any weight loss program.

For more information on the statistics in this article visit the Weight-Control Information Network at: <http://win.niddk.nih.gov/statistics/index.htm> and at:

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/recommen.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/recommen.htm)



### LICE, from Page 3

20 to 30 days, and can lay about six eggs a day. The lice live by biting and sucking blood from the scalp. Lice can survive for up to 8 hours between feedings and can do so off the body.

"A parent who suspects that his or her child has head lice should ask a health care provider to diagnose the problem and recommend appropriate treatment. The parent should also notify school officials as soon as possible," Frazier said. He added that children should be cautioned not to share combs or ball caps with friends.

"Usually, you probably will not

see the lice, only the eggs. These are tiny pearl gray, oval-shaped specks attached to the hair near the scalp. Look carefully through the hair in natural light and you may want to use a magnifying glass. Search for nits at the back of the neck, behind the ears and at the top of the head.

He said that a treatment of a special shampoo will kill the lice, but the eggs can hatch up to 10 days later. Therefore, repeated treatments over 10 days are recommended.

According to Kwajalein Hospital Patient Care Policy/Procedure 24.1 "Children that have been sent home,

due to a positive lice inspection, will not be permitted to return to school until cleared by medical staff. Parents must bring the children to the hospital for the child to be inspected by a medical staff member. A child with an active case of new nits will not be permitted to go to school until it has been established that the child is nit free or that nits that are present are old and greater than 1/2 inch from the skin line on the shaft."

"Head lice are usually diagnosed once or twice a year on Kwaj," Frazier said.

### LINDBORG, from Page 5

with an independent production company there for three albums. She described the company as a small scale record company where she has more say in what goes on.

Her first album 'Boro Song' will be in stores in the United States at the end of January.

She explained that Boro is the Marshallese word throat

and loosely translated means 'songs from the heart.' All the songs on the album were written by Lindborg.

Lindborg, who tries to come to the island once a year, describes her performances on Kwaj as "an amazing experience.

"I was nervous at first because it is different when you know people, but it is special," she said.

All programming is subject to change without notice

Thursday



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
midnight	The Late Show	ESPNews	American Morning		Late Night with Conan O'Brien	Movie: (cont.)	SpongeBob	Without a Trace
12:30 a.m.	The Late Late Show with Craig Ferguson	College Basketball <i>North Carolina vs Virginia Tech</i>			Enterprise	Movie: <:57> <i>Taking Care of Business</i>	Fairly Oddparents	Pacific Report
1 a.m.							As Told by Ginger	
1:30 a.m.	Big Idea with Donnie Deutsch				Lost		The Amanda Show	Tonight Show w/ Jay Leno
2 a.m.							Everwood	
2:30 a.m.	Countdown with Keith Olbermann	SportsCenter			WWE Raw!	Movie: <i>The Tuxedo</i>	Sister, Sister	The Late Show w/ David Letterman
3 a.m.							MSNBC Live	
3:30 a.m.	Access Hollywood	NFL's Greatest					Fresh Prince	The Late Late Show with Craig Ferguson
4 a.m.	Headline News	SportsCenter						
4:30 a.m.	Entertainment Studios							
5 a.m.	ESPNews	NFL Live						
5:30 a.m.	Headline News				Carol Duvall Show	Movie: <:53> <i>Hollow Man</i>	Family Ties	The Big Idea with Donny Deutsch
6 a.m.	Today	NFL Sounds of the Game	Dayside		Room by Room		Play with Sesame	Countdown With Keith Olbermann
6:30 a.m.							Body Shaping	
7 a.m.		ESPNews	FOX News Live					
7:30 a.m.		NFL's Greatest						
8 a.m.	Wheel of Fortune	The Hot List	Studio B with Shepard Smith					
8:30 a.m.	Dr. Phil <8:26>	1st & 10						
9 a.m.	Oprah Winfrey <9:20>	NFL Live	Your World with Neil Cavuto					
9:30 a.m.		The Hot List						
10 a.m.	Guiding Light <10:20>	Around the Horn	The Big Story w/ John Gibson					
10:30 a.m.		PTI						
11 a.m.	General Hospital <11:10>	SportsCenter	Headline News					
11:30 a.m.		NBC Nightly News						
noon	Headline News	College Basketball	ABC World News					
12:30 p.m.	Judge Judy	<i>Indiana vs Michigan State</i>	CBS Evening News					
1 p.m.	Today		The Newshour with Jim Lehrer					
1:30 p.m.								
2 p.m.		College Basketball	Hannity & Colmes					
2:30 p.m.		<i>Maryland vs Duke</i>						
3 p.m.	Aah! Real Monsters		Anderson Cooper 360					
3:30 p.m.	Rocko's Modern							
4 p.m.	SpongeBob	College Basketball	Anderson Cooper 360					
4:30 p.m.	Batman Beyond	<i>TCU vs New Mexico</i>						
5 p.m.	Jeopardy		Larry King Live					
5:30 p.m.	Headline News							
6 p.m.	ESPNews	SportsCenter	Rita Cosby Live & Direct					
6:30 p.m.	Headline News							
7 p.m.	Eve		Headline News					
7:30 p.m.	All of Us		Tavis Smiley					
8 p.m.	Extreme Makeover: Home Edition	NHL <i>Pittsburgh at Columbus</i>	Hardball with Chris Matthews					
8:30 p.m.			O'Reilly Factor					
9 p.m.	Without a Trace							
9:30 p.m.								
10 p.m.	Pacific Report		Nightline					
10:30 p.m.	Tonight Show W/ Jay Leno	SportsCenter	Business Report					
11 p.m.			American Morning					
11:30 p.m.	The Late Show	NFL Live						

## Friday

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	
midnight	The Late Show	ESPNNews	American Morning		Late Night with Conan O'Brien	Movie: (Cont.)	SpongeBob	C.S.I. Miami	
12:30 a.m.	The Late Late Show with Craig Ferguson	NFL Sounds of the Game	MSNBC Live		Wife Swap	Movie: <:53> <i>Batman</i>	Fairy Oddparents	Pacific Report	
1 a.m.				Even Stevens					
1:30 a.m.	Big Idea with Donnie Deutsch	SportsCenter			Wife Swap	The Closer	Movie: <i>Bringing Down the House</i>	Kenan & Kel	Tonight Show w/ Jay Leno
2 a.m.				Gilmore Girls					
2:30 a.m.	Countdown with Keith Olbermann	AMA Supercross: Anaheim, CA			The Closer	Movie: <i>Bringing Down the House</i>	Movie: <i>Bringing Down the House</i>	Degrassi	The Late Show w/ David Letterman
3 a.m.				Degrassi					
3:30 a.m.	Access Hollywood	ESPNNews			Friends	Movie: <:59> <i>Bounce</i>	Movie: <i>Bounce</i>	Family Ties	The Late Late Show with Craig Ferguson
4 a.m.	Headline News	SportsCenter			Seinfeld			Play with Sesame	
4:30 a.m.	Entertainment Studios	NFL Live			Carol Duvall	Movie: <i>Bounce</i>	Movie: <i>Bounce</i>	Barney & Friends	The Big Idea with Donny Deutsch
5 a.m.	ESPNNews			NBA Fastbreak				Room by Room	Sesame Street
5:30 a.m.	Headline News	ESPNNews	Dayside		Body Shaping	Movie: <i>Bounce</i>	Sesame Street	Countdown With Keith Olbermann	
6 a.m.	Today			NFL Total Access	FOX News Live				
6:30 a.m.					The Right Fit	Movie: <i>Bounce</i>	Sesame Street	Access Hollywood	
7 a.m.				The View	Movie: <i>Bounce</i>			Sesame Street	Headline News
7:30 a.m.		ESPNNews		Emeril Live		Movie: <i>Bounce</i>	Sesame Street		Rubadubbers
8 a.m.	Wheel of Fortune	The Hot List	Studio B with Shepard Smith		Coming Attractions			Movie: <i>Bounce</i>	Blue's Clues
8:30 a.m.	Dr. Phil <8:26>	1st & 10			E.T.	Movie: <i>Bounce</i>	Dora the Explorer		Headline News
9 a.m.	Oprah Winfrey <9:20>	NFL Live	Your World with Neil Cavuto		30 Minute Meals		Movie: <i>Jewel</i>	Rolie Polie Olie	Good Morning America
9:30 a.m.		The Hot List			Low Carb & Lovin' it	Movie: <i>Jewel</i>		Lazy Town	
10 a.m.	Guiding Light <10:20>	Around the Horn	The Big Story w/ John Gibson		Design on a Dime		Movie: <i>Jewel</i>	Seven Little Monsters	
10:30 a.m.		PTI			Style Star	Movie: <i>Jewel</i>		Seven Little Monsters	
11 a.m.	General Hospital <11:10>	SportsCenter	Headline News		E! News Live		Movie: <i>Presumed Innocent</i>	JoJo's Circus	Emeril Live
11:30 a.m.		PTI	NBC Nightly News		Blind Date	Movie: <i>Presumed Innocent</i>		Rolie Polie Olie	
noon	Headline News	The Hot List	ABC World News		My Wife & Kids		Movie: <i>Presumed Innocent</i>	Dora the Explorer	4 Qtrs.
12:30 p.m.	Judge Judy	NBA Action	CBS Evening News		Girlfriends	Movie: <i>Presumed Innocent</i>		Blue's Clues	
1 p.m.	Today	NBA	The Newshour with Jim Lehrer		Dawson's Creek		Movie: <i>Single White Female</i>	Rubadubbers	UIM Powerboat
1:30 p.m.		<i>Detroit</i>			Judging Amy	Movie: <i>Single White Female</i>		Bear in the Big Blue	World Sport
2 p.m.		<i>at San Antonio</i>	Hannity & Colmes		Passions		Movie: <i>Mission to Mars</i>	Barney & Friends	College Basketball
2:30 p.m.	Lilo & Stitch		Anderson Cooper 360		ER	Movie: <i>Mission to Mars</i>		Play with Sesame	<i>Depaul at Pittsburgh</i>
3 p.m.	Oh Yeah! Cartoons	NBA	Anderson Cooper 360		Alias		Movie: <i>Mission to Mars</i>	Funnest Videos	
4 p.m.	Sabrina	<i>Cleveland at Los Angeles</i>	Larry King Live		The Directors	Movie: <i>Mission to Mars</i>		Full House	
4:30 p.m.	Nick News				The Directors		Movie: <i>Mission to Mars</i>	Pokemon	ABC World News
5 p.m.	Jeopardy!				The Directors	Movie: <i>Mission to Mars</i>		Yu-Gi-Oh!	ESPNNews
5:30 p.m.	Headline News				The Directors		Movie: <i>Mission to Mars</i>	Disney's Doug	CBS Evening News
6 p.m.	ESPNNews	Inside the NBA	Rita Cosby Live & Direct		Simpsons	Movie: <i>Mission to Mars</i>		Rocket Power	NBC Nightly News
6:30 p.m.	Headline News				Raymond		Movie: <i>Mission to Mars</i>	SpongeBob	Enterprise
7 p.m.	Two & a Half Men	SportsCenter	Headline News		Super Nanny	Movie: <i>Swordfish</i>		Fairy Oddparents	
7:30 p.m.	Joey Window on the Atoll (7:50pm)		Tavis Smiley		Super Nanny		Movie: <i>Swordfish</i>	That's So Raven	Lost
8 p.m.	Medium	PGA Sony Open: First Round	Hardball with Chris Matthews		J.A.G.	Movie: <i>Swordfish</i>		All That!	
8:30 p.m.				O'Reilly Factor			J.A.G.	Movie: <i>Swordfish</i>	All That!
9 p.m.	C.S.I. Miami				48 Hours Mystery	Movie: <i>Ransom</i>	Joan of Arcadia		Jeopardy
9:30 p.m.					48 Hours Mystery		Movie: <i>Ransom</i>	Sabrina	Headline News
10 p.m.	Pacific Report		Nightline		Friends	Movie: <i>Ransom</i>		Sabrina	ESPNNews
10:30 p.m.	Tonight Show W/ Jay Leno	SportsCenter	Business Report		Seinfeld		Movie: <i>Ransom</i>	Fresh Prince	Pacific Report
11 p.m.			American Morning			Seinfeld		Movie: <i>Ransom</i>	Family Ties
11:30 p.m.	The Late Show	NFL Live			The Daily Show	Movie: <i>The Hard Way</i>	7th Heaven		The Apprentice: Martha Stewart
					Colbert Report		Movie: <i>The Hard Way</i>		

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# Saturday

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
midnight	The Late Show	ESPNews	American Morning		Late Night with Conan O'Brien	Movie: <i>(Cont.)</i>	SpongeBob	Primetime
12:30 a.m.	The Late Late Show with Craig Ferguson	Inside the NFL			Super Nanny	Movie: <:48>	Fairly Oddparents	
1 a.m.						<i>Silence of the Lambs</i>	That's So Raven	Pacific Report
1:30 a.m.	Big Idea with Donnie Deutsch	NHL <i>Teams TBD</i>			J.A.G.		All That!	
2 a.m.							Joan of Arcadia	
2:30 a.m.	Countdown with Keith Olbermann							The Late Show w/ David Letterman
3 a.m.			MSNBC Live		48 Hours Mystery	Movie: <i>Swordfish</i>	Sabrina	
3:30 a.m.	Access Hollywood				Friends		Sabrina	The Late Late Show with Craig Ferguson
4 a.m.	Headline News	SportsCenter			Seinfeld	Movie: <:45>	Fresh Prince	
4:30 a.m.	Entertainment Studios				Carol Duvall Show	<i>Ransom</i>	Family Ties	The Big Idea with Donny Deutsch
5 a.m.	ESPNews	NFL Live			Room by Room		Play with Sesame	
5:30 a.m.	Headline News				Body Shaping		Barney & Friends	Countdown With Keith Olbermann
6 a.m.	Today	Inside the NFL	FOX News Live		The Right Fit		Sesame Street	Access Hollywood
6:30 a.m.								
7 a.m.		ESPNews						
7:30 a.m.		NFL Game of the Week			The View	The Directors	Bear in the Big Blue	Headline News
8 a.m.	Wheel of Fortune		Studio B with Shepard Smith		Emeril Live	Ebert & Roeper	Rubadubbers	Entertainment Studios
8:30 a.m.	Dr. Phil <8:26>	The Hot List				E.T.	Blue's Clues	Good Morning America
9 a.m.	Oprah Winfrey <9:20>	NFL Live	Your World with Neil Cavuto		30 Minute Meals	Movie: <i>The Promise</i>	Dora the Explorer	
9:30 a.m.		The Hot List			Easy Entertaining		Rolie Polie Olie	
10 a.m.	Guiding Light <10:20>	Around the Horn	The Big Story w/ John Gibson		Decorating Cents		Lazy Town	
10:30 a.m.		PTI			The Look for Less	Movie: <:44>	Seven Little Monsters	Homes Across Amer.
11 a.m.	General Hospital <11:10>	SportsCenter	Headline News		E! News Live	<i>Suspect</i>	Reading Rainbow	Designed To Sell
11:30 a.m.			NBC Nightly News		Blind Date			JoJo's Circus
noon	Window on the Atoll /Roller		ABC World News		My Wife & Kids		Rolie Polie Olie	Weekend Handyman
12:30 p.m.	Judge Judy	NBA Shootaround	CBS Evening News		Girlfriends		Dora the Explorer	The Outdoorsman
1 p.m.	Today	NBA					Blue's Clues	NHL
1:30 p.m.		<i>Boston</i>	The Newshour with Jim Lehrer		Dawson's Creek	Movie: <i>Sliding Doors</i>	Rubadubbers	<i>Teams TBD</i>
2 p.m.		<i>at Philadelphia</i>	Hannity & Colmes		Judging Amy		Bear in the Big Blue	
2:30 p.m.							Barney & Friends	
3 p.m.	CatDog		Anderson Cooper 360		Passions	Movie: <:52> <i>A River Runs Through It</i>	Play with Sesame	
3:30 p.m.	Archie's Mysteries	NBA			ER		Funniest Videos	ESPNews
4 p.m.	Dave the Barbarian	<i>Miami</i>	Anderson Cooper 360				Full House	ESPNews
4:30 p.m.	The Shaman King	<i>at Seattle</i>			Alias	Inside the Actor's Studio	Pokemon	ABC World News
5 p.m.	Jeopardy		Larry King Live				Yu-Gi-Oh!	ESPNews
5:30 p.m.	Headline News				The Simpsons	Hollywood Shootout	Disney's Doug	CBS Evening News
6 p.m.	ESPNews	SportsCenter	Rita Cosby Live & Direct		Raymond		Rocket Power	NBC Nightly News
6:30 p.m.	Headline News				America's Most Wanted	Movie: <i>Best in Show</i>	SpongeBob	Star Trek Voyager
7 p.m.	The O.C.	SportsCenter	Headline News		NCIS		Fairly Oddparents	
7:30 p.m.			Tavis Smiley		Judging Amy	Movie: <:43> <i>How Stella Got Her Groove Back</i>	Wild Thornberrys	Rock Star: INXS
8 p.m.	The Apprentice: Martha Stewart	PGA Sony Open: <i>Second Round</i>	Hardball with Chris Matthews		Friends		American Dragon	
8:30 p.m.			O'Reilly Factor		Seinfeld		Atomic Betty	Access Hollywood Weekend
9 p.m.	Primetime				The Daily Show		The Proud Family	
9:30 p.m.					Colbert Report	Movie: <i>Rising Sun</i>	Even Stevens	Headline News
10 p.m.	Pacific Report		Nightline				What I Like About You	ESPNews
10:30 p.m.	Tonight Show W/ Jay Leno	SportsCenter	Business Report				Switched!	Blue Collar TV
11 p.m.			Dateline				Radio Free Roscoe	One on One
11:30 p.m.	The Late Show	NFL Total Access					Fresh Prince	Boston Legal
							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.

INVENTORY CONTROL SPECIALIST, Information Technology. HR Req. K031035. Responsible for internal tracking of IT government property to include receiving, tagging, documentation, reporting and record keeping. Strong communication and computer skills required. KEAMS experience preferred.

ADMINISTRATIVE ASSISTANT I, Junior-Senior High School, Education Services. Full time. HR Req. K031024.

HUMAN RESOURCES ASSISTANT II. Full time. Requires strong computer and communication skills to process large volume of HR documents and spreadsheets. Previous administrative assistant experience required. Will interface with all levels of employees and management.

PRODUCTION CONTROL CLERK II, Automotive. Full time. HR Req. K030983.

ADMINISTRATIVE ASSISTANT II, Public Works. Full time. HR Req. K030992. Must be able to work independently with limited supervision providing direct administrative support to Public Works manager and his staff. Three years' administrative experience with a medium-to-large organization and proven skills in Word, PowerPoint and Excel desired.

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

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

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

PRODUCTION CONTROL CLERK I, Kwajalein Automotive. Full time. HR Req. K030630.

AUTO BODY TECHNICIAN I, Kwajalein Automotive. Three full-time positions. HR Req.s K030640, K030783, K030883.

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

PAINTER II, Roi Operations. Full time. HR Req. K030761. Enniburr applicants should apply to Floyd Corder.

### KRS CONTRACT POSITIONS

NETWORK ENGINEER II-MO. HR Req 031227.

OPTICS TECHNICIAN II. HR Req 031231.

OPTICS TECHNICIAN III., HR Req 031229.

SUPERVISOR PROVISIONS. HR Req 030902

CONTRACT COMPLIANCE COORDINATOR. HR Req. 031209.

TRAFFIC AGENT II. HR Req. 030658.

ACCOUNTING CLERK II. HR Req. 031221.

JUNIOR ACCOUNTANT. HR Req. 030890.

INVENTORY CONTROL SPECIALIST I. HR Req. 030880.

MANAGEMENT AND STANDARDIZATION ANALYST I. HR Req. 030882.

COMMUNICATION TECHNICIAN III. HR Req. 031209.

COMPUTER TECHNICIAN I. HR Req. 031203.

ELECTRONIC TECHNICIAN II. Roi-Namur. HR Req. 031005.

ELECTRONIC TECHNICIAN III. Roi-Namur. HR Req. 030669.

FIELD ENGINEER I. HR Req. 030817.

FIELD ENGINEER II. HR Req. 031149.

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

MAINTENANCE SPECIALIST. HR Req. 030871.

MANAGER, RETAIL MERCHANDISING AND PROVISIONS. HR Req 031097.

OPERATOR SPACE SURVEILLANCE. Roi-Namur, HR Req 031173.

OPERATOR SPACE SURVEILLANCE. Roi-Namur. HR Req 030903.

PROGRAMMER. HR Req. 031067.

NETWORK ENGINEER IV. HR Req. 031105.

PROJECT PLANNER III. HR Req. 031093.

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

STORE SUPERVISOR. Roi-Namur. HR Req. 031065.

STOREKEEPER II. Roi-Namur. HR Req. 031087.

STYLIST/BEAUTICIAN. HR Req. 031211.

TELEPHONE TECHNICIAN III. HR Req. 030965.

SOFTWARE ENGINEER I/DATA ANALYST. CONUS. HR Req. 031191.

FIELD ENGINEER II, HR Req. 031157.

PROPERTY MANAGEMENT MANAGER. HR Req. 031203.

ELECTRICIAN III. HR Req. 030854.

COMPUTER TECHNICIAN II, HR Req. 031159.

FACILITIES ENGINEER II/ MECHANICAL ENGINEER. HR Req. 030812.

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

MANAGER OPTICS/PHOTO, HR Req. 031177.

MISSION LOGISTICS COORDINATOR, HR Req. 031171.

HARDWARE ENGINEER II, HR Req. 031187.

FIELD ENGINEER I, HR Req. 031189.

## COMMUNITY BANK

**For consideration, submit your resume on-line at [www.dodcommunitybank.com](http://www.dodcommunitybank.com). For more information, contact the personnel department at [employment@bank-of-america.jp](mailto:employment@bank-of-america.jp) or call the Banking Center manager at 52292/2142. Community Bank is an equal opportunity employer.**

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

## MIT LINCOLN LABORATORY

SECRETARY. On island position. Prepare presentations, handle classified material, maintain files, office supplies, schedule meetings, maintain calendars, make travel arrangements. Graphics art a plus. Must have or be able to obtain security clearance. Must know MS Office and Adobe products. Must possess strong secretarial skills, self-confidence, mature judgment, be cooperative and have a responsible attitude, a conscientious and organized approach to work in a changing environment. Learn/know Web page design and maintenance. Submit application to Lyn Long, MIT Lincoln Laboratory, P.O. Box 58, APO AP 96555, no later than Thursday.

## WANTED

DOUBLE MATTRESS and box springs; TV with VCR; room/screen divider; bedspread. For missionaries on Ebeye. Call 51444.

## LOST

BLUE 2 foot by 3 foot couch cushion while moving couch to Quarters 121-F via Lagoon Road and Western Street on Tuesday. Reward if cushion returned in good condition. Call Geary, 50962.

GREEN CANVAS wallet with Roi-Namur written on the inside, says James Muhich on it with all identification on inside. \$100 reward. Call 51713 or 53740.

## PATIO SALES

SATURDAY, 2-5 p.m., 123-C. Multi-family sale. Tons of stuff, great bargains.

## FOR SALE

NIKE ATHLETIC shoes, size 11½, new in box. Call 55263.

WEIGHT BENCH with 5, 10 and 15-pound weights, \$40; 12 stackable bins, \$10; two Daiwa Jupiter spinning rods/reels, \$15 each. Call 53718.

SURFBOARDS, 8 foot, 4 inch SouthPoint Epoxy Longboard with Bag, leash \$400; 7 foot, 3 inch Bic Mini Mal \$100; 6 foot, 2 inch shortboard \$100; two bikes, \$20 each. Call 50632.

DOONEY AND BOURKE backpack purse, used twice. Purchased for \$210, will sell for \$100. HP Photosmart 730 series digital camera, 3.24 MP, video, 3X zoom, docking station, connections, additional 128 MG disk included, extra rechargeable AA batteries, like new, \$200. Call 51035 and leave message.

MEDELLA pump-in-style breast pump,

Graco baby backpack, toddler chair, water distiller and filters. Call 51815.

TONKA COAST GUARD helicopter with lights and sound, new, \$25; Play Hut portable play house, new, \$60; Sesame Street pin ball walker, \$20; folding baby bathtub, \$15; Jackass DVDs, Volume Two and Three, \$25 for pair. Call 52642.

32-INCH QUASAR TV with separate four-head VHS cassette player, \$300; adjustable single wood futon chair/bed, \$175; JVC VHS-C video recorder, \$100. Call 51034.

#### COMMUNITY NOTICES

KWAJALEIN SCUBA Club meets at 7 p.m., tonight, in Corlett Recreation Center Room 1. Earn points by wearing a KSC shirt. Win extra points by wearing a dive shirt from the Pacific rim. Find out how much you know about underwater sign language and who has the best dive story of the month.

BARGE OPERATIONS are scheduled through tonight and Sunday. During this time, the Supply and Marine Department areas, between 6th and 8th Streets and Supply and Marine Road, are off limits to pedestrian, bicycle and vehicle/equipment traffic. Only Supply and Marine Department personnel will be allowed access to these areas. Barricades and caution tape will be erected at all of these points. Questions? Call 52180, 53444 or 53430.

THERE WILL BE a half-day of school Saturday. All students will be released at 11:30 a.m.

START THE NEW YEAR on the right note. The first all-island jam of 2006 is almost here. The jam will start at 6 p.m., Sunday, in the Adult Recreation Center. Come join in, play some music and sing along. All styles welcome. For more information, call Billy, 53331, or e-mail: [coleyb@usaka.smdc.army.mil](mailto:coleyb@usaka.smdc.army.mil).

THERE WILL be no school on Tuesday for the Martin Luther King, Jr. holiday.

COMMUNITY BANK will be closed Tuesday in observance of the Martin Luther King, Jr. holiday.

BOY SCOUT TROOP 314 monthly adult steering meeting will be from 7-8:30 p.m., Tuesday, at Quarters 429A.

BOY SCOUT Troop 314 meeting will be from 7 to 8:30 p.m., Thursday, Scout Hut, Community Activity Center.

BOWLING 101 class is back at 4-6 p.m., Monday. Call Thompson, 53320.

DON'T FORGET to stop by Small Boat Marina on Kwaj or on Roi Monday to see who will win the prize for the catch of the day in the Big Strike Fishing Tournament. Weigh-in will be at 5:30 p.m. and continue until all fish are weighed. Raffle will commence immediately after weigh-in.

THE SCHOOL ADVISORY Council will meet at 7 p.m., Jan. 18, in the Elementary School Music Room. Several issues will be discussed, including the 2006-2007 school calendar. The public is invited. Questions? Call 53761.

UNIVERSITY OF MARYLAND announces the following courses. SPCH 100 Foundations of Speech Communication (3). Class begins Jan. 25. Instructor is Dusty Varcak. HRMN 300 Human Resource Management. Instructor is Nicole Beall. Register at the University of

Wednesday, Jan. 11, 2006

Country roads . . . take me to  
**Café Pacific's Down Home Cookin'**  
11 a.m.-1 p.m., Thursday. Families welcome.



Our chefs will be preparing an authentic "Southern Down Home Cooked Meal" featuring: savory dry rub spareribs, southern-fried chicken, cornmeal-breaded catfish, black eyed peas, fried potatoes with onions, collard greens, country gravy, corn bread and sweet potato pie.



**Kwajalein Police Department will hold a found property and bike auction at 4:30 p.m. on Jan. 21.**

Maryland office 12-4 p.m., Mondays and 4-6 p.m., Wednesdays and Fridays, or call 52800 to make an appointment.

JANUARY IS the beginning of a new claim processing year. This means that calculations for your deductible start over with the New Year. Kwajalein Hospital will collect payment for office visits from patients at the time of service. We are implementing this process for January and February to collect fees that will most likely be applied to your deductible up front instead of after insurance processing which has been our practice. Kwajalein Hospital will continue to file these claims with your insurance company on your behalf and provide you with a paid receipt so that you can track that your claims have been processed. Once we have established and documented that your deductible has been met, we will collect only your office visit co-pay at the time of service. This process change applies to office visits only. Lab and radiology will be filed as usual and fees owed by the patient will be collected after the insurance company has processed the claim. Fees for medications are collected at the time they are picked up.

MEREBABES for children from 6 months to 3 is 1-1:45p.m., Wednesday and Fridays, from Feb. 8 to March 3, at Family Pool. Cost is \$30. Register at Community Activities Office by Feb. 4.

ADULT LEARN To Swim Class for all skill levels is 6-6:45 p.m., Tuesdays and Fridays, from Feb. 7 to March 3, at the adult pool. Cost is \$40. Register at Community Activities by Feb. 4.

HYDRO-TONE water aerobics for adults is 5-5:45 p.m., Tuesdays and Thursdays, starting Feb. 7, at the adult pool. No charge. No registration required. For more info, call Mandie at 5-2847

SCUBA CLUB members should return air tanks to the tank house immediately after using.

ALCOHOLICS ANONYMOUS meets at 8 a.m., in PBQ Room 250, second floor, every Sunday. For information, call 51143.

ALANON IS BACK. Meetings are at 5:30 p.m., Thursdays, in the hospital conference room. For information, call 55362.



# Honor roll

## for first semester ending Dec. 16



**High Honor Roll (3.7 and higher)** Grade 7: Renee Corbett\*, Cayley Corrado and Melissa Peacock\*, Rebecca Rejto\* and Dylon Russell\*; GRADE 8: Casey Evans, Austin Fortin, Melanie Holton, Julianne Kirchner\*, William Ray\*, Laurie Simpson, Grant Thimsen, Devin Vinluan, Christine Woodburn and Alexis Yurovchak ; Grade 9: Cassia Griswold\*, Monica Peters and Bret Young; Grade 10: Shelley Childers, John Landgraft\*, Rachael Stepchew and Kaylee West; Grade 11: Liam Berry, Jefferson Bobo, Lani Brown, Emily Hendrix, Hayley Nast, Leah Simpson\*, Michael Taylor\* and Tessa Thimsen; Grade 12: Amber Banducci\*, Lisa Barbella\*, Ashley DeLong, Katie Funk, Maureen Moulton, Allison Peacock, Luaren Peters and Kendal Young\*.

**Honor Roll (3.5 - 3.7)**

Grade 7: Daniel Valles; Grade 8: Andrew Conrad; Grade 10: April Engvall; Grade 12: Michael Graham, Winfield Keller, Jr. and Jeffrey Lewis.

**Merit Roll (3.0 - 3.49)**

Grade 7: Julie Alves, Kyle Cassiday, Danielle Gilmore, Madeleine Hall, Zachary Molina, Melissa Richards, Aubrey Sanborn and Tyler Stepchew; Grade 8: Chelsea Bantol; Clarissa Brady, Colleen Engvall, Barlik Gold, Kelly Grant, Jackson Hirniak, Kitlang Kabua, Emma Peacock and Nakoli Sakaio; Grade 9: Robert Alves, Michael Hillman and Jessica Lojkar; Grade 10: Christian Clark, Corinne Davis, Justin DeCoster, Wardell Harless, Jordan Klein, Georgia Muller and Donna Pippitt; Grade 11: Jeremy Beckler, Michael Butler, Alex Lollar and Jackie Nast; Grade 12: Sean Corrado, Alyx Howard and Jeffrey Schilling.

\*4.0 grade average



ARMED PROUDLY  
FORCES PRESENT  
ENTERTAINMENT..



Mark Yaffee



Vargus Mason



Sebastian Cetina

9 p.m., Saturday,  
at the Yuk Club  
(21 and over)

8 p.m., Sunday,  
at the Roi Outrigger

Laugh . . .  
that's an order!

## RTS Weather

**Tonight:** Widely scattered showers under partly clear skies. **Winds:** NE-E at 17-22 knots.

**Thursday:** Variably sunny with isolated showers. **Winds:** ENE at 15-20 knots.

**Friday:** Variably sunny with widely scattered showers. **Winds:** NE-E at 15-20 knots.

**Saturday:** Mostly sunny with scattered showers. **Winds:** NE-E at 15-20 knots.

**Annual rain total:** 1.75 inches

**Annual deviation:** + 0.10 inches

Call 54700 for updated forecasts or  
[www.rts-wx.com](http://www.rts-wx.com).



## Sun • Moon • Tides



	Sunrise/set	Moonrise/set	High Tide	Low Tide
<b>Thursday</b>	0708/1847	1650/0501	0310, 3.9' 1520, 5.1'	0900, 1.6' 2200, 1.2'
<b>Friday</b>	0708/1847	1745/0556	0350, 4.1' 1600, 5.4'	0940, 1.4' 2230, 1.0'
<b>Saturday</b>	0708/1847	1838/0649	0430, 4.2' 1630, 5.56'	1010, 1.2' 2300, 0.8'