

THE KWAJALEIN HOURGLASS

*Alice Buck
1932-2004*



(Photo courtesy of Dave Kendrick)

Anchors away for Kwaj kid over past year

My name is Loren Lindborg and at the time I'm writing this, it has been a month since I came back from a little place called Mexico. Not only that, but on July 9, it will have been a year since I last left this island. Therefore my point is that between the time I left here almost a year ago and the time I got back almost a month ago, I have done more traveling than many have done in a lifetime.

For instance, my passport in the past year has been stamped in Spain, Chile, Argentina and Mexico. I have done everything from seeing the colossal heads of Easter Island and standing in awe of their origins to climbing the Temple of the Sun in Mexico and gazing upon its empty ruins.

My experiences have been rich, diverse and dangerous. I swam with Olympic athletes who will be competing in Athens this summer as well as cavorted with Mexican gangster rappers who looked like they could have easily killed me in a second.

Now don't get me wrong; I'm not someone who likes to brag about



his/her experiences. Instead, I'm more someone who likes to analyze or philosophize. Therefore I should ask myself: how did this happen?

Well, I could say it happened to be a combination of both luck and blessing. Luck in the fact that I was accepted as the only guy in a group of students from my school selected to spend a semester studying in Mexico (and please don't interpret that in the wrong way) and blessing in that I was blessed with the talent to swim well enough so that I was able to represent the Marshall Islands as a swimmer in the Swimming World Championships meet in Barcelona, Spain last year.

As for my trip to Chile, Argentina and Easter Island, that is because I am both blessed and lucky to have such cool (or un-cool depending on how you look at it) parents who would be crazy enough to take their kids on a whirlwind trip

throughout South America for Christmas instead of just buying a tree and decorating the house with the traditional green and red Christmas décor.

Therefore coming to the conclusion that I have been blessed with luck and/or been lucky with blessings, I find the realization of my reflection liberating. However, I am still left with the dilemma on the significance of what I want you, the reader, to get out of this. And since, I can't think of anything concrete, I will leave you with this metaphor, a metaphor that goes well with this island and has been a metaphor that I have admired all my life. I don't know whom it's by or where it came from, but all I know is that I want it to leave you with this question: "Are you happy with the way you're leading your life?" (You can answer that question by looking for the hidden truth in the following words.)

A ship in harbor is safe, but that is not what a ship is built for... That being said, I can now admit that I have seen many things over the course of a year and that I have been to many places, and while I'm still somewhat the same goofy kid that grew up and graduated out here, I have learned that the more places you go, the more you know, and that in order to call a place home, you first have to leave it for awhile. Only after that can you come back to harbor and anchor for awhile before you set sail again.

— Loren Linborg

Marshallese Word of the Day
molo — cold

The Kwajalein Hourglass

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Buckminster and Friends _____ by Sabrina Mumma



July Health Awareness — High blood pressure

By Jan Waddell
Reporter

The adverse effects of high blood pressure can go unnoticed and cause the heart, brain or kidneys damage if undiagnosed and untreated.

According to the National Heart Lung and Blood Institute, about one in every four adults has high blood pressure and once it develops it usually lasts a lifetime.

High blood pressure is known as a “silent killer,” because symptoms usually don’t show up and can go undetected until a health care professional takes a blood pressure reading.

If untreated, high blood pressure can cause the heart to enlarge, small bulges to develop in the blood vessels, arteries to harden and blood vessels in the eyes to burst or bleed, which can lead to a heart attack, stroke, kidney failure, blindness or amputation.

Blood pressure is the force of blood pushing against the walls of arteries as it pumps from the heart.

A person’s blood pressure test or reading is done with a sphygmomanometer, or more commonly known as a blood pressure cuff and gauge and is best taken when sitting or lying down.

There are two readings taken during a blood pressure test, a systolic, which is the top number and a diastolic or bottom number. A blood pressure reading is written as 120/80 or 120 over 80, for example.

The NHLBI said blood pressure is highest or systolic number, when the heart beats and lowest or diastolic number, when the heart is at rest.

Both the systolic and diastolic numbers are important.

A person’s blood pressure can change with exercise, nervousness or sleeping, but remains much the same while a person is awake and sitting or standing still.

High blood pressure means the heart is working harder, arteries are taking a beating and the risk of stroke, kidney failure and heart attack is greater.

“Current guidelines indicate that optimal blood pressures should be 120 or below over 80 or below,” said Kathy Campbell, director of Occupational Health. “In the past the cut-off point was considered 140/90. Normal [blood pressure] is considered 130 or below, over 85 or below. Now 140-149 over 90-99 is considered hypertension and treatment might be recommended. This is a change from previous standards and tightens up the range or normal considerably.”

Dr. Eric Lindborg, chief medical officer, said, “Blood pressure can be significantly elevated and cause absolutely no symptoms. That’s the reason it’s important to check blood pressure even if you feel well. General guidelines suggest checking the pressure annually, more often if your blood pressure is more than 140/90.”

According to the NHLBI, many people develop prehypertensive or high blood pressure as they get older, but there are many things that can help to lower a prehypertensive blood pressure and maintain a normal blood pressure.

Prehypertensive is a blood pressure

that ranges from 120 to 139 for the systolic and 80-89 for the diastolic.

According to NHLBI, if prehypertension goes untreated it could result in someone developing high blood pressure.

People have a higher chance of getting high blood pressure if they are overweight, have a family history of high blood pressure, are prehypertensive, or are men over 45 years old and women over 55.

Other things that affect a person’s blood pressure are too much salt, alcohol, not enough potassium, lack of exercise, certain medications and long-term stress.

“Ultimate causes of hypertension are unknown,” Lindborg said. “Its presence is clearly associated with overweight, lack of exercise and increasing age. In many respects it is an illness of the affluent society.”

Many times high blood pressure can be controlled by eating fruits, vegetables, low-fat dairy products, reducing salt and sodium, losing excess weight, increasing exercise and decreasing alcohol consumption.

If high blood pressure cannot be controlled through diet and exercise, there are certain medications that can help.

One thing recommended by NHLBI is for people to learn how to take their own blood pressure or have it checked regularly by a health care professional.

Some information for this article was obtained from the National Heart Lung and Blood Institute at www.nhlbi.nih.gov/hbp/.



Take a flying leap

Oran and his Military Working Dog Handler Staff Sgt. Derek Donahey, both assigned to the 99th Security Forces Squadron, work together to navigate an obstacle course at Nellis Air Force Base, Nev., June 23. DoD photo by Senior Airman Kenny Kennemer, U.S. Air Force. (Released)

NATION BIDS FAREWELL TO

By April Brown
Reporter

The Marshall Islands said farewell to a dear friend last week. Alice Buck, missionary and friend, died June 28 in her home in Claremont, Calif. after a brief struggle with cancer.

Her lifelong dedication to the cultures of Micronesia will continue to affect generations to come, according to Helen Claire Sievers, a former student of Buck's.

"She was such a marvelous person," Sievers said. "I know I owe a tremendous debt of gratitude for all I learned from her, things that got me interested in Marshallese life and culture."

The Path She Chose

Buck, born Mary Alice Hanlin, December 24, 1932 in Knoxville, Tennessee, was the daughter of Harold and Mary Ruth Hanlin. Dr. Hanlin was a Navy chaplain stationed on Kwajalein shortly after the war, said Bob Sholar, a family friend.

"He liked the Marshall Islands so much that he came back as a missionary in Kosrae," he said. "Alice was a teenager living on Kosrae in the 50s."

Sholar came to Kwajalein in 1963 with his family. By that time, Alice had met and married Elden Buck and they were living with their family on Ebeye working as missionaries.

"Elden was the minister at a Protestant church on Ebeye and they lived on Ebeye in a house that's way down by what is now the dump," Sholar said. "I remember walking to their house when I was a kid...lots of open space down this dirt road to their house."

The Buck's daughters, Lisa and Lauren attended school with Sholar and his sister on Kwajalein.

"Because my father knew the Buck's from church [Lisa and Lauren] had lunch with us every day," he said.

The Buck's moved to Kwajalein in 1968 when Elden became the Protestant minister after living on Ebeye for five years.

"When my parents came back for a second tour in 1976 Elden was still here," Sholar said. "That's when he was doing these tours of Micronesia. They'd get 20 or 30 people and they would arrange visits in Kosrae, Pohnpei, Chuuk, Pulau. He had connections with churches throughout Micronesia. I know [they] did it for many years."

Tours of Micronesia were one of the ways the Buck's introduced new residents, like Sievers, to different cultures. Buck is credited with helping the two communities of Kwajalein and Ebeye understand and appreciate each other, especially the women.

"Our first tour on Kwaj we went with Alice and Elden on one of their famous tours of Micronesia, which was our first introduction to the other islands," Sievers said. "Staying at the churches, eating chicken and rice with the people, singing, telling stories, it was all just wonderful, and from

then on I was 'hooked' on the islands."

The Bucks remained involved in the Micronesian cultures and actually adopted a Marshallese child, their son Kyle, who is a cousin of Nancy Opiniano.

"We would constantly be doing skits at the church for whatever holiday was going on and we would have to do it in Marshallese and English for the congregation," Opiniano said.

Elden Buck served as Protestant chaplain on Kwajalein for 13 years, said Dave Kendrick. Kendrick and his wife Lora are friends of the Bucks and sponsored Alice on her visit in 2002 for the final meetings with the churches on Ebeye regarding the Bible translations.

"Whenever Alice or Elden would come through hundreds of people would meet them at the airport," he said.

The Bucks left Kwajalein and moved to Hawaii where they lived for 10 years. Elden was interim pastor of the Korean Christian Church in Honolulu. Their daughter Lauren has continued in the family tradition of church service as the chaplain for the students at the Punahou School in Hawaii.

A Life Spent in Service

Alice Buck spent her life in service to the people of the central Pacific, first as a missionary under the United Church of Christ mission board and then as a Bible translator. After attending Phillips University in Oklahoma, she graduated from Northwest Christian College in Eugene, Oregon.

Buck first became interested in learning the languages of Micronesia and interpreting during her family's move to Kosrae when she was a child, according to an interview with her done by Kendrick in 2002. On their way to Kosrae they stayed on Chuuk for three months, where Buck met Anna Delter, a German missionary who was fluent in the Chuuk language. She began learning Kosraen from the scripture and became her father's interpreter for his sermons.

The Buck's lived as missionaries on Kosrae for four years before moving to Ebeye and then to Kwajalein. During their time in the Marshalls and after, Alice was instrumental in completing the new translations of the entire Bible into the Marshallese and Kosraen languages, according to Sievers. She worked under the auspices of the United Bible Societies on this project which began in 1967.

"It was fascinating to hear her speak of the issues that she faced in deciding how to best render a Biblical passage: how literal to be, how much to retain the metaphors and similes that were not meaningful to Pacific islanders," Sievers said. "Her enthusiasm and dedication to this throughout her life never flagged."

Buck created a translation center on Ebeye in an excess trailer from Kwajalein, Sievers said. Although Protestant missionaries had translated portions of the Bible in the past, the language wasn't contemporary. Buck, under the direction of the UBS Missionary Board, headed a team of Protestants and Catholics to do the translations.

In 1981, the Department of Energy presented Buck with a Distinguished Associate Award in recognition of



Alice Buck
1932-2004

MISSIONARY AND FRIEND

Alice's work in the preparation of booklets in Marshallese for the people of Enewetak and Bikini that explained the possible effects to their lives if they returned to their home islands. She also translated documents for the Micronesian Claims Commission, the U.S. Post Office and the Environmental Protection Agency.

Fluent in both languages, Buck taught conversational Marshallese through the Adult Education program and presented a series of 30 Marshallese lessons on AFRS, the island radio station. She documented the language on several tapes that were used in classes taught on Kwajalein for many years.

Alice and Elden always chose to speak in Marshallese or Kosraen over English, Opiniano said. They were fluent in both languages and raised their daughters, Lisa and Lauren, in the same fashion.

"I remember that my grandmother and her would speak Marshallese together," Opiniano said. "Even when she was in Honolulu and I would see her she would always speak Marshallese to me."

Buck was also a member of the Kwajalein Atoll Inter-Island Community Relations Committee from its founding in 1969.

Her Legacy

Buck's work and her life affected many, those who knew her for years and those who only met and worked with her recently. For some, the work she did will affect them, but for others it was certain characteristics that stood out about her.

"I remember that distinctive cheerful voice even from when I was five years old," Sholar said. "When I met her again 20 years later, I recognized it and it brought back good memories."

Sholar later saw Buck on 60 Minutes when she was interviewed on Bikini Atoll. Although it had been many years since he had seen or spoken with Buck, her voice stood out to him, as it always had.

"It was distinctive, cheerful and powerful all at the same time," he said.

Buck also served as the MC for former President Amata Kabua's funeral in Honolulu a few years ago.

"She is going to be missed by all of us," said Amatlain Kabua, Amata Kabua's daughter and former Mayor of Majuro.

During a visit in 2002, Buck stopped off at the Mar-

shallese Cultural Center to talk with Cris Lindborg and Sue Rosoff. Rosoff has spent the past four years collecting and digitizing about 2,500 glass plates from the Joachim deBrum photo collection.

"I got to show her my project," Rosoff said. "The thing that Alice was so thrilled about was it was about Marshallese history, and preserving it for the people. That's what she was about too, she was incredibly supportive of this project and thrilled that it was being done."

For Rosoff, it was inspirational to meet someone who affected so many and opened the doors for change.

"What a great lady," Rosoff said. "For me the real joy in meeting her was in meeting someone who was a pioneer in preserving Marshallese culture also."

The Buck's are very well known in the Marshalls and throughout Micronesia for the work they have done, Kendrick said.

"There are a lot of people out here that she's touched and will continue to," he said.

For those who knew her, her work and life of service were second to her strength of character and her devotion to others.

"You talk to Marshallese people who knew her before when she was here and they'll tell you she was beautiful outside but really beautiful inside," Rosoff said.

The Bucks were looking forward to a huge celebration on Kosrae in the summer of 2005 when the new Bible would be dedicated and Elden's book, *A History of the Church at Kosrae 1852-2002* would be finished.

Alice Buck was preceded in death by her parents Harold and Mary Ruth Hanlin, and is survived by her husband, the Rev. Elden M. Buck, her children Lisa Buck Haley (Stephen), Lauren Buck Medeiros (Michael), Kyle T. Buck (Marites), her brother and sister-in-law John and Carol Hanlin, her sister Ruth Ann Hanlin and six grandchildren.

The Buck family is designating memorials to be donated to the United Bible Societies to further her life-long translation work. Donations can be mailed to the following address:

Alice Buck Memorial Fund
c/o Claremont United Church of Christ
233 West Harrison Avenue
Claremont, CA 91711

(Photos courtesy of Cris Lindborg, Jody Ragan Taylor and the Buck family. Biographical information provided by the Buck family, Taylor and Helen Claire Sievers.)



Alice Buck, center, with Cris Lindborg (L) and Sue Rosoff (R), during a 2002 visit to the Marshallese Cultural Center.



Alice Buck translates for Dr. Traegor Ishoda at the groundbreaking for the new Ebeye Hospital in 1971.

Army focus task force 'jump starting' future

Editor's note: This is one article in a series on Army Chief of Staff Gen. Peter Schoomaker's focus areas. This one focuses on the application of various technologies.

By Gary Sheftick
Army News Service

WASHINGTON — The "Current to Future Force" initiative is about more than accelerating futuristic technology for use in today's Army, according to a leader of the task force.

"We're creating a new way of doing business," said Ed Mazzanti, deputy of the Capabilities Development Directorate at the Training and Doctrine Command's 'Future Center.'

Mazzanti and his focus area task force identify promising capabilities under development and attempt to "rapidly spiral" them for use in the current force. They are looking closely at certain aspects of the Future Combat Systems, such as unmanned aerial vehicles and robotics.

The UAVs and robots brought into use today may not have the "threshold capabilities" intended for 2010, Mazzanti said, but they will provide current leaders an opportunity to experience application of the technologies while research continues.

"It really gives us a jump-start toward bringing that future to being," Mazzanti said.

His task force also examines "lessons learned" from Iraq, Afghanistan and other operations to help steer development of future capabilities to what is needed.

"It's really a continuation of Army transformation," Mazzanti said. "It embraces the notion of adjusting the Army's transformation to what has occurred in the operational environment," especially after Sept. 11, 2001.

This is something Mazzanti's task force calls "current to future," which differs in principle from the "future to current" acceleration of technology.

"Today's Army is very capable, well proven," Mazzanti said, explaining that proven capabilities deserve to stay around for the future. For instance, he said the M-1 Abrams tank will be around for "decades into the future."

The third function of his task force is to look at "current to current" capabilities, Mazzanti said. This means finding capabilities being used suc-



(Photo by Timothy L. Rider)

A Packbot searches for booby traps on this truck at Najaf airfield, Iraq, March 31. The Packbot is an example of technology that is being accelerated for the current force.

cessfully in one corner of the Army and adapting them for wider application. Mazzanti said this includes some battle command initiatives fielded to forces in Iraq.

Every six months, his task force - with members from the Pentagon, Army Material Command, Joint Forces Command, Army Testing and Evaluation Command, TRADOC and elsewhere - will team up to conduct a "capabilities assessment" and determine what technologies are ripe for fielding.

"We're casting a very wide net," Mazzanti said, explaining that his group not only has "tentacles across the Army," but is also looking at academia and foreign armies, such as a South African mine detection capability.

The task force is also looking at a Counter Mine Change Detection Work Station, which would process information collected by infra-red imagery, cameras and other sensors and analyze the terrain to determine if it has been disturbed. The software will alert forces to the probability of land mines being present.

Active Protective Systems for combat vehicles are being examined, but

not necessarily for near-term fielding, Mazzanti said. APS could sense incoming rounds or missiles and enable countermeasures, Mazzanti said.

One way Mazzanti's task force aims to accelerate the fielding of technology is to "team early" the research and development folks with the acquisition corps.

"The intent is to accelerate," Mazzanti said, "but there are certain statutory requirements in acquisition."

"We still have to operate within the statutory requirements," Mazzanti said. He also stressed that change is never recommended for the sake of change itself.

"You have to be careful about the pace of change," Mazzanti said. He said that the task force weighs the added capability of a change to ensure it merits the turbulence it will create.

Change affects material, doctrine and the way units conduct business, Mazzanti said. He said the task force constantly balances risk between today and tomorrow.

"It's a mindset," Mazzanti said, "a continuum of activity that pushes the Army toward the future."

Wednesday, July 7

Time	Channel 9 — AFN Atlantic	Channel 13 — AFN News-Sports	Channel 14 (Roi 24) — AFN News	Channel 17 — AFN Sports	Channel 23 — AFN Spectrum	Channel 26 — AFN Atlantic, no delay	Channel 35 — AFN Direct to Sailors
12:00AM	The Late Show	Good	Good	SportsCenter	Movie:	The Today Show	Movie (Continued)
12:30AM	Access Hollywood	Morning America	Morning America		Legends of the Fall		Summer Movies
1:00AM	Movie:	Headline News	Headline News	MLB		Arthur	Headline News
1:30AM	A Lesson Before	World News	World News	N.Y. Mets		Animaniacs	Tonight Show
2:00AM	Dying	Early Show	Early Show	at		Lizzie McGuire	with Jay Leno
2:30AM				Philadelphia Phillies	Ebert & Roeper	All That!	Late Show
3:00AM	Movie:			SportsCenter	Wild Thornberrys	Jeopardy	w/ David Letterman
3:30AM	Jubal				Spongebob	Headline News	Access Hollywood
4:00AM		FOX News Live	FOX News Live	ESPNNews	The Simpsons	ESPNNews	Movie:
4:30AM				Baseball Tonight	Happy Days	Headline News	The Specialist
5:00AM	Bulletin Board			NASCAR Craftsman	Ed	7th Heaven	
5:30AM				Truck Series			Movie: <:45>
6:00AM	Good Morning			O'Reilly Auto Parts	E.R.	Movie:	Shane
6:30AM	America			250	The Residents	Get Over It	
7:00AM		Headline News	Headline News				
7:30AM		Inside Politics	Inside Politics			Summer Movies	
8:00AM	Sagwa			The Hot List	Movie:	Headline News	ESPNNews
8:30AM	Wheel of Fortune	Navy/Marine Corps	Navy/Marine Corps		Legends of the Fall	Tonight Show	Headline News
9:00AM	Dr. Phil	Lester Holt Live	Lester Holt Live	Around the Horn		with Jay Leno	The Today Show
9:30AM	Oprah Winfrey			PTI		Late Show	
10:00AM	<9:46>	Headline News	Headline News	SportsCenter		w/ David Letterman	
10:30AM	Guiding Lt. <10:35>	NBC Nightly News	NBC Nightly News		Ebert & Roeper	Access Hollywood	
11:00AM	General Hospital	MLB	ABC World News	4 Quarters	Wild Thornberrys	MLB	Headline News
11:30AM	<11:17>	Texas Rangers	CBS Evening News		Spongebob	Texas Rangers	E.R.
12:00PM	Bulletin Board	at	Countdown With	Tour De France	The Simpsons	at	
12:30PM	Judge Judy	Cleveland Indians	Keith Olbermann	Stage 3	Happy Days	Cleveland Indians	Wheel of Fortune
1:00PM	Hannity and Colmes		Hannity & Colmes		Ripley's Believe it		Dr. Phil
1:30PM					Or Not		
2:00PM	The Newshour	ESPNNews	The Newshour	MLB	Andromeda	ESPNNews	Oprah Winfrey
2:30PM				Colorado Rockies			
3:00PM	Arthur	Headline News	BET Nightly News	at	Mail Call	Headline News	NBC Nightly News
3:30PM	Animaniacs	ESPNNews	Nightly Business Rpt.	S.F. Giants	Legends of	ESPNNews	Judge Judy
4:00PM	Lizzie McGuire	Larry King Live	Larry King Live		Airpower		
4:30PM	All That!				Secrets of War	Headline News	Secrets of War
5:00PM	Jeopardy	Newsnight	Newsnight	ESPNNews		Headline News	
5:30PM	Access Hollywood	with Aaron Brown	with Aaron Brown	Totally NASCAR	Movie:	Sesame Street	Movie:
6:00PM	Bulletin Board	Paula Zahn Now	Paula Zahn Now	SportsCenter	Congo		Congo
6:30PM	Headline News					Blues Clues	
7:00PM	7th Heaven	Nightline	Nightline			Wheel of Fortune	
7:30PM		PTI	Headline News	MLB	Wild Thornberrys	Dr. Phil	The Simpsons
8:00PM	Movie:	Hardball	Hardball	Cincinnati Reds	Spongebob	Oprah Winfrey	The Simpsons
8:30PM	Get Over It	with Chris Matthews	with Chris Matthews	at	The Simpsons	<7:46>	Jeopardy
9:00PM		CNN Daybreak	CNN Daybreak	St. Louis Cardinals	Happy Days	Guiding Lt. <8:35>	Headline News
9:30PM	Summer Movies				Ripley's Believe it	General Hospital	ESPNNews
10:00PM	Headline News	O'Reilly Factor	O'Reilly Factor	SportsCenter	Or Not	<9:17>	Headline News
10:30PM	Tonight Show				Andromeda	Headline News	8 Simple Rules
11:00PM	with Jay Leno	Good Morning	Good Morning	Tuesday Night	Mail Call	Judge Judy	Bernie Mac Show
						The Today Show	Fear Factor

Thursday, July 8

Time	Channel 9 — AFN Atlantic	Channel 13 — AFN News-Sports	Channel 14 (Roi 24) — AFN News	Channel 17 — AFN Sports	Channel 23 — AFN Spectrum	Channel 26 — AFN Atlantic, no delay	Channel 35 — AFN Direct to Sailors
12:00AM	The Late Show	Good	Good	Tuesday Night	Secrets of War	The Today Show	Las Vegas
12:30AM	Access Hollywood	Morning America	Morning America	Fights			
1:00AM	Movie: <i>The Specialist</i>	Headline News	Headline News	SportsCenter	Movie: <i>Congo</i>	Between the Lions	Headline News
1:30AM		World News	World News			Teamo Supremo	Tonight Show
2:00AM	Movie: <:45> <i>Shane</i>	Early Show	Early Show	Track & Field		Popular Mechanics	with Jay Leno
2:30AM							Liberty's Kids
3:00AM				SportsCenter	Wild Thornberrys	Jeopardy	David Letterman
3:30AM					Spongebob	Headline News	Access Hollywood
4:00AM		FOX News Live	FOX News Live	ESPNNews	The Simpsons	ESPNNews	Movie: <i>The Young Lions</i>
4:30AM				Baseball Tonight	Happy Days	Headline News	
5:00AM	Bulletin Board			MLB <i>Detroit Tigers</i> at <i>N.Y. Yankees</i>	Ripley's Believe it Or Not	8 Simple Rules	
5:30AM						Bernie Mac Show	
6:00AM	Good Morning America			Headline News	Headline News	Andromeda	
6:30AM		Headline News	Headline News			Las Vegas	America's Funniest
7:00AM	Inside Politics	Inside Politics	Baseball Tonight	Legends of Airpower	Home Videos		
7:30AM				Baseball Tonight		Secrets of War	Headline News
8:00AM	Blues Clues	Headline News	Headline News	The Hot List		Headline News	
8:30AM	Wheel of Fortune	Lester Holt Live	Lester Holt Live	Around the Horn	Movie: <i>Congo</i>	Tonight Show with Jay Leno	The Today Show
9:00AM	Dr. Phil	Headline News	Headline News	PTI		The Late Show w/ D. Letterman	
9:30AM	Oprah Winfrey	Headline News	Headline News	SportsCenter	Access Hollywood		
10:00AM	<9:46>	NBC Nightly News	NBC Nightly News				
10:30AM	Guiding Lt. <10:35>	MLB <i>Oakland Athletics</i> at <i>Boston Red Sox</i>	ABC World News CBS Evening News	Moto GP	Wild Thornberrys Spongebob	MLB <i>Oakland Athletics</i> at <i>Boston Red Sox</i>	Headline News One Tree Hill
11:00AM	General Hospital <11:17>	Countdown With Keith Olbermann	Hannity & Colmes	Toyota Atlantic Series	The Simpsons	Happy Days	Wheel of Fortune
11:30AM	Bulletin Board			ESPNNews	One Tree Hill		
12:00PM	Judge Judy	Hannity & Colmes	Hannity & Colmes	ESPNNews	One Tree Hill		Dr. Phil
12:30PM	Hannity & Colmes			PTI			
1:00PM	The Newshour	Baseball Tonight	The Newshour	MLB <i>Houston Astros</i> at <i>San Diego Padres</i>	The West Wing	Baseball Tonight	Oprah Winfrey
1:30PM							
2:00PM	Between the Lions	Headline News	BET Nightly News		Power, Privilege, and Justice	Headline News	NBC Nightly News
2:30PM	Teamo Supremo	ESPNNews	Nightly Business Rpt.		Journeys to the ends of the earth	ESPNNews	Judge Judy
3:00PM	Popular Mechanics	Larry King Live	Larry King Live		Inspector Morse	Headline News	Journeys to the ends of the earth
3:30PM	Liberty's Kids	Newsnight with Aaron Brown	Newsnight with Aaron Brown	ESPNNews	<i>Last Seen Wearing</i>	Sesame Street	Inspector Morse
4:00PM	Jeopardy			Totally NASCAR		<i>Last Seen Wearing</i>	
4:30PM	Access Hollywood	Paula Zahn Now	Paula Zahn Now	SportsCenter		Sesame Steet	<i>Last Seen Wearing</i>
5:00PM	Bulletin Board	Nightline	Nightline	American Lemans Series <i>Lime Rock, CT</i>	Wild Thornberrys	Headline News	Headline News
5:30PM	Headline News				PTI	Army Newswatch	Spongebob
6:00PM	8 Simple Rules	Hardball with Chris Matthews	Hardball with Chris Matthews		The Simpsons	<7:46>	Jeopardy
6:30PM	Bernie Mac Show			Happy Days	Guiding Lt. <8:35>	Headline News	
7:00PM	Fear Factor	60 Minutes II	60 Minutes II		One Tree Hill	General Hospital	ESPNNews
7:30PM	Las Vegas	O'Reilly Factor	O'Reilly Factor	SportsCenter	The West Wing	<9:17>	Headline News
8:00PM	Headline News					Headline News	Raymond
8:30PM	Tonight Show	Good Morning America	Good Morning America	Tour De France <i>Stage 4</i>	Power, Privilege, and Justice	Judge Judy	Scrubs
9:00PM	with Jay Leno					The Today Show	Extreme Makeover
9:30PM	Late Show						

Friday, July 9

Time	Channel 9 — AFN Atlantic	Channel 13 — AFN News-Sports	Channel 14 (Roi 24) — AFN News	Channel 17 — AFN Sports	Channel 23 — AFN Spectrum	Channel 26 — AFN Atlantic, no delay	Channel 35 — AFN Direct to Sailors	
12:00AM	The Late Show	Good	Good	Tour De France	Journeys to the	The Today Show	E.R.	
12:30AM	Access Hollywood	Morning America	Morning America	Stage 4	ends of the earth			
1:00AM	Movie: <i>The Young Lions</i>	Headline News	Headline News	SportsCenter	Inspector Morse <i>Last Seen Wearing</i>	Real Monsters	Headline News	
1:30AM		World News	World News			Hey Arnold!	Tonight Show	
2:00AM		Early Show	Early Show	Totally NASCAR			Yu-Gi-Oh!	with Jay Leno
2:30AM				PTI		Jackie Chan	Late Show with	
3:00AM				SportsCenter	Wild Thornberrys	Jeopardy	David Letterman	
3:30AM					Spongebob	Headline News	Access Hollywood	
4:00AM	America's Funniest	FOX News Live	FOX News Live	ESPNews	The Simpsons	ESPNews	Movie: <i>Pump Up the Volume</i>	
4:30AM	Home Videos			Baseball Tonight	Happy Days	Headline News		
5:00AM	Bulletin Board	60 Minutes II	60 Minutes II	SportsCenter	One Tree Hill	Raymond		
5:30AM						Scrubs		
6:00AM	Good Morning	MLB <i>Anaheim Angels at Chicago White Sox</i>	FOX News Live	MLB <i>Anaheim Angels at Chicago White Sox</i>	The West Wing	Extreme Makeover	Movie: <i>Beverly Hills Cop</i>	
6:30AM	America							
7:00AM			Headline News			Power, Privilege, and Justice		E.R.
7:30AM			Inside Politics					
8:00AM	Sesame Street					Journeys to the	Headline News	ESPNews
8:30AM	Wheel of Fortune		Army Newswatch	ends of the earth	Tonight Show	Headline News		
9:00AM	Dr. Phil	Lester Holt Live	Lester Holt Live	Around the Horn	Inspector Morse	with Jay Leno	The Today Show	
9:30AM	Oprah Winfrey			PTI	<i>Last Seen Wearing</i>	The Late Show		
10:00AM	<9:46>	Headline News	Headline News	SportsCenter		w/ D. Letterman		
10:30AM	Guiding Lt. <10:35>	NBC Nightly News	NBC Nightly News			Access Hollywood		
11:00AM	General Hospital	MLB <i>Tampa Bay Devil Rays at N.Y. Yankees</i>	ABC World News	Sports Reporters	Wild Thornberrys	MLB <i>Tampa Bay Devil Rays at N.Y. Yankees</i>	Headline News	
11:30AM	<11:17>			CBS Evening News	Totally NASCAR		Spongebob	The Simpsons
12:00PM	Bulletin Board			Countdown With Keith Olbermann	WNBA <i>Washington Mystics</i>		The Simpsons	The Simpsons
12:30PM	Judge Judy			Hannity & Colmes	at <i>N.Y. Liberty</i>		Happy Days	Wheel of Fortune
1:00PM	Hannity & Colmes						The Dead Zone	Dr. Phil
1:30PM								
2:00PM	The Newshour	ESPNews	The Newshour	Tour De France	Boston Public	ESPNews	Oprah Winfrey	
2:30PM				Stage 5				
3:00PM	Real Monsters	Headline News	BET Nightly News		Crocodile Hunter	Headline News	NBC Nightly News	
3:30PM	Hey Arnold!	ESPNews	Nightly Business Rpt.			ESPNews	Judge Judy	
4:00PM	Pokemon	Larry King Live	Larry King Live	Baseball Tonight	World of Wildlife	Headline News	World of Wildlife	
4:30PM	Jackie Chan				Animal Adventures	Headline News	Animal Adventures	
5:00PM	Jeopardy	Newsnight	Newsnight	ESPNews	Buffy the Vampire	Sesame Street	Buffy the Vampire	
5:30PM	Access Hollywood	with Aaron Brown	with Aaron Brown	PTI	Slayer		Slayer	
6:00PM	Bulletin Board	Paula Zahn Now	Paula Zahn Now	SportsCenter	The X-Files	Little Bill	The X-Files	
6:30PM	Headline News					Wheel of Fortune		
7:00PM	Raymond	Nightline	Nightline	MLB <i>Teams TBD</i>	Wild Thornberrys	Dr. Phil	Dead Zone	
7:30PM	Scrubs	PTI	Headline News		Spongebob	Oprah Winfrey		
8:00PM	Window on the..<:55	Hardball	Hardball		The Simpsons	<7:46>		Jeopardy
8:30PM	Ex. Makeover<:8:05	with Chris Matthews	with Chris Matthews		The Cosby Show	Guiding Lt. <8:35>		Headline News
9:00PM	E.R.	Primetime	Primetime		The Dead Zone	General Hospital		ESPNews
9:30PM					<9:17>		Headline News	
10:00PM	Headline News	O'Reilly Factor	O'Reilly Factor	SportsCenter	Boston Public	Headline News	The Simpsons	
10:30PM	Tonight Show					Judge Judy	Malcolm in the Middle	
11:00PM	with Jay Leno	Good Morning	Good Morning	Baseball Tonight	Crocodile Hunter	The Today Show	The Apprentice	
11:30PM	The Late Show	America	America					

HELP WANTED

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

ANNUAL WORK PLAN ADMINISTRATOR, CDC Engineering. Develop and maintain annual work plan. Coordinate with appropriate offices/programs, work with Public Works leadership and USAKA to monitor and maintain the AWP. Maintenance or database in Access and MIMS. Ensure that the projects in work are funded and included on AWP.

ADMINISTRATIVE ASSISTANT, Education Services. Full time. Must have excellent written and communication skills and be proficient in Microsoft Office. Duties will include attendance, inventory, ordering, public relations, school records, correspondence and all school office responsibilities.

PRODUCTION CONTROL CLERK III. Receive telephone and walk-in customers, process requests, use radio to dispatch crews for emergency work requests and generate and maintain service order documentation.

UPH HOUSING COORDINATOR. Provides assistance with all facets of unaccompanied personnel housing.

LIBRARY AIDE. Provides assistance to the school library media instructor, shelving and checking our books, supervise students and other duties as required.

HAZMAT SPECIALIST I, Hazmat Dept. Full time. Requirements are high school diploma or equivalent, customer service skills, fluent in English, proficient in Excel, Word and PowerPoint. Duties include providing a central point of contact and customer service to direct HAZMAT calls and e-mails. Work with HSMS and KEAMS. Prefer HAZMAT, KEAMS and previous customer service experience.

DISPATCHER, Aircraft. Assists aircrews with flight planning. Acts as primary information point of contact for local and transient aircrews and coordinates servicing for local, military and commercial flights. Passenger scheduling of local rotor wing operations. Coordinates and disseminates daily flight schedules and keeps public information recordings current. Maintains files of flight records and aviation operations documentation. Strong communication and computer skills required. Previous military or civilian aviation operations experience preferred.

TRAFFIC AGENT, Airfield Operations. Part time. Individual will be responsible to ensure safe and timely loading and unloading of commercial and military aircraft and cargo aircraft, conduct emergency ticketing, utilize airline-style computer systems for cargo and passenger processing and accountability.

BASE OPS TECHNICIAN, Airfield Operations. Part time. Coordinating, scheduling, monitoring and reporting information on all flight operations. Provides assistance to transient and local aircrews. Requirements are a high school diploma or equivalent, plus one year related experience, ability to communicate clearly in English, be able to work in a fast-paced environment, be able to work various shifts and be functional in Microsoft computer programs.

ADMINISTRATIVE ASSISTANT, Mission Operations. Full time. Individual must have excellent computer skills and be well versed in KEAMS, Word, Excel, PowerPoint, Access and MS Project. Will perform a variety of administrative/clerical tasks in areas such as finance, purchasing and human resources for the Deputy Program Manager, Mission Ops. Will coordinate DPM schedule, perform key control functions, interdepartmental activities, time cards submission and payroll, compile and generate reports and CDRL documents and other support as required by the DPM.

ASSISTANT YOUTH DIRECTOR. Casual. Supervises students at the Youth Center under the direction of the Youth Activities Director. Requires childcare clearance. Approximately 20 hours per week.

USAKA/RTS has the following job vacancy. For job information, contact Cris Foster, USAKA/RTS Civilian Personnel, 54417. Applications must be submitted in accordance with announcements at <http://www.cpol.army.mil> or USAJobs at <http://usajobs.opm.gov>.

GENERAL ENGINEER, GS-0801-13. USAKA/RTS Directorate for Public Works. 24-month overseas tour with transportation and housing agreement. Announcement No. SCB K04979921 at CPOL web site. Closes July 22, 2004. USAJobs announcement No. X-LW-04-6579-LW. Closes July 28.

GENERAL ENGINEER, GS-0801-13. USAKA/RTS Command Safety Directorate (flight safety engineer). Two positions. 24-month overseas tour with transportation and housing agreement. Announcement No. SCBK04015883 at CPOL web site. Closes Aug. 2, 2004.

WANTED

ROLLERBLADES, women's size 5½. Call 52765.

READY TO sell Legos? Call 52427.

TO BUY: Unused roll of reed fencing and/or outdoor blinds for patio. Call Lauren, 55558.

COMPUTER and PRINTER for translation of Yapese Bible. Request submitted on behalf of Dave Vuninaga, a former Yap missionary. Typhoon Sudal wiped out their office and ruined their computer and printer. To donate, call Pam or Bruce, 54434.

TO BUY; Internet ready older computer with CD ROM and 3½" drive, laptop or desktop; small microwave; drip electric coffee maker; electric alarm clock; two Kwaj-condition bikes; hard throw-about dinghy. Call 59127.

YARD FENCING. Call Claudia, 53708H or 54421W.

ESL SUBSTITUTE teachers needed to teach young adult Marshallese at Kwajalein Job Corps. Subjects are reading, English, math, health and employability skills. For information, call 55622.

FOUND

HAWAIIAN MUSIC CD by south end of Palm BQ, June 29. Call Jim, 51911W or 53638H.

SUNGLASSES on tennis court, Monday. Call 52625, after 6 p.m.

CHILD'S silver bracelet, at Qtrs. 120-B; two pipe servers, from Shoult's PCS party. Call 51591.

FOR SALE

SEALY POSTUREPEDIC Elite Plus twin-size

mattress, almost new, includes good box springs, \$325; stationary exercise bicycle, \$50 or best offer. Call 54756.

KWAJ BIKE, good condition, \$25; Burley De Lite trailer modified for hauling, \$10; Panasonic SA-HT275 A/V control receiver, Dolby digital and DTS surround sound capability, excellent condition, comes with subwoofer, all for \$200; Sony 400-disc CD player, excellent condition, \$150. Call Bill, 52763 or 56452.

6' ARTIFICIAL Douglas fir Christmas tree, \$25; tree stand, \$4; new wood trays, four for \$20; three-drawer file cabinet with key, \$30; 9' x 12' blue carpet with matching runner, \$140 or best offer; teakwood desk, \$300 or best offer; oak entertainment center, \$75 or best offer. Call 52197.

OMEGA JUICER, model 1000, 10-year warranty, \$100; Malibu 10-light landscape kit, new, \$40; playpen, \$30; prenatal heart listener, \$10; 11 books on tape, \$30 for all; gas powered weedeater with accessories, \$60. Call 52642 and leave a message.

QUEEN-SIZE water bed with new comforter, \$400; new fishing poles, \$20-\$40; two Sun aluminum bikes with four-speed rear end and baskets, \$75 each; very nice large bike trailer, \$150; large fryer, \$30; ladies' Rustman-ready bike, \$450; microwave, \$25; hutch-style computer desk, \$160. Call Angela, 59232.

BLUE AREA rugs, 52" x 30" and 100" x 60", \$20; set of two Technics speakers, \$75; new microwave, \$75; king-size bed with frame, \$400; plants, \$5-\$15; two new tiki torches with fuel, \$12. Call 59363.

PCS SALE. Windsurfing gear, everything you need: F2 Powerglide board, three sails, sizes 4.5, 5.5, 6.5, two masts and boom, comes with Neilpyde double board bag and waist harness, package deal, \$750 or best offer. Must sell. Call Jim, 52575W or 51452H.

BRASS LAMP, \$30; complete king-size comforter set, \$100; large mobile from Pohnpei, \$100; electric ice cream maker, \$5; patio cover: painted steel pipe framework, 16' x 24' and tarp, 20' x 24', \$900; plants, \$5-\$30; two-drawer steel file cabinet, full size, \$40; desk chair, swivel, five caster, with back, no arms, \$45. Call 52427.

SET of golf clubs, bag and cart, \$200; West Marine new mini-speakers, \$40; '99 Yamaha GP-1200 jet ski, with trailer and shack, \$5,500. Call 54555 anytime and leave a message.

MICROWAVE, 700-watt, \$45; carpeting, \$40 for each large section; blinds for 200 series housing, \$3 each; 17" computer monitor, \$40; printer, \$15. Call 54584.

PCS SALE. Big, beautiful shell mirror, \$60; white aluminum and glass patio table with umbrella and six chairs, \$80; rattan buffet, surplus, great for patio, \$15; folding portable 6' buffet table, \$30; folding card table with two chairs, \$25; kitchen island table with four TV trays and two stools, \$75. Call 55990.

EVENFLO baby backpack/carrier, \$15; Graco door way jumper, \$10; Baby Trend baby walker, \$10; Bissell carpet cleaner, \$50; women's rollerblades, size 8, \$15. Call 52757.

PCS SALE. Compaq Presario 5000 Intel Pentium 4, 1.5 Ghz, 512 MB RAM, 40 GB, CD-RW, DVD-ROM, \$450; Samsung Syncmaster 17" flat panel with TV tuner, picture-in-picture, \$500 firm; multimedia speakers, \$40; amplified

TV antenna, \$20; Lexmark X85 printer/copier/scanner, with one extra black ink cartridge, \$150; hibiscus plants, desert rose and plumeria plants, \$15-\$40. Call 52475.

COMMUNITY NOTICES

THE B-LOOP street lights in family housing are out of order for the unforeseeable future. The commander requests all residents, cyclists, walkers and runners use flashlights and exercise caution. Questions? Call Public Affairs, 41098.

BOWLING LOCKER rentals are now due for the period from July through December. The \$12 fee is payable at Community Activities, 7:30-11:30 a.m. and 12:30-4:30 p.m., at the Bowling Center, or by mailing a check to Community Activities, P.O. Box 23, Local. Payment is due by July 24. A \$5 fee will be assessed to all late payments. Accounts not settled by July 24 will result in lockers being cleaned out. Questions? Call 53331.

CERAMIC MOLD pouring demonstration. Kim Lennon will demonstrate ceramic mold pouring using holiday napkin holder molds, Thursday, July 22, 6 p.m. For more information, call Andee, 51700.

GOLFERS: Ringer Board Tournament is July 20 through Aug. 9. Entry fee is \$20. Post best score for each hole, building the best possible 18-hole score over the two-week period. For more information, call Bob Butz, 53768.

FIRST ANNUAL Leadership Cup Golf Tournament is Sunday and Monday, July 18-19. 8:30 a.m. shotgun start. \$30 fee per person entry. Open to the first 64 players. Team prizes and individual prizes. Food and beverages provided each day. Awards cookout on Monday. For more information, call Bob Butz, 53768.

COME TO an open house PCS party for the Hitts, Sunday, July 11. Drop in between 6:30-9 p.m. at the Corbins, Qtrs. 120-B. Bring a picture of your family to leave with them if you can. Light pupus provided. Questions? Call 51591.

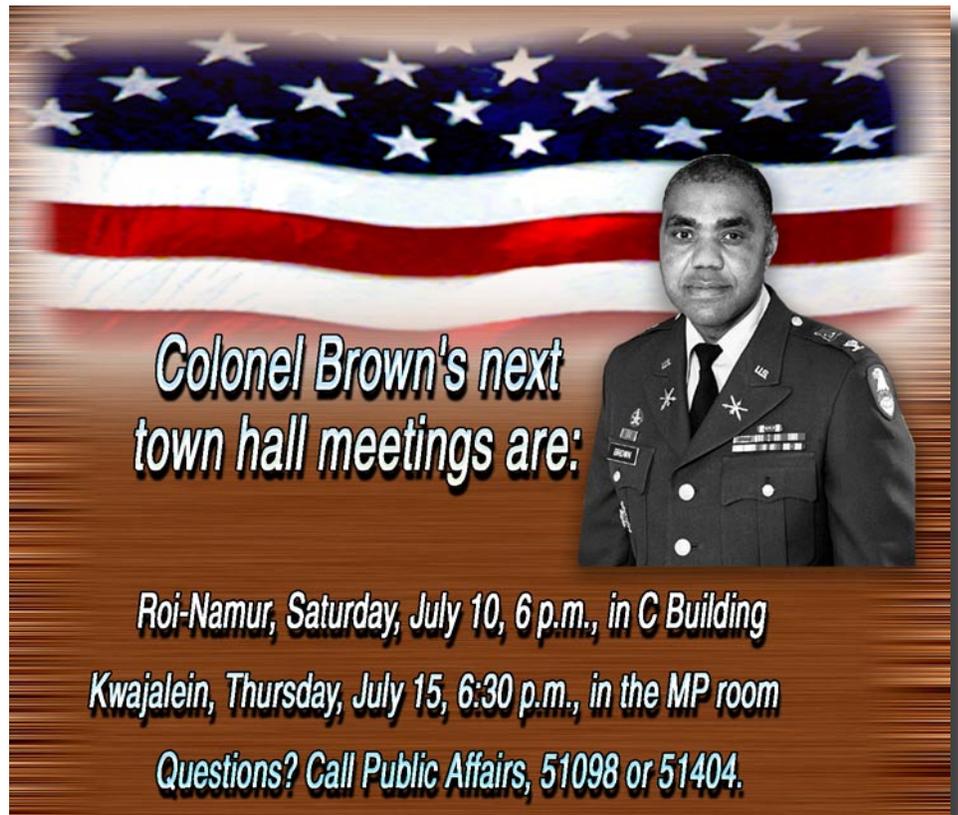
KWAJALEIN YACHT Club will hold a sailboat race Sunday, July 11. There will be a skippers' meeting at 1 p.m., at the Small Boat Marina. Food provided at the Yacht Club after the race. Public is welcome. Questions? Call Mike, 55987.

KWAJALEIN SCUBA Club is missing 12 tanks. Return tanks after each use. Tanks can be returned to the tank house, or call Harry, 52479.

KWAJALEIN Police and Firefighters Christian Fellowship meets tonight, 5:30 p.m., in the ARC. Topic is "A Life of Honor." Our meetings are open to anyone seeking a real and vibrant personal relationship with Jesus Christ. Come join us for relaxed, nondenominational Christian fellowship, prayer and Bible study. Refreshments will be served. For more information, call 52413, or e-mail at fullarmor911@yahoo.com.

THE ANNUAL water quality report is available to all USAKA residents at the distribution boxes outside the Post Office. Questions? Call KRS Environmental, 51134.

GET STOKED for the Athens Olympics. Get stoked for Grace Sherwood Library's summer reading program, "Race to Read," through Aug. 30. Make like Marion Jones and dash for the finish line. The more books you read, the closer you move to the tape. Prizes awarded along the way and a grand prize for most reads in five age groups. Adults can participate too. Challenge your kids to read this summer. Questions? Call Amy, 53439.



Colonel Brown's next town hall meetings are:

Roi-Namur, Saturday, July 10, 6 p.m., in C Building

Kwajalein, Thursday, July 15, 6:30 p.m., in the MP room

Questions? Call Public Affairs, 51098 or 51404.



Gilligans

FRIDAY IS LADIES' NIGHT AND DRINK SPECIALS ALL NIGHT! DJ ROB PLAYS REQUESTS

SATURDAY WITH DJ RICH FEAGLER AND KARAOKE IN THE KABUA ROOM AT 8 P.M.

Sunday DJ "FO SHO" GETS YOU DANCING AT 9 P.M. DRINK SPECIALS FOR SINGLE LADIES

Country Club SATURDAY NIGHT DRINK SPECIALS, 4:30-9 P.M.

Oceanview Bar Saturday: Pau Hana week night Sunday and Monday: Matinee movie day Bar opens at 1 p.m. "Tropical Wave" hits the Oceanview, 3:00 p.m., Monday, July 12. Daily Happy Hour, 4:30-6:30 p.m.

Family Dining at Three Palms Snack Bar Sunday & Monday evenings!

Fun on the Fourth



Devin Wildfang shows his patriotic spirit during the bike parade on Sunday. 40 children with their bikes decked out in red, white and blue weaved their way through the crowd on Emon Beach. Photos and details from the day-long celebration will be in Friday's *Hourglass*.

(Photo by April Brown)

Bikes get a free tuneup at first-of-its-kind clinic

By Mig Owens
Assistant Editor

On June 28, Vending and Laundry employees hosted a bike clinic near Macy's porch. Close to 150 bikes were treated to seat and handlebar adjustments, air for the tires and chain oiling and tightening.

"It was a lot of work but we had a good time," Paul Fritz, Retail Services manager, said of this first-of-its-kind event. All services were free of charge in an effort to promote safety and provide a service to the community.

According to Fritz, the idea for such an event came when members of his

staff rushed to the aid of a young woman whose bike chain fell off on her way to work. "Accidents out here come from bikes that are not operating fully," Fritz said. "Most bikes just need a quick fix - minor stuff."

Fritz hopes the idea catches on and that other departments accept the challenge to provide this service on a quarterly basis to the community in the name of safety.

Bike clinic volunteers included Kijenni Lokboj, John Clanton, Camillus Stephen, Dally Shem, Simpson Korok, Sypher Anjolak, Murphy Rang and Kotab Atnej.

(Photo by Paul Fritz)



Weather

Courtesy of RTS Weather

Tonight: Mostly cloudy with scattered showers.

Winds: Northeast to east at 7-12 knots and gusty near showers.

Tomorrow: Variably cloudy with scattered showers.

Winds: East-northeast to east-southeast at 5-10 knots and gusty near showers.

Temperature: Tonight's low 79°
Tomorrow's high 88°

July rain total: 1.06"

Annual rain total: 30.69"

Annual deviation: -9.07"

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

Sun • Moon • Tides

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Wednesday July 7	0636/1912	2333/1059	0111, 1.2' 1405, 1.0'	0733, 5.2' 2010, 4.2'
Thursday July 8	0636/1912	/1148	0159, 1.6' 1449, 1.4'	0817, 4.7' 2101, 4.0'
Friday July 9	0636/1912	0013/1236	0254, 1.9' 1537, 1.6'	0906, 4.3' 2203, 3.9'