

VOLUME 45 NUMBER 45

SATURDAY, JUNE 4, 2005

THE KWAJALEIN HOURGLASS

**Students write
Earth Day essays**
— Pages 6-7



**(Michael Hemoy works out at Ivey Gym as part of a fitness routine.
Exercise is a key part of weight loss. For more, see Pages 4-5.)**

(Photo by Elizabeth Davie)

Thanks for supporting Poppy Drive

The American Legion Auxiliary would like to thank all the people who contributed to the 2005 Poppy Drive.

Your generosity shown for the veterans, in particular the Disabled American Veterans, is overwhelming.

The funds we collected will be used wisely in support of veterans, their families and active duty military personnel.

Every year, around Memorial Day,

you'll see Women's Auxiliary units throughout the world offering poppys in remembrance of those men and women who made the ultimate sacrifice for our freedom. Thank you for helping us honor them.

— Amy LaCost, member of American Legion Auxiliary, Post 44, Kwajalein

RMI Local Girls team thanks all who helped them

The RMI Team Local Girls from Ebeye would like to thank the following people for another great season.

Janice and Jack Riordan, Cheryl and Jeff DeLong and Teri King for being the main organizers, providing meals, transportation, coaching, helping with homework and caring for the girls and also helping out the Ebeye Guest students with so many other school sponsored events. Ashley DeLong for coaching, Cassey Rubly for cheering, Linda King, Lynn Booth, Susan Davis, Angie Sinnott, Julie Sketnan, Greg and Ona Moore for providing meals and cheering the team on and also sponsoring Homework Club Conrad Nakason for your generous contributions of the custom made T-shirts with the team photo on them. The shirts have boosted the team spirit, kommol. Mark Yurovchak for coaching and helping the girls practice on a couple of games and for making this sports season run smoothly with LCU schedules and submitting paperwork on getting the girls on island to play Rosida Sawej for escorting the team to and from Kwajalein, cheering and coaching the girls and John Anjojo Kabua for picking up the team from the Ebeye pier and dropping them off at their homes on every game night. Last but not least the team cheerleaders and mascots who are always ready to cheer on their team, Leanora Kabua, Brenda Sawej, George Gilbert and Tylor King.

The Ebeye parents of the Team Local Girls extends their warmest Kommol tata to everyone who has help with the team. Your hard work, contributions and time spent in organizing, feeding, helping with homework and most of all for caring for our kids is very much appreciated. No words can express our gratitude and thanks for building great memories for our kids that will be cherish through out their growing years, Kommol Tata !!

— Pamela Duffy, parent

Reader offended by T-shirt logo

I would like to apologize on behalf of the Kwajalein community to the visitor's on Tuesday's Continental flight. They were welcomed to our island by a teenager wearing a T-shirt with large, bold letters stating "F ---- Terrorists."

The T-shirt offended me as I am sure others were offended. When a police officer asked the boy if he

thought this was appropriate attire, the boy's friends stated he had a First Amendment Right to wear it.

This has nothing to do with the First Amendment Right. It is nothing more than poor taste and a lack of respect for your community.

— Sandra Herrington



To submit a letter to the editor: Keep letters to less than 300 words, and keep comments to the issues. Letters must be signed. We will edit for Associated Press style 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

The Kwajalein Hourglass

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THUMBS UP!!



To island residents who attended the Memorial Day Ceremony Monday. Thanks for honoring those who died for our freedom.

To Ms. Sinnott and Mrs. Moor for sponsoring the pool party for the ESL students May 27. The kids had fun. Kommol tata.

If you are having a patio sale on a Saturday, turn in your ad for Wednesday's paper. Sunday and Monday patio sales will be printed in Saturday's paper.

KGA held Coral Open in May

By Curt Bean

Special to the *Hourglass*

The Coral Open, sponsored by the Kwajalein Golf Association, was played May 22- 30 at the Holmberg Fairways Golf Course. The event was followed by a banquet at the Yokwe Yuk Club to announce the winners.

Chairperson Kim Parker organized the event and

The Mixed Horse Race winners were:

Win: Jeff Tucker and Kim Parker

Place: Jimmy Feldpausch and Michelle Demaio

Show: Jim Rugg and Gloria Cassiday

Winners of the Coral Open were announced at the awards banquet at the Yuk Club

1 Tracy Hampsen	-131	1 Mark Yurovchak	-128
2 Fred Cunningham	-134	2 Gordon Oyamot	-129
3 Jim Corbett	-135	3 Bob Allard	-130
4 Jeff Wase	-137	4 Jeff Tucker	-136
5 Larry Roberts	-138	5 John Brown	-140

C Flight

1 Larry Cavender	-128
2 Flynn Gideon	-130
3 Mark VerStraten	-135
4 Mike Nicholson	-136
5 Tom Sieja	-136

D Flight

1 Steve Howell	-132
2 Dave Hermsen	-134
3 Tyler Shields	-136
4 Steve Martinez	-136
5 Jim Cossey	-136

E Flight

1 Nancy Grant	-125
2 Ed Paget	-127
3 Malcolm Gowans	-134
4 Brenda VerStraten	-138
5 Charlie Sandlin	-146

Low Gross Score Men – Paul Alla	-145
Low Gross Women – Linda Schuett	-151

Low Net Men – Ed Paget	-127
Low Net Women – Nancy Grant	-125

Community Activities Coordinator Bob Butz and his staff made sure that the golf course was in shape and the pin placements were challenging. There were 95 participants in the annual event.

“I would like to thank everyone who donated their time and door prizes to the tournament”, Mark VerStraten, KGA president, said.

On May 25, Pam Frase organized the mixed Horse Race, followed by a barbecue put on by Bud Teague.



Participant Howard Duarte lines up a putt during the annual Coral Open tournament.

(Photo by Curt Bean)

Kwajalein, RMI students win Earth Day essay contest

By Nell M. Drumheller

Editor

Six essays were submitted for the Earth Day Essay competition, equally represented students from the U.S. Army Kwajalein Atoll and the Republic of the Marshall Islands.

Shem Livai and Jessie Brown's submissions were the two that came to the top according to Cathy Madore, Environmental, Safety and Health department.

The competition was open to high school seniors living within the Kwajalein Atoll. This includes Marshallese students who attend the five high schools in the Kwajalein Atoll. The winners each received a \$1,000 scholarship to the college or university of their choice.

The money came from the Aluminum Can Recycling for Youth fund.

“The essays were well written, thought out and met the objectives of the essay as outlined in the contest rules. It was designed to help our young people focus on what they can do to help develop environmental sustainability and where their place is in the world. Our young people will soon be making decisions that can affect our entire world's environmental balance. The time for grass root movements, akin to what we saw in the 70s and 80s, is over,” Madore said of the entries.

“Children are taught from preschool to adulthood about recycling, water conservation and pollution. They can recite the slogans word for word. It's now time to look at the

bigger picture and what we can do globally to protect our sustainable resources.”

Jim Rugg, Environmental manager said, “Living in the Marshall Islands has helped me to fully understand sustainable development. We are guests here on these beautiful islands and we need to ensure we conserve RMI resources and try to make the environment better than when we arrived.”

Rugg added “I hope the essay contest has encouraged the students to learn more about sustainable development and how it applies to them.”

(Editor's note: Brown and Livai's essays, printed without editing, are on Pages 6 and 7.)

Weight control is a serious health issue

Proper diet, exercise prevent many medical problems

By Elizabeth Davie
Reporter

An estimated 50 million Americans will go on diets this year. And while some will succeed in taking the weight off, very few—perhaps 5 percent—will manage to keep all of it off in the long run according to the U.S. Food and Drug Administration.

Appearance is something that many people are worried about, however; according to the FDA, being obese can have serious health consequences. These include an increased risk of heart disease, stroke, high blood pressure, diabetes, gallstones and some forms of cancer. Losing weight can help reduce these risks.

Patricia Galloway, registered nurse at Kwajalein Hospital, is an example of how people on Kwaj can and do lose weight.

"I decided to lose weight because I was tired of not having any energy, feeling lousy not only physically but I wanted to feel better about my physical appearance. I was also advised by my MD [medical doctor] gently to lose weight," said Galloway.

"Overall I wanted to lose 50 pounds by my 50th birthday. I have now lost 46 pounds and lost three sizes since December and feel super," Galloway added.

The FDA said that the only proven way to lose weight is either to reduce the number of calories you eat or to increase the number of calories you burn off through exercise. Most experts recommend a combination of both.



Children love hot dogs, sweets and snack food. Teaching them to eat properly at an early age can lead to a healthier life.

"I have really cut my portions drastically. I call my diet my little kid diet. I eat all my meals on a kid-size plate. Basically if my food doesn't fit on that small plate then I do not eat it. I do not go back for second servings," Galloway said.

Marion Ruffing, mental health care provider at Kwajalein Hospital, suggests recording everything you eat, eating in moderation and exercise as a healthy weight loss plan.

According to the FDA, to lose weight safely and keep it off requires long-term changes in daily eating and exercise habits. Many experts, including Ruffing, recommend a goal of losing about 1-2 pounds a week. A modest reduction of 500 calories per day will achieve this goal, because a total reduction of 3,500 calories is required to lose a pound of fat.

"I think the biggest mistakes people usually make with food, other than good old fashion will power, are not knowing how many calories their body needs and/or not

having an awareness of how many calories they are consuming," said Kaya Landers, Pools and Beaches

Appearance is something that many people are worried about, however; according to the U.S. Food and Drug Administration being obese can have serious health consequences. These include an increased risk of heart disease, stroke, high blood pressure, diabetes, gallstones and some forms of cancer. Losing weight can help reduce these risks.

“ I decided to lose weight because I was tired of not having any energy, feeling lousy not only physically but I wanted to feel better about my physical appearance. I was also advised by my MD [medical doctor] gently to lose weight ”

— Patricia Galloway, registered nurse

coordinator and fitness expert.

The FDA warns people that very low-calorie diets are not without risk and should be pursued only under medical supervision. Unsupervised very low-calorie diets can deprive you of important nutrients and are potentially dangerous.

Eating healthy is a key part of weight loss, just because someone has a meal card does not mean they can not eat right according to Ruffing. “You can go to the PDR [Café Pacific] and the salad bar has protein, carbs and fats, it’s all there. They have some wonderful and very healthy options,” she added.

Watching what you eat is the first part of the equation. The next recommended step is exercise.

“With regard to exercise and weight loss, individuals wanting to lose weight should approach exercise with intentional effort. That means deliberately bringing your heart rate up to a certain level (your target heart rate) for a reasonable amount of time,” Landers said.

“I find it very relaxing to walk around the north end of the island and beneficial with my exercise program even though I don’t think of it as a work out. On average I walk three miles, three times week. I often take along my little dog Snoodles for company,” said Galloway

Even though there is not a commercial fitness center or a weight loss clinic on the island, Landers suggested several kinds of physical activities that people

can do on Kwaj. “For example, you can walk, jog, bike, rollerblade, swim, work out at the Ivey Gym and play all kinds of recreational sports. That’s just to name a few! The best part is that almost everything is free and so easily accessible,” she said.

Landers suggested having a partner or a group of people to help keep you motivated. “There are some exercise classes offered through Community Education like water aerobics, yoga and other group fitness classes. There are a few folks on island who have certifications and Commercial Activity licenses for personal training. And there are great clubs like the Kwajalein Running Club, Tennis Club and others that hold regular events and always encourage newcomers,” she added.

For more information on classes offered through Community Education, call 51078.

“I have had a lot of support from not only family, my husband, friends and my co-workers have been a great inspiration. I think support and encouragement is very important during this process to

keep up your spirit and not to give up,” said Galloway.

“I want to encourage anyone who has made the decision to lose weight to start now. I know how hard it is. It is so easy to say “I will stay home tonight and watch TV” and skip walking. Well if you keep that attitude then you are only cheating yourself, no one else. You can’t lose your weight overnight because it took months and probably years to gain it and get where you are today so take it slow and you will really benefit. Good luck,” Galloway concluded.



Nutritionally balanced meals and an exercise program are vital to good health. Fad diets and diet supplements can be harmful and ineffective.

Kwajalein seniors give voice to *Marshall Islands face serious environmental issues*

By Shem Livai
Kwajalein Jr./Sr. High School

According to the book, *Micronesia*, by Kate Galbraith, "The Island (Ebeye) came to be known as the 'Slum of the Pacific.'" The person who wrote this doesn't understand many issues the people of the Marshall Islands have to deal with every day. One of the issues that the people of the Marshall Islands have been coping with is concern for the environment. The main problem is that the government of the Marshall Islands does not stress this issue because other issues such as education and health have been more pressing. This essay addresses environmental issues on Ebeye and in the Marshall Islands; it proposes solutions that will make the Marshall Islands a better and brighter nation.

The four main problems that the people of the Marshall Islands have to deal with concerning environment are water quality, land and coastal management, biodiversity conservation, and waste disposal. These problems date back to 1946 when the atomic and hydrogen bombs were dropped on the outer atolls. The impact of the bombs affected the four atolls of Bikini, Enewetak, Utrik, and Rongelap in many ways. Since the atolls were uninhabitable many families were relocated to Ebeye. Therefore, the population of Ebeye increased dramatically in a very short time.

The quality of the water was put into focus after the cholera epidemic struck Ebeye in 2002 and many people died. To prevent another drastic event, the government needs to create a group to monitor water supplies daily and to enforce regulations that encourage water suppliers to improve the quality of the water available in Ebeye.

Land and coastal management is a very serious issue because land area is small. There is currently a problem with the coral in the lagoon. Since construction began of the causeway to Guegeegue, coral in the lagoon is slowly dying because there is no nourishment available from fresh saltwater from the ocean. Solutions for this problem are very limited because the causeway is vital for the people that have homes on Guegeegue. One solution would be to drill many channels below the causeway to allow fresh saltwater from the ocean to flow into the lagoon bringing necessary nutrients to the coral.

Biodiversity conservation has been a true challenge for many Marshallese residents. Radiation residue and rusted materials in the lagoon and along coastal areas have made important food sources poisonous. The fishes, coconuts, pandanas, and many other local foods are no longer safely consumable by island people. Solutions for this conflict are many, but the main issue revolves around the government's willingness to provide money to support hiring scientists and other conservationist groups to guide the Marshallese people through these complex issues. If this approach is taken, metal objects will be removed from the lagoon and will be placed in a landfill. This action will promote a positive change in the environment.

The waste and pollution problems in the Marshall Islands have escalated for the past years. The Marshall Islands have thousands of islands; most of them are not even a mile long. There's no place for the waste to be put so the idea of landfill is particularly appealing to extend existing land area. There is also the issue of pollution which is very hard to maintain because many people don't have the natural impulse to place small items such as wrappers or soda cans into designated trash cans. The simple solution is to teach current and future generations that small things can cause huge problems. Adults should develop programs to teach kids environmental awareness in schools or churches. Perhaps annual contest could be held inviting children to make posters or signs of what to do to

make the islands cleaner. There is also a need for active participation and leadership from local residents to develop creative and cooperative solutions to the waste and pollution problems. Everyone must accept responsibility for his/her actions to make a better place to live for everyone.

The environmental topic is one issue but it is the root of many problems. The main solution is to have the people of the Marshall Islands work together and help give our nation a better and brighter future. The younger generation should also be involved with this issue. When each of us sees a small wrapper or empty soda can lying on the ground, we each need to pick it up because the little positive things we do today will have an impact in the future. That's why Earth Day is really every day!



Education and health needs have received priority from the Marshall Islands government over environmental concerns.

concerns in Earth Day essays

Natural resource conservation is of global concern

By **Jessie Brown**
Kwajalein Jr./Sr. High School

Conservation of our natural resources is no longer just an academic question. It is a global concern. It is a live and vital issue that is taking a stronger hold upon all people. Conservation is not only for the sake of our earth but also for the need of preserving our people. We, as a global community, need to protect our forests, our water, and our lands in the hope of continuing our own lives. The prosperity of our world depends on our ability to conserve and allocate our natural resources.

Speaking from an economic standpoint, there are four ways, other than price, that are used to allocate resources. The lottery system, in which everything is dependent upon chance, the concept of first come first serve, which results in lines and uneven distribution, the use of brute force, in which violence is the result, and the notion of necessity. Although need seems to be the most just way to distribute the resources we currently have, how are we to determine the necessity of each individual? It is virtually impossible. We all have individual need but also must work as a community. How are we to conserve and equally distribute our existing resources? The Resource Conservation Challenge, a national effort, has a proposition for the American people. "We're challenging all Americans to make smarter purchasing and disposal decisions that conserve our natural resources, save energy, and preserve the environment for our children and future generations. Because we live in a rapidly changing world, it is more important than ever for us to make sound environmental decisions" (Marianne Horinko). These "sound environmental decisions" can be something as simple as choosing paper bags over plastic, and vary depending on the community.

The Kwajalein community, for example, is very concerned with con-

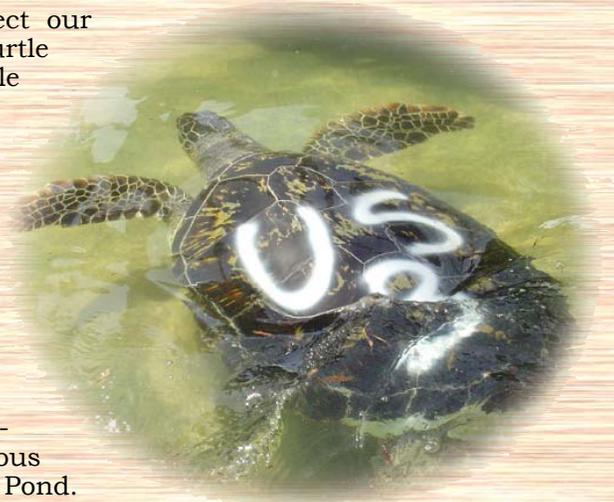
servation. ACRY, a recycling plan, works with the people of Kwajalein and encourages us to recycle. Each household is provided with a recycling bin for cans, tins, and glass. We should further our efforts by recycling paper and plastic as well. The use of lens wells is also prevalent in our community. In order to conserve water, these wells collect rainwater for public use. This water is captured and purified and is then distributed throughout different facilities. Ocean water, in some cases, can also be distilled when needed. The local garbage dump, specifically the compost heap, is also a form of conservation. This is where biodegradable items are brought in the effort to produce fertilizer. The Kwajalein community as a whole conserves; do you?

The most important issue of Kwajalein is the preservation of our coral reef. Below our waters lies a beautiful world, completely separate from the one we know. It is essential that we work to keep our reef clean and pure. For those of us who collect shells, do not take the live ones. For those of us who enjoy diving and snorkeling, do not break the coral. Allow it to grow. The Scuba Club hosts an annual beach/reef clean up. Let us follow their example and protect our island paradise. The Turtle Pond is another example of an island-wide effort to preserve the marine life. The turtles are fed and cared for every day by a select group. Once a year, the community is invited to clean the turtle shells in an effort to keep the turtles clean and healthy. The Kwajalein High School Marine Biology class recently planted numerous baby clams in the Turtle Pond. This great gesture proves that the Kwajalein community cares for its marine life and guarantees a brighter future for our reef.

National organizations, such as

the Nature Conservancy, are working to create new and efficient ways to preserve our resources. One of my ideas is to reward those who conserve. For example, monthly utility bills could be compared. The household with the lowest bill could be compensated for their efforts. Another idea is to use education as a tactic. I believe that courses of Ecology or Environmental Studies should be added into a formal school curriculum. The government already requires that certain courses are taught. Why not add these as well? It will prove to benefit everyone. The most successful way to conserve our resources will be to educate the future generations in the importance of preservation.

Until this can be done, I encourage us all to do as much as we can to contribute to conservation. Remember to recycle, do not leave water running in your home, turn off your sprinklers at the end of the day, and choose paper over plastic. These may seem small, but if everyone does his or her part, we will be paving the way to a brighter tomorrow. This is the challenge I bestow upon us; Conserve our resources in any way you can, the future depends on it.



Recent work on the Turtle Pond is an example of Kwajalein's efforts to preserve marine life.



WELCOME TO THE MOVIES

The Rich is temporarily out of service due to technical issues.

Tonight

7:30 p.m., Yuk — *Phantom of the Opera* (PG-13)
7 p.m., Roi — *Diary of a Mad Black Woman* (PG-13)

Sunday

7:30 p.m., Yuk — *The Pacifier* (PG) and *Are We There Yet?* (PG)
7 p.m., Roi — *The Ring 2* (PG-13)

Monday

7:30 p.m., Yuk — *Phantom of the Opera* (PG-13)

Wednesday

7 p.m., ARC — *Phantom of the Opera* (PG-13)

All movies subject to change with shipments.
For updates, call the movie hotline at 52700.

Phantom of the Opera, One of the most popular stage musicals in the history of Broadway and London's West End makes its long-awaited arrival on the motion-picture screen in this lavish adaptation directed by Joel Schumacher. Christine (Emmy Rossum) is a beautiful and gifted young woman who longs to join the company of the Paris Opera House. During rehearsals for one of the opera's grand productions, a massive chandelier crashes to the floor, nearly crushing leading lady Carlotta (Minnie Driver). When several members of the company suggest this could be the work of the "Phantom of the Opera," a spectral presence said to haunt the building, Carlotta drops out of the show, and the fates permit Christine to step in as her replacement. Christine's performance is a triumph, and on opening night she becomes reacquainted with Raoul (Patrick Wilson), a former childhood friend who is now a wealthy and well-known nobleman. Christine soon finds herself smitten with the handsome Raoul, but the same evening she makes a startling discovery — the story of the Phantom is not just a legend

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

The Rich is temporarily out of service due to technical issues.

Beware of strangers asking ABOUT OUR MISSION

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



Global War on Terror

Honoring fallen heroes



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

— Gen. George S. Patton

The following 25 U.S. servicemembers and civilians have died in the Global War on Terrorism.

Four Soldiers died on May 23 in Haswa, Iraq, when their military vehicle was struck by an improvised explosive device. The Soldiers are:

Spc. Bryan Edward Barron, 26, of Biloxi, Miss. Barron was assigned to the Army National Guard's C Company, 1st Battalion, 155th Infantry, Biloxi; **Spc. Audrey Daron Lunsford**, 29, of Sardis, Miss. Lunsford was assigned to the Army National Guard's Headquarters and Headquarters Company, 1st Battalion, 155th Infantry, McComb, Miss.; **Staff Sgt. Saburant Parker**, 43, of Foxworth, Miss. Parker was assigned to the Army National Guard's C Company, 1st Battalion, 155th Infantry, Biloxi, Miss. and **Sgt. Daniel Ryan Varnado**, 23, of Saucier, Miss. Varnado was assigned to the Army National Guard's C Company, 1st Battalion, 155th Infantry, Biloxi.

Sgt. First Class Randy D. Collins, 36, of Long Beach, Calif., died May 24 at the National Naval Medical Center in Bethesda, Md., of injuries sustained in Mosul, Iraq, May 4 during a mortar attack. Collins was assigned to the Army's 11th Armored Cavalry Regiment, Fort Irwin, Calif.

Three Soldiers died May 24 in Baghdad, Iraq, when an improvised explosive device detonated near their HMMWV. They were assigned to the 1st Battalion, 76th Field Artillery, 4th Brigade Combat Team, 3rd Infantry Division, Fort Stewart, Ga. The Soldiers are: **Sgt. Charles A. Drier**, 28, of Tuscola, Mich.; **Spc. Dustin C. Fisher**, 22, of Fort Smith, Ark. and **Pfc. Jeffrey R. Wallace**, 20, of Hoopeston, Ill.

Marine Sgt. David N. Wimberg, 24, of Louisville, Ky., died May 25 from wounds received as a result of small-arms fire from enemy forces while conducting combat operations in Hadithah, Iraq. Wimberg was assigned to Marine Forces Reserve's 3rd Battalion, 25th Marine Regiment, 4th Marine Division, Columbus, Ohio. During Operation Iraqi Freedom, his unit was attached to 2nd Marine Division, II Marine Expeditionary Force (Forward).

Sgt. Alfred B. Siler, 33, of Duff, Tenn., died May 25 in Tuz, Iraq, when his HMMWV hit another vehicle. Siler was assigned to the Army National Guard's Support Squadron, 278th Regimental Combat Team, Knoxville, Tenn.

Marine Maj. Ricardo A. Crocker, 39, of Mission Viejo, Calif., died May 26 from a rocket propelled grenade explosion while conducting combat operations in Hadithah, Iraq. Crocker was assigned to the Marine Forces Reserve's 3rd Civil Affairs Group, Camp Pendleton, Calif. During Operation Iraqi Freedom his unit was attached to II Marine Expeditionary Force (Forward).

Sgt. Mark A. Maida, 22, of Madison, Wis., died May 27 in Baghdad, of injuries sustained in Diyarrah, Iraq, May 26 when an improvised explosive device detonated near his HMMWV. Maida was assigned to the Army's 2nd Squadron, 11th Armored Cavalry Regiment, Fort Irwin, Calif.

Two Soldiers died on May 27 from injuries sustained on May 26 in Buhiriz, Iraq, when their OH-58 (Kiowa Warrior) came under small arms attack and crashed. Both soldiers were assigned to the Army's 1st Squadron, 17th Cavalry Regiment, 82nd Airborne Division,

Fort Bragg, N.C. The Soldiers are: **Chief Warrant Officer Matthew Scott Lourey**, 40, of East Bethel, Minn. and **Chief Warrant Officer Joshua Michael Scott**, 28, of Sun Prairie, Wis.

Lt. Col. Albert E. Smart, 41, of San Antonio died May 28 in Doha, Qatar, of a non-combat related illness. Smart was assigned to the U.S. Army Reserve's 321st Civil Affairs Brigade, San Antonio.

Spc. Phillip N. Sayles, 26, of Jacksonville, Ark., died May 28 in Mosul, Iraq, when an improvised explosive device detonated near his security position. Sayles was assigned to the Army's 1st Battalion, 24th Infantry Regiment, 1st Brigade, 25th Infantry Division, Fort Lewis, Wash.

Marine First Sgt. Michael S. Barnhill, 39, of Folsom, Calif., died May 28 after his vehicle struck an improvised explosive device near Haqlaniyah, Iraq. He was assigned to the Marine Forces Reserve's 6th Engineer Support Battalion, 4th Force Service Support Group, Eugene, Ore. During Operation Iraqi Freedom his unit was attached to 2nd FSSG, II Marine Expeditionary Force (Forward).

Staff Sgt. Victor M. Cortes III, 29, of Erie, Pa., died Sunday in Baghdad, of non-combat-related injuries. Cortes was assigned to the 703rd Forward Support Battalion, 3rd Infantry Division, Fort Stewart, Ga.

Cpl. Jeffrey B. Starr, 22, of Snohomish, Wash., died Monday from small-arms fire while conducting combat operations against enemy forces near Ar Ramadi, Iraq. He was assigned to 1st Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Camp Pendleton. During Operation Iraqi Freedom his unit was attached to 2nd Marine Division, II Marine Expeditionary Force (Forward).

Four airmen died Monday in the crash of an Iraqi air force aircraft during a training mission in eastern Diyala province. They are: **Maj. William Downs**, 40, of Winchester, Va., assigned to the 6th Special Operations Squadron, Hurlburt Field, Fla.; **Capt. Jeremy Fresques**, 26, of Clarkdale, Ariz., assigned to the 23rd Special Tactics Squadron, Hurlburt Field; **Capt. Derek Argel**, 28, of Lompoc, Calif., assigned to the 23rd Special Tactics Squadron, Hurlburt Field and **Staff Sgt. Casey Crate**, 26, of Spanaway, Wash., assigned to the 23rd Special Tactics Squadron, Hurlburt Field.

Sgt. 1st Class Steven M. Langmack, 33, of Seattle, died Tuesday in Al Qaim, Iraq, from injuries sustained from small arms fire during combat operations. Langmack was assigned to Headquarters, U.S. Army Special Operations Command, Fort Bragg.

Sgt. Miguel A. Ramos, 39, of Mayaguez, Puerto Rico, died Tuesday in Baghdad, when an enemy rocket impacted near his position. Ramos was assigned to the Army Reserve's 807th Signal Company, 35th Signal Battalion, Juana Diaz, Puerto Rico.

Staff Sgt. Virgil R. Case, 37, of Mountain Home, Idaho, died Wednesday in Kirkuk, Iraq, from non-combat related injuries. Case was assigned to the Army National Guard's 145th Support Battalion, 116th Brigade Combat Team, Mountain Home.

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

Sunday, June 5

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller/Prime Sports	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors
12 a.m.	The Late Show	SportsCenter	Economy Watch	Roller	Late Night with Conan O'Brien	Movie: <i>(Continued)</i> <i>Midway</i>	Disney's Doug	Law & Order
12:30 a.m.	The Late Late Show with Craig Ferguson						Wild Thornberrys	
1 a.m.	Big Idea With Donny Deutsch	French Open	CNN Saturday AM	WWE SmackDown!	America's Most Wanted	Coming Attractions	Fairly Oddparents	Headline News
1:30 a.m.		Tennis	CNN Open House		Movie: <26> <i>He Got Game</i>	Rugrats	Saturday Night Live	
2 a.m.		<i>Women's Finals</i>	Bulls & Bears			Fairly Oddparents		
2:30 a.m.		Countdown With Keith Olbermann	Cavuto on Business			Atomic Betty		
3 a.m.		Access Hollywood	Forbes on FOX			Xiaolin Showdown	Kickin' It	
3:30 a.m.			Cashin' In			School Survival		
4 a.m.		Headline News	CNN Live Saturday		ESPNNews	Will & Grace	Unfabulous	NCAA
4:30 a.m.	Entertainment Studios	ESPNNews	This Week In Baseball	That 70's Show	Romeo	<i>Men's Lacrosse</i>		
5 a.m.	Good Morning America	Champ Car World Series	Weekend Live with Tony Snow	MLB	Breathing Space Yoga	Movie: <i>Dance With Me</i>	Sesame Street	<i>Championship</i>
5:30 a.m.		Warner Cable Road Runner 225	Wall Street Journal	<i>Cleveland Indians</i>	Caribbean Workout		Barney & Friends	<i>Duke at John Hopkins</i>
6 a.m.		Army Newswatch	at	Body Shaping	Clifford		ESPNNews	
6:30 a.m.		Chicago White Sox	Every Woman	Beautiful Homes	Movie: <i>Roxanne</i>		Funniest Animals	Headline News
7 a.m.	Miss Spider	PGA Tour	Next @ CNN	MLB	Curb Appeal	Movie: <i>Pelican Brief</i>	Animal Videos	Hour of Power
7:30 a.m.	Lazy Town	<i>The Memorial Tournament</i>	FOX News Live		Landscaper's Challenge		Brandy & Mr. Wiskers	Lexi: Praise In The Valley
8 a.m.	Fairly Oddparents		3rd Round		LA Angels at Boston Red Sox		Weekend Warriors	Maya & Miguel
8:30 a.m.	Atomic Betty	Clean House					Static Shock	Lord Have Mercy
9 a.m.	Xiaolin Showdown	SportsCenter	Headline News	Saturday Night Live	BBQ with Bobby	Movie: <i>Driving Miss Daisy</i>	Kim Possible	Walking By Faith
9:30 a.m.	School Survival		McLaughlin Group		\$40 A Day		Hi Hi Puffy	Army Newswatch
10 a.m.	Unfabulous	NBA Shootout	Capital Gang	Saturday Night Live	Love is in the Hair	Movie: <i>Space Cowboys</i>	Power Rangers	MLB
10:30 a.m.	Girls vs. Boys		NBA Playoffs		Washington Week		Gastineau Girls	Dragonball GT
11 a.m.	Radio Free Rosco	Eastern Conference	Headline News	Roller	101 Most...	Movie: <48> <i>Space Cowboys</i>	Justice League	Teen Kids News
11:30 a.m.	Wild on the Set		Game 6		Larry King Live		Biography	Cyberchase
12 p.m.	Access Hollywood	Heat at Pistons	AT Large with	David Copperfield	Grand Ole Opry Live	Movie: <12> <i>Blue Streak</i>	Endurance	Blake Holsey High
12:30 p.m.	Weekend		Inside The NBA		Geraldo Rivera		Star Trek: Voyager Deadlock	Funniest Animals
1 p.m.	America's Most Wanted	ESPNNews	Dateline International #1	Ripley's Believe It Or Not	Fear Factor	Movie: <44> <i>The Notebook</i>	Wild America	ESPNNews
1:30 p.m.	Wanted		SportsCenter				Big Story Weekend w/ Rita Cosby	Star Trek: Voyager Deadlock
2 p.m.	Movie: <i>Invasion of the Body Snatchers</i>	Baseball Tonight	CNN Saturday Night	Ripley's Believe It Or Not	Fear Factor	Movie: <i>Field of Dreams</i>	Hercules	WWE Smackdown!
2:30 p.m.	Movie: <i>Body Snatchers</i>		NBA Fastbreak				CNN Saturday Night	Star Trek: Voyager Deadlock
3 p.m.	Movie: <i>Body Snatchers</i>	SportsCenter	Big Story Weekend w/ Rita Cosby	Ripley's Believe It Or Not	Fear Factor	Movie: <i>Field of Dreams</i>	Hercules	WWE Smackdown!
3:30 p.m.	Movie: <i>Body Snatchers</i>		Baseball Tonight				CNN Saturday Night	Star Trek: Voyager Deadlock
4 p.m.	Movie: <i>Mysterious Island</i>	NBA Fastbreak	CNN Saturday Night	Ripley's Believe It Or Not	Fear Factor	Movie: <i>Field of Dreams</i>	Hercules	WWE Smackdown!
4:30 p.m.	Movie: <i>Mysterious Island</i>		SportsCenter				Big Story Weekend w/ Rita Cosby	Star Trek: Voyager Deadlock
5 p.m.	Movie: <i>Mysterious Island</i>	Baseball Tonight	CNN Saturday Night	Ripley's Believe It Or Not	Fear Factor	Movie: <i>Field of Dreams</i>	Hercules	WWE Smackdown!
5:30 p.m.	Movie: <i>Mysterious Island</i>		NBA Fastbreak				CNN Saturday Night	Star Trek: Voyager Deadlock
6 p.m.	Bernie Mac	SportsCenter	Beltway Boys	What Not To Wear	Fear Factor	Movie: <i>Field of Dreams</i>	Disney's Doug	Fairly Oddparents
6:30 p.m.	Girlfriends		Fox News Watch				Wild Thornberry's	MotorWeek
7 p.m.	George Lopez	NASCAR Bush Series	Headline News	Supernanny	Kevin Hill	Movie: <i>The Brothers</i>	Rugrats	Ebert & Roeper
7:30 p.m.	Half & Half		Black Forum				Headline News	Supernanny
8 p.m.	Fear Factor	MBNA Racepoints 200	Chris Matthews	Gods and Monsters	Strong Medicine	Movie: <44> <i>The Notebook</i>	Movie: <i>Get a Clue</i>	Stargate SG-1
8:30 p.m.	Fear Factor		Navy/Marine Corps				Chris Matthews	Gods and Monsters
9 p.m.	Law & Order	20/20	20/20	Will & Grace	That 70's Show	Movie: <i>Happy Gilmore</i>	Dawson's Creek	Judging Amy
9:30 p.m.	Law & Order		20/20				20/20	Will & Grace
10 p.m.	Window on the Atoll	SportsCenter	Beltway Boys	MLS	Road Rules	Movie: <i>Happy Gilmore</i>	Xena: Princess Warrior	Movie: <i>War Stories</i>
10:30 p.m.	Saturday Night Live		FOX News Watch		FOX & Friends		Chivas @ Chicago	Punk'd
11 p.m.	Saturday Night Live	WNBA - Sparks at Monarchs	FOX & Friends	Chivas @ Chicago	Road Rules	Movie: <i>Happy Gilmore</i>	Xena: Princess Warrior	Movie: <i>War Stories</i>
11:30 p.m.			FOX & Friends		Chivas @ Chicago		Punk'd	Movie: <i>Happy Gilmore</i>

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Monday, June 6

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller/Prime Sports	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors		
12a.m.	Kickin It	WNBA	Fox & Friends	MLS	Mad TV	Movie: <i>(Continued)</i>	The Simpsons	Movie: <i>(Continued)</i>		
12:30 a.m.		<i>(Continued)</i>		<i>(Continued)</i>		<i>Happy Gilmore</i>	The Simpsons	The Simpsons <:35>		
1a.m.	Basic Training	French Open Tennis <i>Men's Finals</i>	CBS News Sunday Morning	SportsCenter	Supernanny		Fairly Oddparents	Headline News		
1:30 a.m.	Mail Call					Movie: <:45>	Rugrats	Scrubs		
2a.m.	J.A.G.			The Contender	Kevin Hill	<i>48 Hours</i>	Movie:	King of the Hill		
2:30 a.m.				Face the Nation	<i>Gods and Monsters</i>	Coming Attractions	<i>Pixel Perfect</i>	Access Hollywood		
3a.m.	Movie:			Headline News	Stargate SG-1	Strong Medicine	Movie:	Weekend Edition		
3:30 a.m.	<i>The Three Musketeers</i>			Navy/Marine Corps			<i>The Brothers</i>	Movie		
4a.m.				Late Edition With Wolf Blitzer	ESPNNews	Will & Grace		<i>Get a Clue</i>	Black Forum	
4:30 a.m.					Baseball Tonight	That 70's Show	Movie: <:44>		NASCAR	
5a.m.			Headline News		NFL Europe	Breathing Space Yoga	<i>The Notebook</i>	Sesame Street	Nextel Cup	
5:30 a.m.	Hour of Power			<i>Cologne</i>				<i>Racepoints 400</i>		
6a.m.	Lexi: Prsie In The...	PGA Tour <i>The Memorial Tournament Final Round</i>	FOX News Live	<i>at Berlin</i>	Area		Barney			
6:30 a.m.	Coral Ridge Hour						Clifford			
7a.m.	Lord Have Mercy				Swamp Critters	Movie:	Sylvester & Tweety			
7:30 a.m.	Walking By Faith				Harvest	<i>Ordinary People</i>	Scooby Doo			
8a.m.	Calilou			Meet the Press	MLB <i>Chicago Cubs</i>	Music and the . . .	Magic School Bus			
8:30 a.m.	Arthur			FNS with Chris Wallace	<i>at San Diego Padres</i>	Real Videos	The Jetsons	ESPNNews		
9a.m.	Movie:					Latin Lifestyles	Movie: <:16>	House of Mouse		
9:30 a.m.	<i>Alley Cats Strike</i>				Urban Style	<i>Never Been Kissed</i>	Animaniacs			
10 a.m.			SportsCenter	Tim Russert	Fantasy Camp		Ed, Edd & Eddy			
10:30 a.m.	AFN on Assignment				Roker on the Road		Filmore			
11a.m.	Motorweek	Baseball Tonight	People in the News	ESPNNews	Radical Sabatical	Movie:	Walk in Your Shoes	Emeril Live		
11:30 a.m.	Ebert & Roper		with Paula Zahn	ESPNNews	All American Festivals	<i>Crimson Tide</i>	Funniest Animals			
12p.m.	Movie:	MLB <i>Giants @ Mets</i>	This Week	AMA Motorcross	The Suze Orman Show		Nick News Special	That 70's Show		
12:30 p.m.	<i>The Juror</i>						Happy Days			
1p.m.				Dateline International #2	FLW Outdoors <i>Wheeler Lake</i>	Antiques Roadshow	Movie: <:09>	Movie:	Dr Phil	
1:30 p.m.	Movie: <:45>						<i>Addicted to Love</i>	<i>Canterville Ghost</i>	Oprah Winfrey	
2p.m.	<i>Shawshank Redemption</i>			CNN Sunday Night		Colonial House				
2:30 p.m.								Movie:		
3p.m.				SportsCenter	CNN Presents	Meet The Press	Basic Training	Movie: <:04>	<i>A Goofy Movie</i>	Headline News
3:30 p.m.							Mail Call	<i>Ferris Bueller's Day off</i>	Judge Judy	
4p.m.	The Contender			Larry King Live	Headline News	J.A.G.		Disney's Doug	Charmed	
4:30 p.m.			Baseball Tonight		ESPNNews			Wild Thornberrys		
5p.m.	Stargate SG-1		60 Minutes	Roller	The Best Of	Movie:	Fairly Oddparents	Ed		
5:30 p.m.		SportsCenter			Good Eats	<i>The Three Musketeers</i>	Rugrats			
6p.m.	Headline News		FOX Magazine		My Wife and Kids		Jeff Corwin Experience	Funniest Videos		
6:30 p.m.	Window on the Atoll				Malcolm in the Middle			Growing Pains		
7p.m.	Judging Amy	AFL Playoffs	Beltway Boys		Girlfriends	Movie:	America's Funniest	Third Watch		
7:30 p.m.		<i>Conference</i>	FOX News Watch		The King of Queens	<i>Ike: Countdown To D-Day</i>	Home Videos			
8p.m.	Movie:	<i>Championship Predators at Force</i>	Bulls & Bears		The Contender		Everwood	Jeopardy		
8:30 p.m.	<i>War Stories</i>			Cavuto on Business				Headline News		
9p.m.				Forbes on FOX	Window In Review 1999	C.S.I.: NY	Movie:<:47>	Joan of Arcadia	ESPNNews	
9:30 p.m.	Simpson <:35>			Cashin' In	Roller		<i>Don't Say A Word</i>		Navy/Marine Corps	
10 p.m.	Headline News	SportsCenter	Dateline NBC		Will & Grace		The Cosby Show	60 Minutes		
10:30 p.m.	Scrubs				That 70's Show		Home Improvement			
11p.m.	King of the Hill	Baseball Tonight			Saturday Night Live	Movie:	Touched by an Angel	Las Vegas		
11:30 p.m.	Access Hollywood					<i>Who Am I?</i>				

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Tuesday, June 7

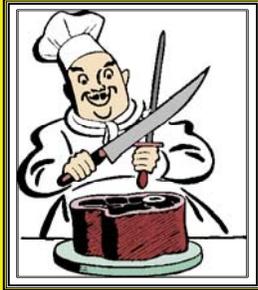
Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller/Prime Sports	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors		
12a.m.	Access Hollywood	AFL Conference Championship Rush at Crush	American Morning	Roller	The X-Files	Movie: <i>(Continued)</i>	Fairly Oddparents	E.R.		
12:30 a.m..	<i>(Continued)</i>				Movie: <:47>	Rugrats	Pacific Report			
1a.m.	Passions				From Here To Eternity	Jeff Corwin				
1:30 a.m..	Third Watch				The King of Queens	Experience		Tonight Show		
2a.m.					The Contender	America's Funniest Home Videos		with Jay Leno		
2:30 a.m..					FOX News Live	C.S.I.: NY		Everwood	The Late Show	
3a.m.						Law & Order		Movie: <i>Ike: Countdown to D-Day</i>	w/ David Letterman	
3:30 a.m..	The Simpsons				SportsCenter	Will & Grace		Joan of Arcadia	The Late Late Show	
4a.m.						Raymond		Movie: <:47>	Sesame Street	with Craig Ferguson
4:30 a.m..						Charmed		Don't Say A Word		Barney & Friends
5a.m.	Today	MLB Braves at Nationals	Dateline NBC	Breathing Space Yoga	True Hollywood Stories	Dragon Tales		Headline News		
5:30 a.m..				Caribbean Workout			Sagwa			
6a.m.				Body Shaping					Franklin	
6:30 a.m..				Typical Mary Ellen			Clifford		Access Hollywood	
7a.m.				The View			Reading Rainbow			
7:30 a.m..				Emeril Live					Hollywood Stories	The Wiggles
8a.m.				Wheel of Fortune			1st & 10		Your World with Neil Cavuto	E.T.
8:30 a.m..	Dr. Phil <8:26>	ESPNews	Coast to Coast	30 Minute Meals	Movie: <i>Born Into Exile</i>	Stanley	Good Morning America			
9a.m.	Oprah Winfrey	Around The Horn				Paula's Home Cooking		Sagwa		
9:30 a.m..	<9:20>	PTI	Designer's Challenge			Franklin				
10 a.m..	Guiding Light <10:20>	SportsCenter	Headline News	Craft Corner	Movie: <:45>	Reading Rainbow	Emeril Live			
10:30 a.m..	General Hospital <11:10>	NBC Nightly News	ABC World News	The Soup	The Sting	Saqwa				
11a.m.			Gillette World of Sports	CBS Evening News		King of Queens	Stanley			
11:30 a.m..	Bulletin Board	NBA Playoffs Eastern Finals (if needed) or MLB Interleague Red Sox @ Cardinals	The Newshour with Jim Lehrer	Bernie Mac	Movie: <i>Only You</i>	Dora the Explorer	That 70's Show			
12p.m.	Judge Judy		Hannity & Colmes	Girlfriends		The Wiggles	Wheel of Fortune			
1p.m.	Today		Fox Report with Shepard Smith	ESPNews		Charmed	Bob the Builder	Dr Phil		
1:30 p.m..						Ed	Dragon Takes	Oprah Winfrey		
2p.m.						Clifford	Barney & Friends	NBC Nightly News		
2:30 p.m..						Aladdin	SportsCenter		Lou Dobbs Tonight	ABC World News
3p.m.	Spongebob	ESPNews	Larry King Live	ESPNews	Movie: <:02>	Growing Pains	Judge Judy			
3:30 p.m..	Mucha Lucha	NBA Fastbreak	CBS Evening News	Third Watch	The Men and a Baby	Pokemon	Charmed			
4p.m.	Kim Possible	NASCAR Nation	NBC Nightly News	Law & Order S.V.U.		Access Hollywood Weekend	Yu-Gi-Oh!	Ed		
4:30 p.m..	Jeopardy	SportsCenter	Newsnight with Aaron Brown	The Simpsons	E.T. Weekend	Disney's Doug	Funniest Videos			
5p.m.	Access Hollywood	BET Nightly News	BET Nightly News	Raymond	Rugrats	Wild Thornberrys				
5:30 p.m..	Window on the Atoll	Tavis Smiley	Hardball with Chris Matthews	Charmed	Movie: <i>The Brothers</i>	Lizzie McGuire	Growing Pains			
6p.m.	Navy M/Corps News	NASCAR Nextel Series	O'Reilly Factor	Battlestar Galactia	Movie: <:44>	The Brothers Garcia	Third Watch			
6:30 p.m..	60 Minutes	MBNA Racepoints 400	Nightline	Part 1		Smallville	Jeopardy			
7p.m.	Las Vegas	Nightline	Business Report	Will & Grace	Movie: <i>The Notebook</i>	Boy Meets World	Headline News			
7:30 p.m..	E.R.	Fox & Friends	American Morning	That 70's Show	Movie: <i>Hot Shots!</i>	Boy Meets World	ESPNews			
8p.m.	Pacific Report	SportsCenter	American Morning	That 70's Show	Movie: <i>Hot Shots!</i>	The Cosby Show	Pacific Report			
8:30 p.m..				Business Report		Home Improvement	7th Heaven			
9p.m.	Tonight Show	W/ Jay Leno	Movie: <i>Big Fat Liar</i>							
9:30 p.m..	The Late Show	Movie: <i>Big Fat Liar</i>								
10p.m.	Tonight Show	Movie: <i>Big Fat Liar</i>								
10:30 p.m..	W/ Jay Leno	Movie: <i>Big Fat Liar</i>								
11p.m.	The Late Show	Movie: <i>Big Fat Liar</i>								
11:30 p.m..	The Late Show	Movie: <i>Big Fat Liar</i>								

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Wednesday, June 8

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller/Prime Sports	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors
12:00AM	The Late Show	SportsCenter	American Morning	Roller	Late Night with Conan O'Brien	Movie: <i>(Continued)</i>	Disney's Doug	Movie: <i>(Continued)</i>
12:30AM	The Late Late Show with Craig Ferguson	NCAA Women's Softball			Charmed	Movie: <:43> <i>Cowboy</i>	Wild Thornberrys	<i>Big Fat Liar</i>
1:00AM		<i>World Series Championship Game 1</i>					Fairly Oddparents	Pacific Report
1:30AM	Big Idea with Donnie Deutsch		FOX News Live		Battlestar Galactica Part 1	Coming Attractions	Rugrats	Tonight Show w/ Jay Leno
2:00AM	Countdown with Keith Olbermann					Movie: <i>The Brothers</i>	Lizzie McGuire	
2:30AM		SportsCenter					The Brothers Garcia	The Late Show w/ David Letterman
3:00AM	Access Hollywood						Smallville	The Late Late Show w/ Craig Ferguson
3:30AM		ESPNNews			Will & Grace		Boy Meets World	
4:00AM	Headline News				That 70's Show	Movie: <:44> <i>The Notebook</i>	Boy Meets World	Big Idea
4:30AM	Entertainment Studios	NBA Fastbreak			Breathing Space Yoga		Sesame Street	w/ Donny Deutsch
5:00AM	ESPNNews	MLB Interleague	Dayside with Linda Vester		Caribbean Workout			Countdown With Keith Olbermann
5:30AM	Headline News	<i>Red Sox at Cardinals</i>			Body Shaping		Barney & Friends	
6:00AM	Today		FOX News Live		Tipical Mary Ellen		Clifford	Access Hollywood
6:30AM								
7:00AM		The Hot List	Studio B with Shepard Smith					
7:30AM		The Hot List			The View	Access Hollywood Weekend	Dragon Tales	Headline News
8:00AM	Wheel of Fortune	1st & 10	Your World with Neil Cavuto		Emeril Live	E.T. Weekend	Bob the Builder	Entertainment Studios
8:30AM	Dr. Phil <8:26>	The Hot List			30 Minute Meals		The Wiggles	ESPNews
9:00AM	Oprah Winfrey <9:20>	Around the Horn	Coast to Coast		Sweet Dreams	Movie: <i>Cruel Justice</i>	Dora the Explorer	Headline News
9:30AM		PTI			Best For Less		Stanley	Good Morning America
10:00AM	Guiding Light <10:20>						Sagwa	
10:30AM		SportsCenter	Headline News				Frankin	
11:00AM	General Hospital <11:10>		NBC Nightly News		Stripped	Movie: <:42> <i>Moulin Rouge</i>	Reading Rainbow	
11:30AM		TBA	ABC World News	MLB Interleague <i>Boston Red Sox at St. Louis Cardinals</i>	E! News Live			Saqwa
12:00PM	Bulletin Board	WNBA	The Newshour with Jim Lehrer		King of Queens		Stanley	
12:30PM	Judge Judy	<i>Storm @ Sun</i>	Hannity & Colmes		Bernie Mac		Dora the Explorer	That 70's Show
1:00PM	Today				Girlfriends		The Wiggles	Wheel of Fortune
1:30PM					Charmed	Movie: <i>You've Got Mail</i>	Bob the Builder	WWE RAW!
2:00PM			MLB <i>Red Sox at Cardinals</i>			Ed		Dragon Takes
2:30PM			Fox Report with Shepard Smith				Clifford	
3:00PM	I Spy		Lou Dobbs Tonight	ABC World News		Movie: <:09> <i>Popeye</i>	Barney & Friends	
3:30PM	Animaniacs			ESPNews	Passions		Funniest Videos	NBC Nightly News
4:00PM	All Grown Up		Larry King Live	CBS Evening News	Third Watch		Growing Pains	Judge Judy
4:30PM	Teen Kids News			NBC Nightly News			Pokemon	Charmed
5:00PM	Jeopardy	ESPNews	NewsNight with Aaron Brown	Roller	Law & Order S.V.U.	The Entertainers	Yu-Gi-Oh!	
5:30PM	Headline News						Disney's Doug	Ed
6:00PM	Bulletin Board	SportsCenter	BET Nightly News		The Simpsons	Behind the Scenes	Wild Thornberrys	
6:30PM	Pacific Report		Tavis Smiley		Raymond	E.T.	Fairly Oddparents	Funniest Videos
7:00PM	7th Heaven	NCAA Women's Women's Softball	Hardball with Chris Matthews		The West Wing	Movie: <i>All About The Benjamins</i>	Rugrats	Growing Pains
7:30PM		<i>Game 2</i>	O'Reilly Factor		C.S.I. Miami		The Proud Family	Third Watch
8:00PM	Movie: <i>Big Fat Liar</i>					Movie: <:52> <i>Twister</i>	The Amanda Show	
8:30PM			Nightline				Everwood	Jeopardy
9:00PM			SportsCenter	Business Report		WWE Raw!		Headline News
9:30PM			FOX and Friends				Sister, Sister	ESPNews
10:00PM	Pacific Report		First				Sister, Sister	Navy/Marine Corps
10:30PM	Tonight Show	Winkelman's Fishing					The Cosby Show	Eve
11:00PM	W/ Jay Leno	ESPNNews	American Morning		The Daily Show	Movie: <i>Airplane 2</i>	Home Improvement	The Simple Life
11:30PM	The Late Show	Baseball Tonight			Blind Date		Touched by an Angel	Extreme Makeover Home Edition

Café Pacific



Lunch

Sun	Kwaj fried chicken Cajun pork stew Eggs Benedict Vegetarian pasta Grill: Brunch station open
Mon	Beef tips in Burgundy Roasted Cornish hen Vegetarian quiche Chef's choice Grill: Brunch station open
Tues	Cajun spare ribs Red beans and rice Breaded chicken wings Tex-Mex stir-fry Grill: Cheese sandwich
Wed	Spaghetti and meatballs Tortellini Alfredo Eggplant Parmesan Sautéed salmon Grill: Italian burger
Thur	Broiled pork chops Local boy stew Steamed ono Grill: Monte Cristo wrap
Fri	Yankee pot roast Sicilian pan pizza Chicken sukiyaki Grill: Corn dogs
June 11	Baked meatloaf Spicy buffalo wings Macaroni and cheese Grill: Greek gyro bar

Dinner

Tonight	Barbecued chicken Swedish meatballs Italian pizza
Sun	Braised short ribs Chicken stew Baked red snapper
Mon	Barbecued pork butt Beef pot pie Breaded cod
Tues	Salisbury steak Spicy chicken curry
Wed	Carved London broil Chicken cordon bleu Three-cheese pasta
Thurs	Pork subgum chow mein Stir-fry to order Pork loin with orange sauce
Fri	Szechuan chicken Herb roast chicken Broiled ham steak

HELP WANTED

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

DELIVERY PERSON needed from mid-June until the end of August for the Hourglass. Casual position. Approximately five hours per week. Must have USAKA driver's license or be able to obtain one. For more information, call 52114.

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

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

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

TELEPHONE ATTENDANT I. Contract position. HR Req. 030937.

TRAVEL COORDINATOR, KRS Travel Office. Provides travel services in accordance with federal and local regulations to facilitate all entry/exit authorizations for KRS team employees, families and affiliates for TDY, annual leaves, medical referrals, college student travel and PCS. Strong computer and customer service skills required.

ADMINISTRATIVE ASSISTANT II, full-time, on-island position. Environmental Safety and Health Office.

ADMINISTRATIVE ASSISTANT, full time, Public Works. HR Req. K030745.

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

TEACHING/LIBRARY AIDE, Education Dept. part time (20 hours per week).

NURSE MANAGER. Contract position. HR Req. 030887.

VETERINARY TECHNICIAN II. HR Req. 030889.

MEDICAL TECHNOLOGIST. Contract position. HR Req. 030877.

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

RADAR ENGINEER. Contract position. HR Req. 030875.

MAINTENANCE SUPERVISOR. Contract position. HR Req. 030871.

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

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

TRAFFIC AGENT I. Contract position. HR Req. 030658.

GENERAL MAINTENANCE I, Roi Operations. Full time. Enniburr residents should apply to Floyd Corder, operations manager.

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

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

ADMINISTRATIVE ASSISTANT I, Security.

Full time. HR Req. K030722.

CDC AIDE, casual. Education Dept. HR Req. 732.

CYS ACTIVITIES assistant director, part time, 20 hours per week, Education Dept. HR Req. K030697.

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

MECHANIC I, Automotive. Three full-time positions. Sufficient education to be able to communicate in English with reasonable fluency. HR Req. K030641 and K030653.

AUTO BODY TECHNICIAN I, Automotive. Full time. Requires sufficient education to be able to communicate in English with reasonable fluency. HR Req. K030640.

MECHANIC II. Full time. HR Req. K030642.

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

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

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

MANAGER RETAIL Services, KRS contract position, directs /supervises Central Vending, Tape Escape, Beauty/Barber and Laundry Plant. Oversees inventory control, accounting, servicing, and equipment repair, maintenance and installation activities. Related small business management experience desired. HR Req. 030917.

HARDWARE ENGINEER III, contract position, HR Req. 030893.

JR ACCOUNTANT. Full-time, on-island/RMI

Chapel Services

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

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

For more information,
call the Chapel, 53505.

position. KRS Finance.

ACCOUNTANT II, CDC Finance. Part-time position responsible for job costing, general ledger, daily/monthly cash reconciliations, accounts payable, FAR compliance and invoicing. Degree in accounting/finance preferred.

RECREATION SPECIALIST I, Hobby Shop. Provide assistance and instruction in both pottery and wood shop areas. Casual. HR Req. K030743.

RECREATION SPECIALIST I, Special Events. Support sound and lighting for special events, Armed Forces Entertainment bands, ceremonies and other requirements as needed. Casual. HR Req. K030757.

PAINTER II, full-time. Paint Shop, Roi Ops. HR Req. K030761. Enniburr residents should apply with Floyd Corder.

GENERAL MAINTENANCE WORKER I, full time. Paint Shop, Roi Ops. HR Req. K030760. Enniburr residents should apply with Floyd Corder.

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

INVENTORY CONTROL Specialist II, CDC, contract position, HR Req. 030688.

REGISTERED NURSE, KRS, contract position. HR Req. 030919.

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

COMMUNITY BANK:

FULL-TIME senior teller. Candidates should have previous banking, credit union or cash handling experience. Candidates must also have the ability to quickly and accurately handle transactions, communicate effectively and possess a strong desire to learn. For consideration, send resumé to Allison.Villarreal@bank-of-america.jp or call 52152. Community Bank is an equal-opportunity employer.

JOB CORPS:

JOB CORPS instructor. Part-time person needed to teach reading, English second language and work skills to Marshallese young adults. BA degree and teaching experience preferred. Apply at Kwajalein Job Corps or call Ruby at 55622 for more information.

SAN JUAN CONSTRUCTION:

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

WANTED

OUTDOOR PATIO chairs, portable dishwasher and TV antenna. Call 59363, after 5 p.m. or on weekends.

COUCH/SOFA for family room. Will look at any condition. Call 52450.

OVERSIZED or Adirondack-style patio chairs. Call 52663 and leave a message.

PATIO SALES

SUNDAY, 7 a.m.-?, Reef 116. Household items, golf and snorkel equipment.

SUNDAY and MONDAY, 8-11:30 a.m., Trailer 793. 100s of movies, household items. No early birds.

MONDAY, 7:30-10 a.m., Quarters 205-B. Kwaj-condition bikes, two adult aluminum frame/rim bikes, indoor and outdoor plants, plastic plant pots, girl's clothes, size 8-14, women's shoes, new picture frames, men's shirts, Sony Playstation with games.

MONDAY, 8-10 a.m., Quarters. 225.

MONDAY, 8-10 a.m., Quarters 129-D. Adult and children's clothing, toys, household items. No early birds.

MONDAY, 8-11 a.m., Quarters. 128-D. PCS sale.

MONDAY, 8 a.m.-1 p.m., Quarters. 483-A. Final PCS sale. Kitchen items, small appliances, clothing, video tapes, wood shelves, craft items, books, plants.

FOR SALE

RC MONSTER TRUCK, Savage SS with 2.5 engine, has been totally modified from suspension to engine, includes electronics upgrade, engine blower, extra tires, adjustable piggyback aluminum shocks, over \$1,500 in spare parts, \$5,000 invested, will sell for \$800 or best reasonable offer. Call 53240.

BEAUTIFUL WICKER furniture set, includes china cabinet buffet with glass, hutch with door, hall console table with drawer, wrought iron sofa table, two custom-cut glass tabletops and matching wicker-framed mirror, all in a light pickled cream color, must see to appreciate, excellent condition and quality, \$1,000 for all. Call Cheri, 53746, to view at Qtrs. 413-A.

TWO SETS OF three lamps, two end table and one floor lamp, very good condition, \$50 each. Call 52589.

BURLEY, excellent condition, \$80; bagless vacuum, \$50. Call 52637.

PCS SALE. Sony 27" TV, \$300; Honeywell industrial grade fan, on stand, \$75; computer desk, \$75; Panasonic 1300 watt microwave; Sun bike, like new, purchased eight months ago, \$150; tan carpet, \$10; household items, \$5 and up; green outdoor table, \$10; rake, \$10; shovel, \$10; ladder, \$10; two tikki torches, \$12 for both; 79 round concrete landscaping stones for border, \$200; assorted plants, \$10 and up. See at Tr. 991 or call 52641.

STORAGE RACK, \$30; Kitchen Aid cabinet, \$10; aluminum front rim, \$5; stationery cabinet, \$10; computer desk, \$20; plants, \$1-\$20; recumbent bike, needs rear wheel, \$150. Call 53578.

PCS SALE. Dive gear, \$250 or best offer; cheap plants, \$5; 48 SPF Coppertone Sport waterproof sunblock lotion, 8 oz. bottles, 50¢ each; available June 19: 20" color TV, \$75; Sun bike, \$175; two adult Kwaj bikes, \$25 each; 20" kid's Kwaj bikes, \$10-\$15. Call 51800.

START TRAINING for the 2006 Rustman.

Shogun 1500 18-speed bike, 62cm frame for 6' or taller rider, touring bike designed to carry lots of weight, \$200. Call 52442 and leave a message.

BIOPLEX PROTEIN, 100 percent whey, chocolate and vanilla flavors, total of 60 lbs. Call 52457.

GIRL'S 20" BIKE, \$15; 16" bike, \$10; complete Layette set of Noah's Ark from J.C. Penney, \$20; Ikea swivel/rocker/recliner, \$25; bobby pillow, \$5; baby backpack stroller, \$20. Call 52681.

BAVER MEN'S off-ice size 9 rollerbaldes with newer wheels, \$50; Pioneer speakers, \$15; unusual shelf, great for BQ, \$10; toaster oven, \$15; Ferrari carrying case for small dog/cat, \$20; Oakley sunglasses, \$25. Call 53875 and leave a message.

PREMIUM PASTA maker, \$50 or best offer; baby gates, call for price; 5.8 GHz cordless phone with answering machine and two handsets, will not interfere with wireless networks, works great, \$35. Call 52763.

COMMUNITY NOTICES

PER AIR MOBILITY COMMAND, the ATI aircraft that serves Kwajalein will go in for significant maintenance beginning today. ATI will use a cargo-only aircraft to Kwajalein for approximately 90 days. It will arrive on Wednesdays and Saturdays. U.S. Army Kwajalein Atoll representatives have been in constant communication with Air Mobility personnel who make these decisions and have expressed our significant concerns regarding personnel trying to leave Kwajalein in the summer months. There is still a C-17 scheduled to come to Kwajalein once a month. USAKA will continue to monitor this situation and keep you informed.

JOIN US for a PCS party for Hope Paier at 6 p.m., Sunday, at the Pacific Club. It's potluck so bring a dish to share and your own beverages. Bring a Kwajalein photo for Hope's memory book.

THE SUMMER Fun adult indoor soccer season is just around the corner. The managers' meeting will be held Wednesday, 5 p.m., in the library conference room in Building 805. Bring your roster and \$20 registration fee. Managers must attend this meeting to play in the league. The season begins June 14 and concludes June 25. For more information, call Billy, 53331.

SUMMER KICK-OFF ceramic mold pouring for kids, 5-12. Classes will be held Thursday, Friday and June 17, 6-8 p.m., for some fun hands-on experience. Class is limited to four. Parents should register their child at the Hobby Shop. Payment required when registering. Questions? Call 51700.

THE TAX CENTER is still open and will continue to E-file returns until Friday. After that date, returns will be mailed to the IRS. Tax preparers are available for appointments. If anyone needs assistance with tax questions, call Shawn Elander, 54788, or Annette Barnhill, 51508.

INDOOR SOCCER officials are needed for the Summer Fun adult indoor soccer season. The season begins June 14 and concludes June 25. If you are interested in earning some summer money and getting involved in the community, this is a great opportunity. Interested persons

must attend the officials' clinic June 11, 5 p.m., in the library conference room. For more information, call Billy, 53331.

CAMP ADVENTURE returns for a fun-filled, fast-paced recreation program guaranteed to keep youth busy throughout the summer. Registration at the Child Development Center, Building 356, continues through June 11. For more information, call Meghan McAndrew, 53796.

KRS FOOD SAFETY will offer a food safety class for private organizations and individuals wishing to sell food at fundraising events. At such an event, there must be a person on site who has attended this class. The class is held June 15, 6:30-10 p.m., in the second floor hospital conference room. This will be the last class before July 4.

COMMUNITY BANK will be open 9 a.m.-5 p.m., June 15, for military payday.

THE AMERICAN LEGION Auxiliary would like to send care packages to your loved ones who are serving in our Armed Forces. Call Amy, 52681, or Sandi, 54765, with name and address of your loved ones serving overseas.

HELP BEAUTIFY our Small Boat Marina by donating plants. Call Paul or Christian, 53643. We'll come pick them up.

ACR SHOP asks residents of hard housing to change your central air-conditioning filters once a month and hose off exterior coils every four months. It helps to pour a 50/50 mixture of bleach and water down the condensate drain when you change the filter. Keep objects away from condensing units to allow service personnel easier access.

STOP BY Grace Sherwood Library to sign up for the monthly book draw. For children, "The Incredibles: The Essential Guide" and for adults, a four box set of "Murder, She Wrote" books will be won.

A REMINDER that Grace Sherwood Library has way cool canvas books for sale. They make great gifts for friends and family stateside when you go home for the summer.

VENDORS WANTED for the Juth 4 celebration at Emon beach. If you are interested and a current Commercial Activities licensed vendor

please register with Alison at Community Activities at 53331. The deadline to register is June 25.

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

HR Notice

KRS Human Resources will be operating on a reduced staff during the month of June. All staffing actions requiring KEAMS input for the payroll period for June 3-16 must be submitted no later than June 14. For the period of June 17-25, only emergency hiring actions will be processed. Questions on these matters can be referred to Bob Bills or Dan Jowers.

Mixed Doubles Tournament

June 12-13.
Double elimination format.
Experienced to beginner level divisions. Maximum of eight teams per division.
Free for Kwajalein Tennis Club members.
Non-members, \$15.
Registration forms are available on the mini-mall bulletin board. Teams must register by close of business Wednesday. Questions? Call Amber, 54169.



ALL-STAR

SOFTBALL CHALLENGE

The Majuro Lady Roughriders take on the Kwajalein Lady Scrubs

Games are • Friday, 5 p.m. • June 11, 6 p.m.
 • June 12, 6 p.m.
 All games on Brandon Field.



Skip Bonham, left and Ed Bonham caught this blue marlin May 29 just off the west reef. It weighed in at 540 pounds. They fought the fish for an hour and it took another 30 minutes for the two of them to get it in the boat.

(Photo courtesy of Ed Bonham)

Kwajalein Scuba Club elects new officers

By Bill Williamson
Kwajalein Scuba Club

The Kwajalein Scuba Club membership has elected new officers at their regular May members' meeting. The new officers are: Bill Williamson, president, Sharon Hurst, vice president and Stan and Nancy Barge will share the secretary/treasurer duties.

There are four appointed offices to be filled. They are: chief dive supervisor, training and safety, ships stores and public affairs.

The chief dive supervisor, is chosen by the dive supervisor council, and then approved by the elected club officers. This will be decided at the next KSC meeting.

The remaining three positions are appointed by the elected club officers, and then voted on by the membership at the next regular

meeting, Wednesday. Anyone interested in serving in any of these positions should contact a club officer.

The Wednesday meeting is the last chance to watch the safety video at a regular meeting.

The club is working on some new and exciting projects.

The first is the monthly KSC dive trip scheduled for June 26, to ocean side Lone Palm. You may sign up for this two tank dive trip at the Wednesday meeting.

The club membership will vote on the best dive story of the month at each meeting, with the winning story-teller receiving a prize. A maximum of three stories will be told at each meeting with the events having occurred since the last meeting.

With club membership approval there are four parties being

planned:

The Presidents Ball would be the first to be held, on June 18. This would be a dress up affair, with the Zooks providing the entertainment. The "End of Summer Bash" will be Sept. 11 at Emon Beach. On Oct. 16 KSC will attempt to put 100 divers in the water around Emon Beach for "Light Up The Lagoon." The "Scuba Doo" party will be Feb. 26.

We are currently talking to PADI about having an Instructor Development Course and IE on island in September. It would require a minimum of seven candidates. Dive Masters interested in becoming instructors contact Williamson for more information.

The KSC calendar will also include events such as the pumpkin carve and Scuba Santa, with dates to be determined.

Weather

Courtesy of RTS Weather

Tonight: Variably cloudy with scattered showers. **Winds:** ENE-ESE at 8-14 knots.

Sunday: Partly sunny with widely scattered showers. **Winds:** ENE-ESE at 8-14 knots.

Monday: Partly sunny with widely scattered showers. **Winds:** NE-E at 10-16 knots.

Tuesday: Partly to mostly sunny with widely scattered showers. **Winds:** NE-E at 12-18 knots.

Annual rainfall total: 12.53"

Annual deviation: -17.28"

Call 54700 for updated forecasts or www.rtswx.com



Sun • Moon • Tides



	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday June 5	0629/1906	0446/1737	0310, 5.3' 1520, 4.4'	0930, 1.1' 2120, 1.1'
Monday June 6	0629/1906	0532/1830	0340, 5.4' 1600, 4.4'	1010, 1.0' 2150, 1.0'
Tuesday June 7	0629/1906	0621/1924	0410, 5.5' 1630, 4.3'	1040, 0.9' 2220, 1.1'
Wednesday June 8	0630/1907	0713/2018	0450/5.5' 1710, 4.3'	1110, 1.0' 2250, 1.2'