

# THE KWAIALEIN HOURGLASS



(Robert Guidi, left, and Brian Brewster emerge from the lagoon after the swim portion in last year's RustMan. The RustMan competition is coming up in May. It's not too early to begin training. For running tips, see Page 4.)

*(Photo by Elizabeth Davie)*

# Safety is a personal experience

Near-miss safety experiences can change your life. My father was a bush pilot and on a couple of hair-raising incidents I rode with him from the sky to the ground, quickly. We landed, unexpectedly in a couple of unusual places. Once time it was a field that was also occupied by a herd of Herefords the other it was a two-lane country road that was fortunately free of traffic.

I'm not sure what safety lessons I learned from those experiences because I was young, my dad was my hero and even though we fell from the sky I don't think I felt much fear.

However, with the recent tragic accident on Kwajalein safety has been even more on the lips of residents.

I was talking to a couple of islanders and asked them to tell me if they've had any near-miss experiences that changed their lives.

One man, a resident of many years, told me of his 5-second brush with death. He was diving and got caught in a submerged ship. It was 40 feet below the surface. He said that even though the ordeal lasted only a few seconds it felt like a lifetime. He said he couldn't imagine a worse death than being trapped underwater and not knowing which way was out. I asked him what he learned, he said, if nothing else, he'd learned to never dive into a wreck. "I was a welder in the Navy," he said. "Those wrecks are 60 years old. Even your air bubbles could dislodge the metal plating." He's learned to be aware of his surroundings and listen to his inner voice.

Another resident, who's lived a life full of adventure and challenges, told a story of a safety-related incident that was caused because, in his own words, he was an idiot.

"I almost accidentally ejected myself out of an



**ONLY ON KWAJ**  
**NELL DRUMHELLER**  
 EDITOR

F4," he admitted with a look of chagrin. What safety lesson did he learn? Pay attention; follow the check list, focus and who knows what else.

The other day we were delivering The Hourglass. We were putting along at low speed in a golf cart. We turned the corner off of Lagoon onto 9th Street. A man on a bicycle was riding toward us in our lane. There was a pick-up in the opposite lane. The cyclist was talking to the driver of the truck. Neither noticed us coming. We hooted, hollered, waved our arms and hoped the rider would see us before ramming into the front of the cart. Even as we hit the brakes we weren't sure how we could avoid this rider if he didn't look up. Because even if we were stopped, he was still on a collision course with us. At the last minute he looked up, smiled and swerved. That was a near miss and got my heart racing.

Management on this installation can release an unending series of handbooks on safety; can hold well-organized briefings on safety, but the bottom line is if we don't each take safety to heart the near-misses will turn into tragedies.

Do you have a safety story you'd like to share with the community? If so, submit it to The Hourglass at [Hourglass@kls.usaka.smdc.army.mil](mailto:Hourglass@kls.usaka.smdc.army.mil).

**THUMBS UP!!**



A big komol tata to the Kwajalein Yacht Club for inviting me to the Commo-

dore's Ball. In case you didn't notice, I thoroughly enjoyed myself!

Thank you also to everyone else I met and particularly Bill Williamson and the Kwajalein Scuba Club for getting me out diving.

**Liz Rodick**

A big thumbs up to Jim Stepchew and his committee for the nice evening I spent at the Commodore's Ball.

The dinner was good, the ambience was nice and the dancing rocked.

**Emily Hillman**

To submit a letter to the editor: Keep letters to less than 300 words, and keep comments to the issues. No personal attacks will be printed. Letters must be signed. However, names will be withheld if requested. We will edit for Associated Press style, grammar and punctuation and if you exceed the word limit, space. Limit one letter every 30 days. Send your letter to: *The Hourglass*, P.O. Box 23, Local; or [hourglass@kls.usaka.smdc.army.mil](mailto:hourglass@kls.usaka.smdc.army.mil).



## THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944.

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# Roi divers mark airplane graveyard

*Mooring buoy makes World War II wrecks easier to find*

By Lisa Shier

Roi-Namur Dolphins Club Divemaster

The airplane graveyard at Roi-Namur now has a mooring buoy for divers.

The airplane graveyard is a large area where American military aircraft were dumped at the conclusion of World War II. Featured in the movie *The Silent Wrecks of Kwajalein Atoll*, the area is a popular dive site for Roi-Namur Dolphins members and visiting Kwajalein divers. Aircraft of several types lie on the sandy bottom at 100–130 feet. Unlike the steel shipwrecks in the lagoon, the aluminum aircraft have suffered little from deterioration over the years, and most are still largely intact. The mooring buoy is located at the wreck of a C-46, a large cargo aircraft. The wreck lies in 110 feet of water, and thus is accessible only to advanced divers. The mooring is to the southwest of North Pass. Conditions can be rough on windy days. Summer is an ideal time to dive this wreck.

According to Greg Howson, Roi-Namur Dolphins

president, member Shawn Harrington approached the club with a proposal to put moorings in at Roi-Namur area dive sites, following the design developed by Dave Fortin and Bob Hamel from the Kwajalein Scuba Club. The club backed up his idea with funding.

Club members Rene Prenoveau and Jack Jones assisted in the installation of the buoy. The airplane graveyard area was chosen for the first buoy due to the difficulty of anchoring in the area. Howson said “Shawn Harrington did a great job with this project, and divers all over the atoll will benefit from his efforts.”

The mooring buoy makes it easier to find the site, and much easier to secure a boat at the site. The mooring also protects the wreck itself from possible anchor damage. A bright orange surface ball is used to locate the mooring. A tag line on the surface ball may be used to secure the dive boat while the divers prepare to enter the water. A subsurface ball at 15–20 feet is attached to the bottom via a stainless steel cable. A large ring directly under the subsurface ball should be used to secure the boat, in addition to the surface tagline.



**Rene Prenoveau and Jack Jones attach a steel cable for the new buoy.**

*(Photo by Lisa Shier)*

# Running is more than walking fast

## Proper training, equipment make or break exercise program

By Doug Hepler

Teacher, Kwajalein Jr-Sr High School

I was asked recently if I had anything other than (allegedly) humorous thoughts on RustMan, weight loss and running. I do, and will now share some of my hard-earned 'rules of running' I have learned since I took up the sport almost 25 years ago. Much of this advice is relevant to Kwajalein, with our tropical climate.

### Shoes

Be sure you spend the money on good running shoes that will protect your feet and knees. You'll only harm yourself by buying cheap tennis shoes. Don't wait until race day to break in a new pair of running shoes. Walk in them for a week or so, and then finish breaking them in by running 1 or 2 miles at a time, finally increasing the 'dosage' until they feel comfortable. Be sure the shoes you buy for running are at least one-half a size greater than you usually buy. For example, for size 11 everyday shoes, plan on an 11-1/2 size for running. Make certain the shoes drain water... we dump cool water on our heads during RustMan for cooling, and if you have the wrong shoes (as I did last RustMan), they can accumulate as much as 2 pounds of water... a lot of weight to deal with during a race. Don't forget to double-tie your laces, as they will certainly come untied if you don't. If your knees start to hurt during training, your shoes probably need replacement. Most models are not designed for more than 2-300 miles of effective running comfort. It is a good idea to number your shoes, and keep track of your accumulated practice mileage. And make sure you use socks which are both protective of your feet and resistant to water accumulation.

### Hydration

Drink your water, but not to excess on race day... this can wash the salts

and electrolytes out of your system, and at the least, you'll cramp up severely (as I did RustMan 2004); at worst, you can become quite seriously ill. I try to drink mainly sports drinks on race day, thus ensuring I have the salts and other elements I need. Don't overdo the drinks just before a race (as I did RustMan 2005). A full belly really hurts when you are trying to run your best.

### Nutrition

I do not eat less than 3 hours from race time. I avoid the 'full' feeling, and make certain I have had a good bathroom break just before race time. However, don't starve yourself. Load up on 'good' carbohydrates such as pasta and baked potatoes the day before and on the day of the race, and make sure you get enough salt. Do not overeat. Don't eat unusual or unfamiliar foods on race day; you will upset your guts. Avoid too much sugar, such as in candy, which could throw your blood-sugar level off balance.

### Clothing

Wear comfortable running attire you are used to; as with shoes, race day is a poor time to break in new or different clothing. Choose lighter colors, as they better reflect the heat of the sun. Men, make sure your shirt does not rub your chest raw. If you use glasses or sunglasses, ensure they stay on your face while you run, as sweating and the up and down pounding of running can make some glasses slip off. You may need a strap or some other retainer. Don't forget your sweat band, and choose the best type for you. I prefer a rolled up farmer's handkerchief, tied in the back.

### Training

Don't overdo it. Listen to what your body tells you. Take days off where you



**Wearing proper fitting shoes can make a big difference when running.**

don't exercise at all. In fact, the latest issue of *Runners World* magazine states that we should now take every other day off from running. Your joints need a break, whether you are 45 like me, or 20-something.

If you are new to running, or have not been a runner for a long time, start off easy, with one or two-mile runs at a time until you feel comfortable. Avoid running in the heat of the day. Some Kwaj runners run early in the morning when it is cooler; I prefer the evening where I can also push my two younger children in our jogging stroller.

Be sure to ice your joints if they are sore after running, and avoid 'running on the strength of Tylenol.'

If you have injured yourself, it is essential that you be patient, and allow time to heal... as I write this article, I only recently was able to resume running after five weeks sidelined by a sore right foot.

Don't ever try to run without first stretching. Have an experienced runner demonstrate the proper stretches you should do, thus saving yourself shin splints and other painful maladies of running. I consulted my copy of *The Runner's Handbook* for the best stretches to avoid shin splints and I have not had a single episode since.

Keep a journal/log book of your running, with entries made right after each run when your memory is most fresh. I have cemented many of my 'lessons learned' by logging my runs. Also log any swimming or biking you do.

## Weight

Running helps to drop the weight, and you'll be a better runner if you are thinner - a reverse of the archetypal 'vicious cycle.' I ran my first RustMan in 2002 at 232 pounds in 1:26:26; for RustMan 2005 I ran 1:00:34 weigh-

ing 209 pounds. Weight loss does make a huge difference in both your time, and your effort.

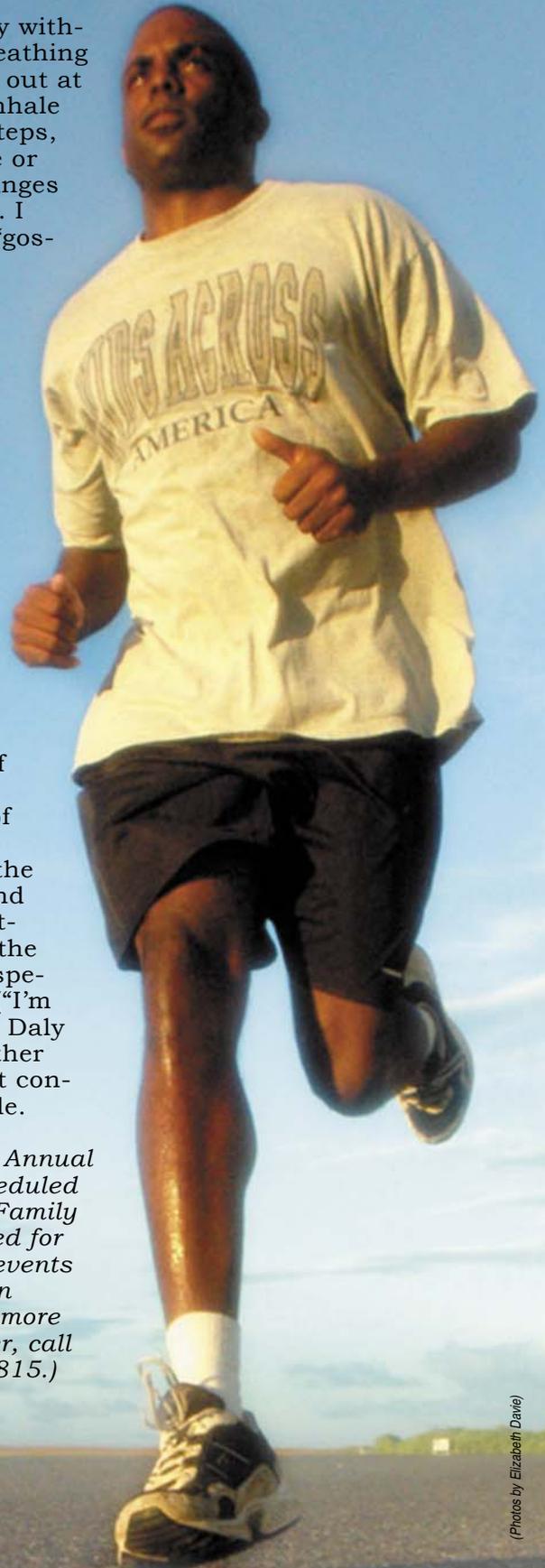
## Rhythm

You can't run effectively without coordinating your breathing with your steps. Starting out at an easy pace, I usually inhale for the first four or five steps, and then exhale for three or four steps. This pace changes for faster runs, of course. I also have what I deem a 'gossip pace,' where I run at a pace where I am making good time, but have enough wind left to carry on a conversation with a running partner. Music is a great help to keep your pace, especially for faster runs like RustMan. Not everyone would like my favorite band, but I will say that I usually make better time listening to AC-DC, especially *Overdose* and *Heat-seeker*. (Maybe there is something to being a '70s head-banger...)

These are my lessons of bitter experience. I hope you can make good use of them. I'll see you out on the roads, joining me in the sport I enjoy so much. And remember, ignore any cat-calls you may hear from the sidelines during races, especially from Jeff Childers ("I'm with you in spirit!"), Tom Daly ("Faster! Faster!"), and other 'friendly' spectators - just consider the source and smile.

Good running!

*(Editor's note: The 27th Annual RustMan Triathlon is scheduled for 4 p.m., May 1. Rusty Family Mini-Triathlon is scheduled for 4:30 p.m., May 15. Both events have course hubs at Emon Beach Main Pavilion. For more information or to volunteer, call Bob or Jane Sholar at 51815.)*



(Photos by Elizabeth Dawie)

# YYWC offers social, community activities

By Elizabeth Davie  
Reporter

Want to make a difference and have fun doing it? The Yokwe Yuk

Women's Club could be for you, even if you are not a woman.

The club has 91 members and has been around since 1961, according to Suza Goltz, club president.



The Yokwe Yuk Women's Club sponsors various committees such as the Mic Shop, Bargain Bazaar, Education and Assistance Committee, cultural exchanges and outer island Christmas drops.

Just because it is the women's club doesn't mean its 'girls only.' "By default we do get the assistance of spouses. Michael Taylor, Kwaj High School student, is a member and helps out in the Bargain Bazaar. Keith Fullerton is famous for his cookies and salads. Leonard Lollar assists Kate with the Monday morning Bargain Bazaar pickups. Les Jones was a greeter for the Tour of Homes," Goltz said.

She went on to say, being a membership perks include the monthly newsletter and being able to help out with various committees – Mic Shop, Bargain Bazaar, Education and Assistance Committee, cultural exchanges with the ladies from Ebeye and Majuro, outer island Christmas drop to Mejatto and Ebadon, airlift 3,000 pounds of food and toys to more than 300 children, silent basket auction, Holiday Tour of Homes, Kaleidoscope of Music (scholarships to Kwaj Seniors), hospitality-welcome wine and cheese and welcome coffees for newcomers on Island.

"I was involved in the Christmas drop and it was a great experience. The kids would give us shells when they received their gift. It was really a special day," said Jennifer Aakre, YYWC member.

When asked why someone should join the club, Goltz said, "It's a great way to meet other women on island, get acquainted with ladies from our host nation, and get involved in raising money to be distributed throughout the Marshall Islands and Micronesia in the form of educational grants. This year is a stellar year; we're distributing \$87,000 to over 40 schools.

"I have been president for two terms and it continues to surprise me the energy and compassion that the ladies bring to this club. I wish the YYWC many more years of continued success and am very proud to have been a part of its history," she added.

For more information or to join the YYWC, call Goltz at 53725.

# Kwajalein Yacht Club recognizes 2005 winners

## Hourglass reports

The Kwajalein Yacht Club announced the 2005 race winners and recognized outstanding members at Sunday's Commodore's Ball.

The Commodore's Cup was awarded to Sandra Herrington.

There were 11 Sunday afternoon races with 17 different skippers and seven boats. The average race attendance was 4.6 boats.

Division winners were:

### Multi Hull class

- 1st – Mike Tuner (Indigo)
- 2nd – David Ladd (Hobie Cat)

### Small Boat Class (25 feet or less in length)

- 1st – Sandra Herrington (Chulita)
- 2nd – Jeff Griswold (Casie Rae)
- 3rd – Rod Godfrey (Marina Boats)

### Racing Class (designed with racing in mind)

- 1st – Bruce Premo (Moonshine)
- 2nd – Brian Sava (Bellweather)

**Cruising Class** (rigged more for cruising with larger displacement)

- 1st – Mike Herrington (Felix)
- 2nd – Mike Cheatham (Kailuana)

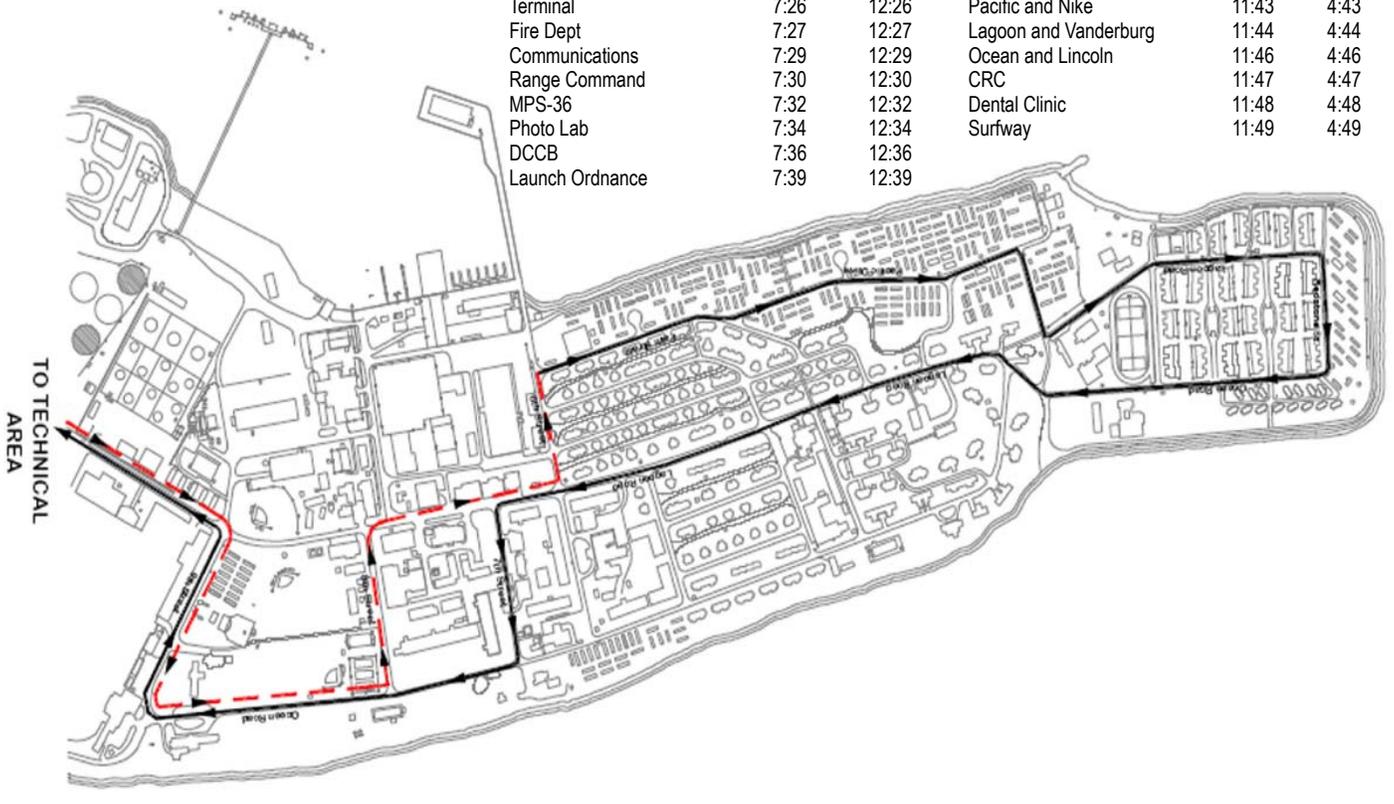


The Kwajalein Yacht Club sponsors many events such as the parade of lights.

*(Photo by Bruce Premo)*

## Work bus schedule

	<u>morning</u>	<u>noon</u>		<u>reverse</u>	<u>reverse</u>
6th DSC and Palm Street	7:10	12:10	Launch Ordnance	11:20	4:20
Palm and Pacific	7:11	12:11	DCCB	11:24	4:24
Pacific and Nike	7:12	12:12	Photo Lab	11:26	4:26
Lagoon/Vanderburg	7:13	12:13	MPS-36	11:28	4:28
Ocean/Lincoln	7:15	12:15	Range Command	11:30	4:30
CRC	7:17	12:17	Communications	11:32	4:32
Dental Clinic	7:18	12:18	Fire Dept	11:34	4:34
Surfway	7:19	12:19	Terminal	11:36	4:36
Coral BQ	7:21	12:21	Café Pacific	11:38	4:38
Macy's	7:23	12:23	6th DSC and Palm Street	11:41	4:41
Ocean PDR	7:25	12:25	Palm and Pacific	11:42	4:42
Terminal	7:26	12:26	Pacific and Nike	11:43	4:43
Fire Dept	7:27	12:27	Lagoon and Vanderburg	11:44	4:44
Communications	7:29	12:29	Ocean and Lincoln	11:46	4:46
Range Command	7:30	12:30	CRC	11:47	4:47
MPS-36	7:32	12:32	Dental Clinic	11:48	4:48
Photo Lab	7:34	12:34	Surfway	11:49	4:49
DCCB	7:36	12:36			
Launch Ordnance	7:39	12:39			





## WELCOME TO THE MOVIES

### Saturday

7:30 p.m., Yuk — *Your, Mine and Ours* (PG)  
7:30 p.m., Rich — *The Fog* (PG-13)  
7:30 p.m., Roi — *North Country* (R)

### Sunday

7:30 p.m., Yuk — *Aeon Flux* (PG-13)  
7:30 p.m., Rich — *The Gospel* (PG)  
9:30 p.m., Rich — *In Good Company* (PG-13)  
7:30 p.m., Roi — *Jarhead* (R)

### Monday

7:30 p.m., Yuk — *Your, Mine and Ours* (PG)  
p.m., Rich — *The Fog* (PG-13)

### Wednesday

7 p.m., ARC — *Aeon Flux* (PG-13)

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

**In Good Company**, A middle-aged man finds a callow twentysomething usurping his professional life and worming his way into his family in this alternately funny and poignant comedy drama. Dan Foreman (Dennis Quaid) is a man in his mid-forties who has spent 20 years as the head of advertising sales for Sports America, a leading athletics magazine. Dan is happily married to Ann (Marg Helgenberger) and has a college-age daughter, Alex (Scarlett Johansson), whom he dotes on, but Dan's comfortable life is given a major shake-up when a large multimedia firm buys the magazine. Seen as a bit long in the tooth to be truly competitive, Dan is demoted to second in command of advertising, and his position is handed over to Carter Duryea (Topher Grace), a 26-year-old who talks a good game about sales but has no practical experience in the field. Dan's wounded ego makes working with the arrogant Carter an uphill battle, but when he learns that Ann is expecting another baby, Dan is in no position to quit.

**Aeon Flux**, Based on the animated series by Peter Chung, Aeon Flux imagines a future in which 99 percent of the world's population is killed through industrial disease, and the survivors live in a single city that, despite utopian appearances, is quite totalitarian. Disinclined to embrace any particular ideology outside of a hatred for Trevor Goodchild the leader of the council that governs the walled city, hyper-sexualized assassin Aeon Flux seeks to bring about a revolution. Retaining the title character's trademark jet-black hair and sleek, revealing clothing, this film adaptation fleshes out the story behind the sexual and romantic tension between Aeon and Trevor.

### Movie ratings

G = general audiences, all ages admitted

PG = parental guidance suggested, some material may not be suitable for children.

PG-13 = Parents strongly cautioned, some material may be inappropriate for children under 13.

R = restricted, under 17 requires accompanying parent or adult guardian.

NC-17 = No one 17 and under admitted.

## Global War on Terror

# Honoring fallen heroes

The following 10 U.S. service-members died in support of the global war on terror.

**Lance Cpl. John J. Thornton**, 22, of Phoenix died Feb. 25 of wounds received as a result of an enemy mortar attack in Ar Ramadi, Iraq. He was assigned to 3rd Battalion, 7th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Twentynine Palms, Calif. During Operation Iraqi Freedom, his unit was attached to 2nd Marine Division, II Marine Expeditionary Force (Forward).

**Staff Sgt. Dwayne P. R. Lewis**, 26, of New York City, died in Baghdad, Iraq on Feb. 27, when his unit was attacked by enemy forces using small arms fire during a dismounted patrol. Lewis was assigned to the 2nd Battalion, 22nd Infantry Regiment, 1st Brigade Combat Team, 10th Mountain Division, Fort Drum, N.Y.

**Spc. Christopher S. Merchant**, 32, of Hardwick, Vt., died in Ar Ramadi, on March 1, when his HMMWV came under attack by enemy forces using a vehicle-borne improvised explosive device and rocket-propelled grenade. Merchant was assigned to the Army National Guard's 3rd Battalion, 172nd Infantry Regiment, Jericho, Vt.

**Sgt. Joshua V. Youmans**, 26, of Flushing, Mich., died at Brooke Army Medical Center in San Antonio on March 1, from injuries sustained in Habbaniyah, Iraq on Nov. 21, when an improvised explosive device detonated near his HMMWV during combat operations. Youmans was assigned to the Army National Guard's 1st Battalion, 125th Infantry Regiment, Saginaw, Mich.

**Pfc. Tina M. Priest**, 20, of Austin, Texas, died in Taji, Iraq on March

1, from non-combat related injury. Priest was assigned to the 4th Support Battalion, 1st Brigade Combat Team, 4th Infantry Division, Fort Hood, Texas.

**Lance Cpl. Matthew A. Snyder**, of Finksburg, Md., died March 3 from a non combat-related vehicle accident in Al Anbar province, Iraq. He was assigned to Combat Service Support Group-1, 1st Marine Logistics Group, I Marine Expeditionary Force, Twentynine Palms.

**Staff Sgt. Kevin P. Jessen**, 28, of Paragould, Ark., died in Rawah, Iraq, on Sunday when an improvised explosive device detonated during combat operations. Jessen was assigned to the Army's 22nd Chemical Battalion (Technical Escort), Aberdeen Proving Ground, Md.

**Cpl. Adam O. Zanutto**, 26, of Caliente, Calif., died Monday at National Naval Medical Center, Bethesda, Md., from wounds received as a result of an improvised explosive device in Al Anbar province, Iraq on Feb. 25. He was assigned to 3rd Battalion, 7th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Twentynine Palms.

**Gunnery Sgt. Justin R. Martone**, 31, of Bedford, Va. and **Gunnery Sgt. John D. Fry**, 28, of Lorena, Texas supporting Operation Iraqi Freedom. Martone died Tuesday and Fry died Wednesday from improvised explosive devices in Al Anbar province, Iraq. Martone was assigned to 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force, Okinawa, Japan. Fry was assigned to 8th Engineer Support Battalion, 2nd Marine Logistics Group, II Marine Expeditionary Force, Camp Lejeune, N.C.

## TAX TIME

Volunteers are needed for the Volunteer Income Tax Assistance program. Certification training for tax preparers will be conducted Wednesday through Friday. Please call the U.S. Army Kwajalein Atoll Legal Office at 51431 for more information, and to sign up.

Time	Channel 9 Roller	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller/Prime	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors	
midnight		NBA <i>Year of the Yao</i>	Dateline	The Late Show	Late Night with Conan O'Brien	Movie: (cont.)	Movie: (cont.) <i>Tarzan II</i>	Law & Order	
12:30 a.m.				Late Late Show with Craig Ferguson					
1 a.m.		World Baseball <i>Puerto Rico</i>	Fox & Friends		American Idol	Movie: <:19> <i>Men in Black II</i>	American Idol	Headline News	
1:30 a.m.				Judge Judy				King of Queens	
2 a.m.		vs. <i>Cuba</i>	CNN Saturday AM	Star Trek: Voyager	NCIS			Two & a Half Men	
2:30 a.m.			Open House					That '70s Show	
3 a.m.			Bulls & Bears	Oprah Winfrey	Judging Amy	Movie: <:02> <i>Red Planet</i>		24	
3:30 a.m.			Cavuto on Business						
4 a.m.		ESPNews	Forbes on FOX	Roller	Friends		Movie: <i>The Haunted Mansion</i>	C.S.I. Miami	
4:30 a.m.		College Basketball	Cashin' In		King of Queens	Movie: <:58> <i>Lord of the Rings: Two Towers</i>		College Gameday	
5 a.m.		Conference USA Championship	CNN Saturday	CBS Evening News	Your Reality Checked		Movie: <i>Tarzan II</i>		
5:30 a.m.				ESPNews					
6 a.m.			Weekend Live with Tony Snow	NBC Nightly News	Caribbean Workout				
6:30 a.m.		College Basketball		ABC World News	Every Woman			College Basketball	
7 a.m.		<i>Big 10 Semifinal #1</i>	Wall Street Journal	All Grown Up	Extreme Homes			Dawson's Creek	<i>ACC Tournament Semifinals #1</i>
7:30 a.m.			Army Newswatch	Trollz	Designed to Sell				
8 a.m.			FOX News Live	Sonic X	Landscape Smart		Movie: <:17> <i>Men in Black II</i>	Mister Rogers'	
8:30 a.m.				All That!	Weekend Handyman			The Wiggles	
9 a.m.		College Basketball	Dateline	Flight 29 Down	Fix it Up		Sesame Street	College Basketball	
9:30 a.m.		<i>Big 10 Semifinal #2</i>		Instant Star	Before and After			<i>ACC Tournament Semifinals #2</i>	
10 a.m.			CNN Saturday	Navy/MCorps News	BBQ with Bobby	Movie: <i>Big Momma's House</i>	Bob The Builder		
10:30 a.m.				Mail Call	\$40 A Day		Baby Looney Tunes		
11 a.m.		College Basketball	Headline News	National Geographic	Trading Spaces		Magic School Bus	ESPNews	
11:30 a.m.		<i>Pac-10 Championship</i>	McLaughlin Group	National Geographic		Movie: <:54> <i>Daddy Day Care</i>	Book of Virtues	ESPNews	
noon			On The Story	Access Hollywood Weekend	Try My Life		House of Mouse	Hour of Power	
12:30 p.m.							Animaniacs	Celebration Victory	
1 p.m.		College Basketball	Week in Review	Extreme Makeover: Home Edition	The O.C.		The Weekenders	Coral Ridge Hour	
1:30 p.m.		<i>Big East Championship</i>	Headline News			Movie: <:41> <i>The Road to Bali</i>	Kids Next Door	Christopher Closeup	
2 p.m.			Black Forum	George Lopez	Amazing Race		Drake & Josh	Grand Ole Opry: Live	
2:30 p.m.			Navy/Marine Corps	One on One			Funniest Animals		
3 p.m.		College Basketball	CNN Saturday Night	Boston Legal	Lost	Movie: <:27> <i>Forrest Gump</i>	NBA Access	Motorweek	
3:30 p.m.		<i>Mountain West Championship</i>					I Dream of Jeannie	Ebert & Roeper	
4 p.m.			Journal Editorial	Law & Order	Celebrity Poker		Movie: <i>Milo &amp; Otis</i>	Monster Garage	
4:30 p.m.			Beltway Boys					Fear Factor	
5 p.m.		College Basketball	Larry King Live	American Chopper			Movie: <i>Full Court Miracle</i>	Raymond	
5:30 p.m.		<i>Big West Championship</i>		Roller	Project Runway	Movie: <:03> <i>Bull Durham</i>		Raymond	
6 p.m.			Heartland				Disney's Doug	Survivor: Panama	
6:30 p.m.							Rocket Power		
7 p.m.		SportsCenter	CNN Presents Live	George Lopez	Next Top Model		SpongeBob	Stargate SG-1	
7:30 p.m.				One on One		True Hollywood Story	Fairly Oddparents		
8 p.m.	NASCAR Busch Series: <i>Sam's Town 300</i>	Headline News	Boston Legal			Crocodile Hunter	Headline News		
8:30 p.m.		Chris Matthews					ESPNews		
9 p.m.		Tim Russert	Law & Order	The Bachelor					
9:30 p.m.						Movie: <i>School of Rock</i>	America's Funniest Home Videos	20/20	
10 p.m.		The Line Up	Window on the Atoll	SNL					
10:30 p.m.			King of Queens						
11 p.m.	SportsCenter	Journal Editorial	Two & a Half Men			7th Heaven	Cold Case		
11:30 p.m.		Beltway Boys	That '70s Show	Laguna Beach					

# Monday

All programming is subject to change without notice

Time	Channel 9 Roller	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller/Prime	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors	
midnight		NBA	Sunday Morning	24	Punk'd	Movie: <:03>	7th Heaven	Numb3rs	
12:30 a.m.		Detroit at Washington	Headline News	Nova	Next Top Model	Behind Enemy Lines	Flight 29 Down	Headline News	
1 a.m.									
1:30 a.m.							Instant Star	Family Guy	
2 a.m.			CBS News Sunday Morning	Secrets of War		Movie: The Fugitive	7th Heaven	Blue Collar TV	
2:30 a.m.		ESPNNews						King of the Hill	
3 a.m.		Sports Reporters		J.A.G.	The Bachelor		Crocodile Hunter	Stargate SG-1	
3:30 a.m.		SportsCenter	Face the Nation						
4 a.m.			Fox News Live Weekend	Monk	Laguna Beach	Movie: <:06> Island of Dr. Moreau	America's Funniest Home Videos	Without a Trace	
4:30 a.m.							Punk'd		
5 a.m.		College Gameday		According to Jim	Warehouse Warriors		7th Heaven	SportsCenter	
5:30 a.m.				George Lopez					
6 a.m.		College Basketball ACC Championship	On the Story	Roller	House Hunters	Movie: School of Rock	7th Heaven	College Basketball SEC Championship	
6:30 a.m.							Organization		
7 a.m.			CNN Presents: Live		Kids Club		Flight 29 Down		
7:30 a.m.				Your Total Health	Harvest with Greg		Instant Star		
8 a.m.		College Basketball Big 12 Championship	Studio B Weekend	The Entertainers	G-Rock	Movie: <:03> Behind Enemy Lines	Play with Sesame	College Basketball Big Ten Championship	
8:30 a.m.							Real Videos		Barney & Friends
9 a.m.			Meet the Press	Hour of Power	Latin Lifestyles		Sesame Street		
9:30 a.m.				Celebration Victory	Urban Style				
10 a.m.		ESPNU Bracketology	CNN Sunday	Coral Ridge Hour	Great Adventure	Inside the Actor's... John Goodman	Bear in the Big Blue	College Basketball Selection Show	
10:30 a.m.					Christopher Closeup		Roker on the Road		
11 a.m.		SportsCenter		Grand Ole Opry: Live	Simplify Your Life	Hollywood Shootout	Blue's Clues		
11:30 a.m.						American Festivals	Entertainment Tonight	Dora the Explorer	
noon		ESPNU Bracketology	Fox Report Weekend	Motorweek	Suze Orman Show	Movie: Twelve Mile Road	Rolie Polie Olie	ESPNNews	
12:30 p.m.					Ebert & Roeper				JoJo's Circus
1 p.m.		World Baseball Teams TBD	CNN Presents: Live	Monster Garage	American Experience	Movie: <:45> XXX	Franklin	NHL	
1:30 p.m.									Reading Rainbow
2 p.m.			ABC This Week	Fear Factor	Nova			JoJo's Circus	at
2:30 p.m.								Rolie Polie Olie	Mighty Ducks
3 p.m.			CNN Sunday Night		Secrets of War		Dora the Explorer		
3:30 p.m.				Raymond			Blue's Clues	Friends	
4 p.m.		World Baseball Teams TBD	War Stories with Oliver North	Survivor: Panama	J.A.G.	Movie: Of Mice & Men	Little Bill	Mad About You	
4:30 p.m.								Bear in the Big Blue	Mad About You
5 p.m.				Larry King Live	Stargate SG-1	Monk		Barney & Friends	WWE Smackdown!
5:30 p.m.								Play with Sesame	
6 p.m.			60 Minutes	Roller	According to Jim	Movie: <:05> Devil in a Blue Dress	Funniest Videos		
6:30 p.m.				Window on the Atoll	George Lopez			Full House	
7 p.m.		World Baseball Teams TBD	World News Now	20/20	My Name is Earl		Pokemon	Desperate Housewives	
7:30 p.m.							Malcolm	Yu-Gi-Oh!	
8 p.m.				Cold Case	Desperate Housewives	Access Hollywood Weekend	Disney's Doug	Wheel of Fortune	
8:30 p.m.			Up to the Minute				Ed, Edd, & Eddy	Jeopardy	
9 p.m.	Window in Review			Numb3rs	Grey's Anatomy	Entertainment Tonight Weekend	SpongeBob	Headline News	
9:30 p.m.			Face the Nation				Fairly Oddparents	Navy/MCorps News	
10 p.m.		SportsCenter	This Week	Roller	Friends	Movie: Lord of the Rings: The Two Towers	Lizzie McGuire	60 Minutes	
10:30 p.m.							Family Guy	King of Queens	
11 p.m.			Dateline	Blue Collar TV	C.S.I.: NY		Smallville	ER	
11:30 p.m.		NASCAR...		King of the Hill					

Time	Channel 9 Roller	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller/Prime	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors	
midnight		NASCAR: UAW DaimlerChrysler 400	Today	Stargate SG-1	Medium	Movie: <:cont.>	Boy Meets World	Crossing Jordan	
12:30 a.m.							Boy Meets World		
1 a.m.					Without a Trace	My Name is Earl	Movie: <:19> <i>Men in Black II</i>	Fresh Prince	Pacific Report
1:30 a.m.						Malcolm		Family Ties	Tonight Show with Jay Leno
2 a.m.				American Morning	Designer's Challenge	Desperate Housewives		7th Heaven	
2:30 a.m.						Coast to Coast			The Late Show w/ David Letterman
3 a.m.		ESPNNews	CNN Live Today	Alias	Grey's Anatomy	Movie: <:02> <i>The Red Planet</i>	SpongeBob	Late Late Show with Craig Ferguson	
3:30 a.m.		SportsCenter	MSNBC Live	C.S.I.	Friends		Fairly Oddparents		
4 a.m.					King of Queens		Lizzie McGuire		
4:30 a.m.							Movie: <:58> <i>Lord of the Rings: The Two Towers</i>	Taina	Judge Judy
5 a.m.		ESPNU Bracketology		Roller	Carol Duval Show		Smallville	Star Trek: Voyager	
5:30 a.m.					Breathing Space				
6 a.m.		World Baseball <i>Teams TBD</i>	Dateline	Today	Caribbean Workout	Movie: <:17> <i>Men in Black II</i>	Boy Meets World	Oprah Winfrey	
6:30 a.m.									The Right Fit
7 a.m.			Fox News Live		Good Eats		Fresh Prince	Dr. Phil	
7:30 a.m.					Unwrapped		Family Ties		
8 a.m.			Studio B with Shepard Smith	Sesame Street	30 Minute Meals		Play with Sesame	ESPNNews	
8:30 a.m.					Paula's Home Cooking		Barney & Friends	Headline News	
9 a.m.		College Gamenight	The Situation Room	The View	Raymond		Sesame Street	Good Morning America	
9:30 a.m.		The Hot List			Raymond				
10 a.m.		Around the Horn	The Big Story w/ John Gibson	Dr. Phil Show	Dawson's Creek	Access Hollywood Weekend	Bear in the Big Blue		
10:30 a.m.		PTI			Little Bill				
11 a.m.		SportsCenter	Headline News	ER	The Soup	E.T. Weekend	Blue's Clues	30 Minute Meals	
11:30 a.m.			NBC Nightly News		Blind Date				
noon		Women's College Basketball	ABC World News	Roller	My Wife & Kids	Movie: <i>Danielle Steel's Once in a Lifetime</i>	Rolie Polie Olie	Dead Zone	
12:30 p.m.			CBS Evening News	Judge Judy	Living Single		JoJo's Circus		
1 p.m.		College Gamenight	Countdown with Keith Olbermann	Guiding Light	Mad About You	Movie: <:47> <i>Cocoon</i>	Franklin	Dr. Phil	
1:30 p.m.					Mad About You		Reading Rainbow		
2 p.m.		College Basketball <i>Teams TBD</i>	Hannity & Colmes	General Hospital	Emeril Live			JoJo's Circus	E.R.
2:30 p.m.							Rolie Polie Olie		
3 p.m.			Lou Dobbs Tonight	Passions	Designer's Challenge		Dora the Explorer	Judge Judy	
3:30 p.m.					Coast to Coast		Blue's Clues	Judge Judy	
4 p.m.		SportsCenter	News Hour with Jim Lehrer	Oprah Winfrey Show	Alias	Movie: <i>Benny &amp; June</i>	Little Bill	Mad About You	
4:30 p.m.								Bear in the Big Blue	Mad About You
5 p.m.	College Gamenight	Special Report with Brit Hume	Wheel of Fortune	C.S.I.			Barney & Friends	Emeril Live	
5:30 p.m.			Jeopardy			Play with Sesame			
6 p.m.	SportsCenter	Your World with Neil Cavuto	Window on the Atoll	Seinfeld	Movie: <:46> <i>Frantic</i>	Funniest Videos	Battlestar Galactica		
6:30 p.m.				Roller		That '70s Show		Full House	
7 p.m.	World Baseball <i>Korea vs. TBD</i>	World News Now	60 Minutes	The Dead Zone			Pokemon	Alias	
7:30 p.m.							Yu-Gi-Oh!		
8 p.m.				ER	Battlestar Galactica	The Entertainers		Disney's Doug	Wheel of Fortune
8:30 p.m.		Tavis Smiley				Ed, Edd, & Eddy	Jeopardy		
9 p.m.		Business Report	Crossing Jordan	24	Behind the Scenes	SpongeBob	Headline News		
9:30 p.m.		Nightline			E.T.	Fairly Oddparents	Pacific Report		
10 p.m.	SportsCenter	Hardball with Chris Matthews	Roller	Friends	Movie: <i>8 Mile</i>	As Told By Ginger	The Simpsons		
10:30 p.m.				Tonight Show W/ Jay Leno		King of Queens	The Amanda Show	Family Guy	
11 p.m.	NBA Fastbreak	O'Reilly Factor		Bernie Mac			Everwood	Smallville	
11:30 p.m.	ESPNNews		The Late Show	King of the Hill					

# Wednesday

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Time	Channel 9 Roller	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller/Prime	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors	
midnight		World Baseball	Today	The Late Show	Late Night with Conan O'Brien	Movie: <i>The Sixth Sense</i>	Sister, Sister	House	
12:30 a.m.		<i>Teams TBD</i>		Late Late Show w/ Craig Ferguson			Sister, Sister		
1 a.m.					The Dead Zone		Fresh Prince	Pacific Report	
1:30 a.m.				Judge Judy		Family Ties	Tonight Show w/ Jay Leno		
2 a.m.			American Morning	Star Trek: Voyager	Battlestar Galactica	Movie: <i>In the Line of Fire</i>	7th Heaven	The Late Show w/ David Letterman	
2:30 a.m.							SpongeBob		
3 a.m.		NBA Fastbreak	CNN Live Today	Oprah Winfrey Show	24		Fairly Oddparents	Late Late Show with Craig Ferguson	
3:30 a.m.		ESPNNews				As Told by Ginger			
4 a.m.		SportsCenter	MSNBC Live	Dr. Phil	Friends	Movie: <:14> <i>American Pie</i>	The Amanda Show	Judge Judy	
4:30 a.m.					King of Queens		Carol Duval Show	Everwood	Star Trek: Voyager
5 a.m.		NBA Special...			Roller		Breathing Space		
5:30 a.m.		NBA Special...							
6 a.m.		MLB: (Spring Train)	Fox News Live	Today Show	Caribbean Workout	Movie: <i>8 Mile</i>	Sister, Sister	Oprah Winfrey	
6:30 a.m.		<i>Cardinals vs. Yankees</i>					The Right Fit	Sister, Sister	
7 a.m.							Good Eats	Fresh Prince	Dr. Phil
7:30 a.m.					Unwrapped	Family Ties			
8 a.m.			Studio B with Shepard Smith	Sesame Street	30 Minute Meals	Movie: <i>The Sixth Sense</i>	Play with Sesame	ESPNNews	
8:30 a.m.					Sweet Dreams		Barney & Friends	Headline News	
9 a.m.		The Hot List	The Situation Room	The View	Raymond		Sesame Street	Good Morning America	
9:30 a.m.		The Hot List			Raymond				
10 a.m.		Around the Horn	The Big Story w/ John Gibson	Dr. Phil Show	Dawson's Creek	The Entertainers	Bear in the Big Blue		
10:30 a.m.		PTI							Little Bill
11 a.m.		SportsCenter	Headline News	ER	E! News Live	Behind the Scenes	Blue's Clues	30 Minut Meals	
11:30 a.m.			NBC Nightly News			Blind Date	E.T.	Dora the Explorer	Friends
noon		Women's Basketball	ABC World News	Roller	My Wife & Kids	Movie: <i>A Child Lost Forever</i>	Rolie Polie Olie	Ghost Whisperer	
12:30 p.m.		College Basketball	CBS Evening News	Judge Judy	Living Single		JoJo's Circus		
1 p.m.		<i>NCAA Tournament Play-In Game</i>	Countdown with Keith Olbermann	Guiding Light	Mad About You	Movie: <:48> <i>Silence of the Lambs</i>	Franklin	Lost	
1:30 p.m.							Mad About You	Reading Rainbow	
2 p.m.			Hannity & Colmes	General Hospital	Emeril Live		JoJo's Circus	The Apprentice	
2:30 p.m.		College Basketball				Rolie Polie Olie			
3 p.m.		<i>Teams TBD</i>	Lou Dobbs Tonight	Passions	The Shopping Bags	Dora the Explorer			
3:30 p.m.					Ambush Makeover	Blue's Clues	King of Queens		
4 p.m.			News Hour with Jim Lehrer	Oprah Winfrey Show	Alias	Movie: <i>She's All That</i>	Little Bill	WWE Raw!	
4:30 p.m.		SportsCenter					Bear in the Big Blue		
5 p.m.			Special Report with Brit Hume	Wheel of Fortune	C.S.I.	Barney & Friends			
5:30 p.m.		College Gamenight		Jeopardy		Play with Sesame			
6 p.m.			Your World with Neil Cavuto	Roller	Seinfeld	Movie: <:44> <i>Electric Horsemen</i>	Funniest Videos	24	
6:30 p.m.		SportsCenter			That '70s Show		Full House		
7 p.m.			World News Now	The Simpsons	Ghost Whisperer		Pokemon	Alias	
7:30 p.m.				Family Guy		Yu-Gi-Oh!			
8 p.m.				Smallville	Lost	True Hollywood Stories	Disney's Doug	Wheel of Fortune	
8:30 p.m.		NHL	Tavis Smiley				Ed, Edd, & Eddy	Jeopardy	
9 p.m.		<i>Sabers at Capitals</i>	Business Report	House	The Apprentice	Hollywood Backstories	SpongeBob	Headline News	
9:30 p.m.			Nightline			E.T.	Fairly Oddparents	Navy/Mcorps News	
10 p.m.				Hardball with Chris Matthews	Roller	Friends	Movie: <i>Cellular</i>	Even Stevens	Eve
10:30 p.m.				Tonight Show W/ Jay Leno	King of Queens		Kenan & Kel	All of Us	
11 p.m.		SportsCenter	O'Reilly Factor		The Daily Show		Gilmore Girls	Extreme Makeover: Home Edition	
11:30 p.m.				The Late Show	The Colbert Report				

# Café Pacific

## Lunch

**Sunday**  
Carved top sirloin  
Kwaj fried chicken  
Strawberry crepes  
Grill: Brunch station open

**Monday**  
Roast pork loin  
Turkey and dumplings  
Bacon and cheese quiche  
Grill: Brunch station open

## Tuesday

Spaghetti  
Italian sausage  
Chicken nuggets  
Baked Parmesan ono  
Grill: Pastrami and swiss

## Wednesday

Marinated pork butt  
Tuna casserole  
Beef and broccoli stir-fry  
Grill: Grilled cheese

## Thursday

Southern fried chicken  
Texas barbecue riblets

## Garden vegetable pasta

Grill: Ranchero burger

**Friday**  
Corned beef and cabbage  
Irish lamb stew  
Fish djour  
Grill: Cheese dogs

**March 18**  
Broiled hamburger steak  
Taco and vegetarian pizza  
Grill: Philly beef wrap

## Dinner

## Tonight

## Sweet and sour pork

Chicken hekka  
Korean beef steak

**Sunday**  
Braised short ribs  
Ranch-style chicken stew  
Korean tofu

**Monday**  
Beef stroganoff  
Ham steak Hawaiian  
Seared sesame ahi

**Tuesday**  
Breaded pork chops  
Spicy chicken curry

## Red beans and broth

**Wednesday**  
Roast prime rib  
Roast herb chicken  
Vegetable chowfun

**Thursday**  
Braised Swiss steak  
Buffalo wings  
Chef's choice entree

**Friday**  
Oven-baked chicken pot pie  
Trout Menuiner  
Sage stuffing

## HELP WANTED

**Kwajalein Range Services has the following job openings. For contract hire positions, call Marie Dixon, 51300. For all others, call Jack Riordan, 55154. Full job descriptions and Requirements are online or at Human Resources, Building 700.**

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

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

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

BINGO CALLER, Yokwe Yuk Club.

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

COMPUTER TECHNICIAN I. HR Req. K031063.

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

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

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

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

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

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

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

REGISTERED NURSE, Kwajalein Hospital.

Casual. HR Req. K030935.

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

### KRS CONTRACT POSITIONS

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

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

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

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

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

CHILD/YOUTH services director, HR Req. 031297.

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

COMMUNICATION TECHNICIAN III. HR Req. 031029.

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

ELECTRICIAN III/MARINE ELECTRICIAN. HR Req. 030924.

ELECTRICIAN III. HR Req. 030854.

ELECTRONIC TECHNICIAN II, HR Req. 030817.

ELECTRONIC TECHNICIAN II – Telemetry, HR Req. 031005.

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

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

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

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

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

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

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

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

HELP DESK TECHNICIAN. HR Req. 031303.

INVENTORY CONTROL SPECIALIST I. HR

Req. 030880.

MAINTENANCE SPECIALIST. HR Req. 030871.

MANAGEMENT AND STANDARDIZATION ANALYST I. HR Req. 030882.

MECHANIC III – CDC, HR Req. 030590.

NETWORK ENGINEER II–MO. HR Req. 031227.

NETWORK ENGINEER I – IT, HR Req. 031289.

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

PRIME CONTRACTS ADMINISTRATOR. HR Req. 031233.

PROGRAMMER. HR Req. 031067.

REGISTERED NURSE, HR Req. 030919.

REPORTER, The Kwajalein Hourglass. HR Req. 031311.

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

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

SUPERVISOR, Bakery. HR Req. 031287.

SUPERVISOR Human Resources – CDC, HR Req. 030904.

SUPERVISOR, Imaging. HR Req. 031277.

SUPERVISOR, Medical Business office. HR Req. 031305.

TELEPHONE TECHNICIAN III. HR Req. 030965.

WAREHOUSE PROJECT SPECIALIST – CDC, HR Req. 030896.

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

## Religious Services

### Protestant

8 and 10:45 a.m., Sunday, Roi-Namur service at 4 p.m.  
Sunday school for all ages is at 9:15 a.m.

### Catholic

Saturday Mass, 5:30 p.m., in the small chapel  
Sunday Mass, 7 a.m., small chapel | 9:15 a.m., main chapel  
Mass on Roi at 6:30 p.m.

### Baptist

9:40 a.m., Sunday, in elementary school music room.

### Latter Day Saints

9 a.m., Sunday, in Corlett Recreation Center, Room 3.

## COMMUNITY BANK

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

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

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

### PATIO SALES

MONDAY, 431-B in back, plants indoor and outdoor, men and women's clothing, bicycle, bar stool, dishes, gooseneck handlebars, fabric folding room dividers, miscellaneous items.

### WANTED

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

### LOST

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

### FOR SALE

TONS OF rubber stamps! Great for scrapbooking and card making, 50 percent off retail. Call Kim 54624.

BOAT, 31-FOOT fiberglass hull, twin Chevy 350 engines, flying bridge, bathroom, three gas tanks, 55-gallon SS fresh water tank, fresh and salt water wash downs, outriggers. Two boat houses, 14-foot inflatable 25-horsepower Honda four-stroke outboard motor and 8-foot inflatable with outboard. \$35,000. Call home, 54175, work, 53780 or e-mail [Michael\\_1972@yahoo.com](mailto:Michael_1972@yahoo.com).

TECHNICS SURROUND sound speakers, \$15; Rubbermaid outdoor storage locker, \$40; Coleman 150-quart ice chest, \$10;

outdoor plastic table with four chairs, \$15; 10-gallon fish aquarium with accessories, \$15; Morey body board, \$50; golf travel bag, \$10; Schwinn mountain bike; microwave, \$50; HP 48G calculator, \$40; outdoor bar, \$10; fencing material. Call 54784.

GIRL'S 24-INCH bike, mountain style, purple, Kwaj condition, \$25; girl's 26-inch Huff, many extras including front basket, aluminum rims, knobby tires, full grips, bike rack, plastic fenders, paid \$235 new, make an offer. Call 54434 until 9 p.m.

SONY COMPACT DISC Walkman with headphones, glass mixing bowl set, women's sandals size 9, jewelry box, various figurines, Philips Magnavox three-CD stereo system, *Seinfeld* Seasons 1-6, lava lamp, music cassette tapes, Hoover deluxe steam vacuum, The SIMS personal computer entire game collection. For prices, call 52257.

APPLE IPOD Photo 40-GB. Color screen, holds 10,000 songs 25,000 photos. Includes hard case, skin, extra battery pack and Itrip. Can come loaded with music or empty. Call 58890.

BABY UPRIGHT PIANO, \$130 or best offer; Fisher Price day and night bottle warmer with cooler (new), \$25 and unisex crib bedding with mobile, \$30. Call Annie after 5 p.m. at 55646.

COLUMBIA 26-FOOT SAILBOAT, fiberglass hull, five-horsepower Nissan outboard, cradle, mooring, boathouse and all contents and equipment for \$13,000. Call 55006, leave message.

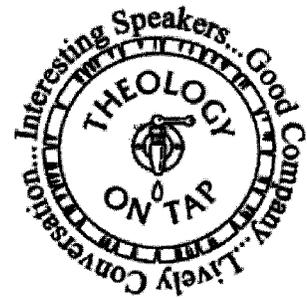
SOFA, La-Z-Boy brand, 3 years old and in good condition. Asking \$300, call 59020.

### COMMUNITY NOTICES

MAIN BASKETBALL season sign-up is ongoing through Friday. Manager's meeting will be at 5:30 p.m., Friday in the Library Conference Room in Building 805. Team registry is available at Community Activities Office in Building 805. Registration fee is \$150 per team. For more information, call Billy at 53331.

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

EAST COAST swing lessons with Bill Williamson



Theology on Tap is back, 8-9 p.m., every Friday in March at the Vets' Hall.

The Rev. Rick Funk, Protestant chaplain, will discuss the following topics:

Friday, "Why do we say thank you?"

March 24, "Why do we say no?"

March 31, "Why do we get married?"

For more information, call 53505.

will be 7-8 p.m., tonight at the Yuk Club. Open swing dancing will be 8-9 p.m. No sneakers or flip-flops. Singles and couples welcome.

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

REUTILIZATION AND DISPOSAL has rescheduled a cash sale at 8-11 a.m. and 1-3:30 p.m. on March 18 at the Defense Central Clearance Building, Building 1500. Badges required. Wear closed-toe shoes. No children under 18.

ANYONE INTERESTED in officiating for the main basketball season must attend the clinic at 6:30 p.m., March 23 in the Corlett Recreation Center Gym. For more information, call Billy at 53331.

SCOREKEEPERS needed for main basketball season. No experience necessary. Anyone interested must attend the clinic at 5:30 p.m., March 23 at the Corlett Recreation Center Gym. For more information, call Billy at 53331.

BEGINNER'S BASKETBALL clinic will be from 5:30 to 7 p.m., March 24 in the Corlett Recreation Center Gym. The clinic will include a basic overview of the rules and skills of the game, as well as hints on safe participation. For more information, call Billy at 53331.

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

YOUTH SOCCER banquet is at 5:30 p.m., March 30 at Emon Beach Pavilion 1. There will be awards, recognition, food and fellowship. Smart Start, Kindergarten and 1 - 2 Grade teams need to provide side dishes. Team for 3-6 Grade need to provide desserts. Everyone needs to bring their own drinks. For more information, call 53796.

TICKETS FOR Kwajalein Scuba Club's Scuba Doo are on sale 10 a.m. till 2 p.m. Mondays downtown and are \$20. Tickets may be purchased from Amy Brouwer, Casey Schuh, Ivy Springer, Kyle Mozley, Michelle Barnett, Jaime Rathjen, Trish Wildfang, Beth Wagner, Bill Williamson, Danny Barthle and JB Scott.

TELESCOPE/ASTRONOMY assistance needed. Cub Scout Pack 135 is having a campout next



month at Coral Sands. Someone willing to share their knowledge and skills with the Scouts would be greatly appreciated. Also looking for people with survival, compass use and whittling skills. For more information, call Rob Gray at 52200.

THE RETAIL OFFICE has relocated to Supply Building 602, second floor. For more information, 53307.

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

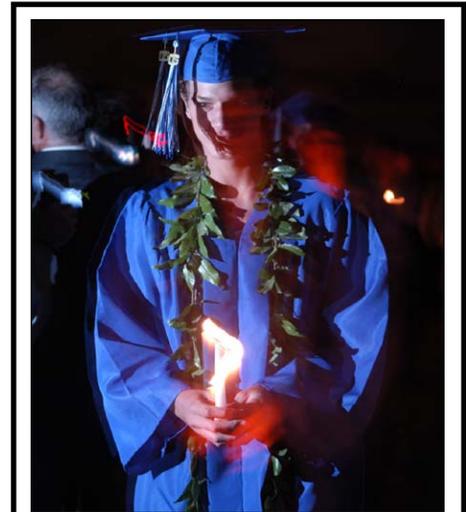
GRACE SHERWOOD LIBRARY is looking for a few good volunteers. We are installing an automation system! This requires placing barcode stickers on each book and we are looking for volunteers to help. If you are available Tuesday through Saturday anytime

from 7:30 a.m. to 4:30 p.m., call Lea at 53439.

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



Country night  
7 p.m., March 26 at  
the Yuk Club



*Attention high school seniors*

If you are planning to go on to college or trade school and you would like to apply for a Kwajalein Range Services Scholarship, please pick up a scholarship application at the KRS Human Resources Office, Building 700, or see your high school guidance counselor. This scholarship opportunity, sponsored by the Quality of Life IPT and funded by KRS, is open to Kwajalein High School seniors as well as any high school seniors elsewhere whose parent(s) are employed on the USAKA/RTS installation. The deadline for submission of applications is May 10. For more information, call the Human Resources Office at 55154.

## Namo Weto Teen Center Activities

**Dance**  
The youth center will host a teen dance 8 – 11 p.m., tonight.

**March madness brackets**  
March madness brackets will be available to youth center members on Monday. They must be turned back in to the youth center staff by Wednesday. No late entries will be accepted. Enter your brackets, win prizes.

**Wacky games**  
Wacky game day will be held at the youth center for members from 2 to 5 p.m. on Wednesday.

**Green feast day**  
There will be green snacks provided throughout the day in honor of St. Patrick's Day on Friday.

**'Find the Gold' treasure hunt**  
Come and join the search for the leprechaun's 'gold.' Stop by the youth center and get a map on Friday. The earliest you can get a map is 3 p.m. and you have until 7 p.m. to find it. The 'gold' is hidden somewhere on the island.

**Senior High movie night**  
There will be a special showing of The Dukes of Hazard from 8 to 10 p.m. on March 18. This will be for members in Grades 10, 11, and 12.

**Hobby Shop**  
There will be a free clay slab class offered for the first six Namu Weto Teen Center members to sign up. You can sign up at the youth center or call 53796. Classes will take place 3:30 – 5 p.m. on March 24 and 31 and April 7 and 14. You must be able to come to all four classes.

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

**Powerhour**  
Teen center members, need a quiet place to study? Powerhour is held 6 – 7 p.m., Monday – Fridays at the teen center technology lab.

# THE JAVA CAFE

7 – 10:30 P.M., TONIGHT  
AT THE YOKWE YUK CLUB



Win a fabulous prize!

Impress your friends!



## NAME THE TRAM CONTEST!

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



# Hey batter

Jim Muhich, Barnahem's pitcher, takes a swing. Barnahem, a C league team, finished their season Friday. The regular season of softball is winding down. The championship play is underway. The championship games for each league are played in a best-of-three series. Championship games will be played at Ragan Field for the women's teams and Brandon Field for the coed teams.

(Photo by Elizabeth Davie)

## Sports schedule, standings

### Softball

#### Today

5:15 p.m. .... Ri-Majolz vs. Spartans II at Ragan Field

#### Tuesday

5:15 p.m. .... Ri-Majolz vs. MissDemeanors at Ragan Field  
 6:45 p.m. .... Bako-Mej vs. KPD at Brandon Field  
 8 p.m. .... RLG vs. Guppies at Brandon Field

#### Wednesday

5:15 p.m. .... Spartans I vs. PoHos at Ragan Field  
 6:45 p.m. .... Criminals vs. Half Dunks at Brandon Field

#### Thursday

5:15 p.m. .... Spartans I or PoHos vs. Scrubs at Ragan Field  
 6:45 p.m. .... KPD vs. Bako-Mej at Brandon Field  
 8 p.m. .... RLG vs. Guppies at Brandon Field

#### Friday

5:15 p.m. .... Spartans I or PoHos vs. Scrubs at Ragan Field  
 6:45 p.m. .... Half Dunks vs. Criminals at Brandon Field  
 8 p.m. .... Guppies vs. RLG at Brandon Field

#### March 18

5:15 p.m. .... Spartans I or PoHos vs. Scrubs at Ragan Field

### Softball standings

#### Men's A Division

Criminals .....	8 4 0	Bako Mej .....	7 3 0
Half Dunks .....	7 4 0	San Juan .....	5 5 0
Sunrise .....	6 6 0	USAKA/RTS .....	4 6 0
Poi Dawgs .....	2 9 0	Spartans I Men .....	3 7 0
		Mosey .....	3 7 0

#### Men's B Division

KPD .....

#### Men's C Division

Guppies .....

RLG .....	8 3 0	St. Joseph's .....	0 2 0
Flames .....	7 4 0		
Slackers .....	6 5 0	<b>Women's Division</b>	
Barnahem .....	3 8 0	Scrubs .....	10 0 0
Flyers .....	2 8 0	PoHos .....	7 1 0
Spartan II Boys .....	2 10 0	Spartans I Women .....	6 2 0

#### Men's D Division

MI High School Men .....	6 3 0	MI High School Women .....	3 6 0
Calvary Men .....	5 3 0	MissDemeanors .....	2 6 0
Jabro Men .....	3 6 0	Gecko Girls .....	2 8 0
		Spartans II Women .....	1 8 0

### Inner tube water polo

#### Tuesday

6 p.m. .... Turbo Turtles vs. Chargoggagoggman  
 7 p.m. .... Spartans vs. Waterlogged  
 8 p.m. .... Team Ramrod vs. Ignant Sucka Champs

#### Thursday

6 p.m. .... Ignant Sucka Champs vs. Waterlogged  
 7 p.m. .... Team Ramrod vs. Chargoggagoggman  
 8 p.m. .... Turbo Turtles vs. Spartans

### Inner tube water polo standings

Turbo Turtles .....	3 0 0	Waterlogged .....	0 1 0
Chargoggagoggman .....	1 0 0	Ignant Sucka Champs .....	0 2 0
Spartans .....	1 0 0	Team Ramrod .....	0 2 0

### CYS soccer standings

<b>1-2 Grade</b>		Opiniano Gold .....	4 1 1
Welchman .....	5 1 0	Opiniano Red .....	4 2 1
Corbett .....	5 2 0	SDA .....	0 2 0
Kautz .....	0 6 0	Calvary .....	0 3 0
		Queen of Peace .....	0 3 0
<b>3 - 4 Grade</b>		Jabro .....	0 3 0
Butler .....	7 0 0		
Richards .....	4 2 0	<b>5 - 6 Grade girls</b>	
Peters .....	2 4 0	Local Girls .....	6 0 0
Premo .....	2 5 0	Kulig .....	4 3 0
		SDA .....	0 2 0
<b>5 - 6 Grade boys</b>		Jabro .....	0 2 0
Cool Price .....	6 0 0	Queen of Peace .....	0 2 0
		Calvary .....	0 1 0

## RTS Weather

Tonight: Mostly clear with a slight chance for a shower. Winds: NE-E at 10-15 knots. Low: 79°F  
 Sunday: Partly sunny with isolated showers. Winds: NE-E at 10-15 knots. High: 86°F  
 Monday: Partly sunny with isolated showers. Winds: NE-E at 10-15 knots. High: 86°F  
 Tuesday: Partly sunny with isolated scattered showers. Winds: NE-E at 10-16 knots. High: 86°F  
 Annual rain total: 7.29 inches  
 Annual deviation: -2.79 inches



## Sun • Moon • Tides

	Sunrise/set	Moonrise/set	High Tide	Low Tide
<b>Sunday</b>	0658/1900	1659/0502	0340, 4.3' 1540, 5.1'	0930, 1.5' 2200, 0.9'
<b>Monday</b>	0657/1900	1745/0541	0400, 4.6' 1600, 5.3'	0950, 1.1' 2220, 0.7'
<b>Tuesday</b>	0657/1900	1828/0619	0420, 4.9' 1630, 5.5'	1020, 0.9' 2240, 0.5'
<b>Wednesday</b>	0656/1900	1911/0654	0440, 5.2' 1650, 5.6'	1040, 0.7' 2300, 0.5'