

THE KWAJALEIN HOURGLASS



**Holiday parties, meals and treats are a temptation to overeat and pack on pounds.
For tips on winning the battle of the bulge, see Page 4.**

(Photo by Nell Drumheller)

Compliments to Café Pacific for Thanksgiving meal

Recently there have been comments regarding issues at the Café Pacific, which I understand are being addressed. I would like to take this opportunity to commend the management and staff at Café Pacific for the splen-

did meal on Thanksgiving. Everything, in my opinion, was very well done and my family and I completely enjoyed the dining experience. Obviously a great deal of effort and care was put into the meal, and I heard nothing but positive

feedback from anyone who ate there. So, keep up the good work, and thank you for making our holiday meal top-notch in every way!

—Jo Bolen

School activities should be reserved for enrolled students

As graduates of Kwajalein High School, we know how exciting it is to finally be a senior on Kwaj. Being a senior means participating in the senior walk-in, senior street painting, junior/senior banquet, baccalaureate, senior picnic and the toast at the colonel's house. Being a senior means voting in the senior class meetings, having a page in the yearbook, and planning and participating in an extremely personal graduation ceremony. These activities should not be considered rights but instead, privileges earned through full-time enrollment at KHS. These students go to school every day from 8 a.m. to 3 p.m., make it through Mrs. Oyamoto's math classes, strive for participation points from Mr. Fullerton, take a language from Ms. B or Ms. Goodwin, survive six weeks of running with coach, take finals every quarter, turn in homework on time, and receive an objective grade from a licensed teacher. These things make you a senior class member here.

Our concern is that the school administration allowed a student who is not enrolled full-time at KHS, to participate in the walk in, street painting, and to sit in and vote at a senior class meeting. In addition, the School Advisory Council chose not to clarify the school policy as requested and dodged this issue by deferring to the school administration.

This issue should not be influenced by who the parents work for or threats of going to the colonel. You cannot have it both ways. Either you choose to be a home-schooled student and receive those benefits, or you choose to be a full-time student at KHS and receive the benefits of that choice. Senior class-specific high school activities should only be for students who have earned them by choosing to be full-time students at KHS during their senior year.

— Kwajalein High School graduates



Lee Allas

USAKA

Person of the Week

Lee Allas was the chairperson for the Relay-for-Life event—a fundraiser for the American Cancer Society, held on Kwajalein. Allas was instrumental in spearheading the island's efforts in making this event happen.

She is continually in motion. She cooks food for her office. She coaches junior high and high school girls' sports teams. She continually and selflessly gives of her time and herself to helping others.

Classified ads

The deadline for classified ads is as follows. For Wednesday's issue, noon on Saturday; for Saturday's issue, noon on Thursday. All ads must be limited to 50 words. Multiple ads will be combined and edited to the 50 word limit. Patio sale ads for Saturdays will be printed in Wednesday

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.

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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HIV/AIDS emerging threat in Pacific islands

Marshall Islands considered high-risk environment for spread of virus

Republic of the Marshall Islands Ministry of Health news release

Thursday was World AIDS Day. The aim of the annual World AIDS Day is to bring attention to the worldwide challenges and consequences of HIV and AIDS, in order to prevent the spread of HIV and improve the lives of people living with the virus. The 2006 theme is accountability, with the slogan, "Stop HIV/AIDS: Keep the Promise."

In 1996, a United Nations report predicted that the small size of the Pacific islands and their populations made them likely to be overwhelmed, much like the African AIDS-stricken countries, unless intense counter-attacks against the spread of the disease were begun immediately. Today, the Republic of the Marshall Islands finds itself facing a situation similar to that which Africa confronted 20 years ago when HIV/AIDS was but an emerging threat.

Today, an estimated 38.6 million adults and children are living with HIV/AIDS worldwide. In 2005, approximately 4.1 million people became infected with HIV, while 2.8 million people died of AIDS-related illnesses. No country, no individual is unaffected. We are all affected by this devastating global health challenge. There have been 25 million people living with HIV or AIDS in Africa; 8.3 million in Asia; 1.5 million in North America; 81,000 in Oceania/Pacific Island countries. They all started with one case and now have multiplied since. In the last 25 years since the first case was diagnosed in 1981, there have been 25 million people worldwide who have died from AIDS-related illnesses.

The first reported case of HIV in the Marshall Islands was in 1984.

Since 1984, there have been 13 diagnosed cases of HIV and five deaths in the Marshall Islands. Additionally, we have received reports that HIV was detected in Marshallese living in the United States. HIV has no prejudice: Cases include men, women, youth and even newborn babies. In most cases, Mar-

shallese learn of their HIV/AIDS status only when they are already very sick, consequently, failing to receive adequate diagnosis and early treatment and presenting a continuing health threat. Experience shows that the majority of HIV/AIDS cases remain undetected due to a lack of understanding. Due to the high levels of sexually transmitted infections and the fact that transmission methods are the same, there are HIV/AIDS cases in the Marshall Islands who are unaware of their status. For every one diagnosed HIV case, there are at least 10 cases that remain undiagnosed. Marshallese people are dying of HIV/AIDS.

RMI is a high-risk environment for the spread of HIV/AIDS, particularly among young people due to the following indicators:

- Youth are sexually active as early as 13 or 14 years.
- Promiscuous sexual behavior is commonplace at all ages.
- Alcohol is associated with risky sexual behavior.
- Emerging transactional sex trade.
- Highest incidence of teenage pregnancy per capita in the Pacific.
- High youth unemployment.
- Decline in the supervisory role of the family.
- Lack of general knowledge of HIV and AIDS, and any sexually transmitted illnesses.
- Lack of awareness of safe sex practices.

Culturally, talking about such personal, sensitive issues has been discouraged. Currently, we use this traditional culture as an excuse not to talk about HIV/AIDS, how it is transmitted and how to prevent it. If we do not move beyond these cultural constraints and educate our children, we will leave them a legacy of sorrow and death.

Those who do not hide behind culture often hide behind the church. Sex and condoms are difficult topics to discuss in any setting, but it has become taboo within the faith-



based community. The church has a responsibility to reach beyond the four walls of the church and into the surrounding community with prevention and education messages as well as care and compassion, as God has commanded.

Someone can be infected with HIV from anyone who is infected, even if they do not look sick and even if they have not tested HIV-positive yet. A person who is infected with HIV may later develop AIDS. People get the HIV virus from four body liquids: blood, semen, vaginal fluid and breast milk.

Common modes of HIV transmission include:

- Having unprotected sex – sex without a condom with someone who has HIV.
- Sharing a needle (shooting drugs) with someone who is infected with HIV.
- Blood transfusion from someone who is infected with HIV.
- Babies born to women with HIV during pregnancy, birth or breast feeding.

HIV is NOT spread by:

- Sitting on toilet seats
- Hugging, handshakes, or kissing
- Sharing food or drinks
- Donating blood
- Working with or being around someone with HIV
- Using phones
- Getting bug bites

Please join with us to bring awareness and protect our islands from this serious disease – one that is no longer a distant concern, but a very real and present threat.

Battle of the



Holiday parties, potlucks can pack on pounds

By JJ Klein
Reporter

That heaping plate of turkey, mashed potatoes, gravy, sweet potato casserole and pumpkin pie on Thanksgiving Day was just a prelude to the whirlwind Christmas festivities on Kwajalein.

If there's a party on Kwajalein, there must be food. The trick is how to participate in the endless string of potlucks, parties and get-togethers and avoid putting on the dreaded holiday bulge.

Packing on the extra pounds during Christmas is easy to do. Face it, Christmas is a holiday season focused on food. Holiday foods tend to be high in fat, sugary and sweet, add to the mix increased alcohol consumption and you've definitely exceeded your daily caloric intake.

"When you combine a few drinks and high calorie/high fat meals or snacks at holiday parties, it spells bad news for your waistline," said Torrey Landers, nutritionist with the Kwajalein Hospital. Landers was recently hired at the hospital. His first assignment is working with Café Pacific management to

make nutritional improvements within the menu.

The average weight gain over the holidays is probably less than you imagine. Most people gain 1.5 pounds during the Christmas season, according to Landers. The problem comes in trying to lose that extra weight. Few usually do. Over the years an extra pound or two can add up to significant weight gain leading to health problems down the road.

"It is much more difficult to gain the weight and then try to lose it. The best approach is to use a little self-control during the holidays...to keep the pounds off all together," said Landers.

Willpower alone won't get you through the buffet table. You can't walk into the battle unprepared; you've got to have a plan. Eat smart, eat less and move more.

Temptation lurks in every glorious holiday dish or dessert. Faced with a table laden with goodies, go for the ones that are low in calories. Can't see yourself going with that



Temptation lurks everywhere in each holiday dish, dessert or table laden with goodies.





Wine, beer and other drinks can add to the festive atmosphere of the holidays, but are high in calories and can add inches to a waistline.

strategy? Try the 'sample strategy' of serving yourself a little of everything, but just enough to get a taste. Or scan the table and pick the one or two special holiday items you can't say 'no' to and serve yourself a healthy portion of those treats and only those treats.

Sure, it seems like you can't find time in the week to exercise, but don't go cold turkey on your physical activity. Look for ways to sneak physical activity into your day. Get off your bike and make an effort to walk to work or Macy's or the post office. Not only is that a great way to slow the pace of a busy holiday season, but you'll get to enjoy homes decked out for Christmas on your walk.

Below are some tips from Landers for combating the bulge before it becomes the unhealthy gift that keeps on giving:

- Increase the amount of water you drink on a daily basis. It's a calorie-free drink, and it will give you the sensation that your stomach is full so you won't be tempted to over-eat. If you need some flavor, squeeze a lemon into it.
- Before going to all those holiday parties where most of the food served is high-calorie/high-fat, eat a small snack at home to take the edge off your appetite.
- Take a 15-20 minute walk after

"When you combine a few drinks and high-calorie/high-fat meals or snacks at holiday parties, it spells bad news for your waistline."

—Torrey Landers, Kwajalein Hospital nutritionist



Moderation is the key to healthy eating and drinking during the holiday season.

(Photo by Nell Drumheller)

the party. Your body will process the calories you take in much faster with mild activity than if you were to go home and watch TV.

After the holiday season the holiday stress is gone, leftovers are gone, the decorations are gone, and with a manageable plan in place, gone are the unwanted holiday pounds. Surviving the holiday table is not about denial; it's about putting into practice a few key strategies and maintaining or increasing physical activity.

"Enjoy the holiday treats, but not too much," Landers said. "If you go hungry, you will more than likely overeat and pay for it later."

Physical activity such as walking, running, biking or playing a sport is vital to burning calories and maintaining a healthy weight. Before making any extreme diet or activity changes, first see a physician.



Mold control constant battle on Kwaj

Public Works gives tips for fighting spread of mold

Kwajalein Range Services Public Works release

It's as old as the Earth and it's everywhere - outside homes and on side walks, and under the right set of conditions, it can actually start to grow inside your house. The issue of household mold is not new, and as most know it is on Kwajalein. Public Works has prepared some information to help the community understand what mold is, how it can grow in an occupied home, the routine maintenance procedures to follow to prevent mold problems, and methods of removing mold already in the home.

Mold prevention

While mold spores are all around us, mold growth can be prevented. Mold growing in a home

requires moisture, warmth and food. Depriving mold of any of these three items will stop it from growing, but it will not kill the mold that is already there. Mold spores will remain dormant and if the moisture, warmth and food all reappear, mold will begin to grow again.

Molds do not require liquid water to grow. They only require relative humidity levels from 65 to 99 percent at the surface on which they grow. If the humidity is low enough, mold growth can be prevented. Maintaining relative humidity below 50 percent inhibits mold and mildew growth, dust mite infestations, and bacteria. Setting the air-conditioning unit at a constant temperature to maintain the proper cooling without creating condensation, resulting from temperature being too cold, is a must.

In addition, avoid leaving doors or windows open for extended periods which allows the entry of very moist laden air (prevalent on Kwajalein) which will condense inside providing moisture for mold growth.

The most important steps in controlling mold growth are to clean any existing mold and to eliminate excessive moisture. There are numerous precautionary steps:

- Vacuum and clean regularly to remove possible sources of mold growth. Pay special attention to bathrooms and other areas of your home that are likely to generate a lot of moisture.

- Use High-Efficiency Particulate Air filters which help remove particles and other air born materials that can promote mold growth.

See MOLD, Page 16

Renewing passports on Kwajalein made easier

The Hourglass reports

Renewing a passport on Kwajalein just got easier with the addition of an on-island passport agent. It used to be that a person had to wait for personnel from the U.S. Embassy in Majuro to visit Kwajalein, or take a trip to the embassy himself, or back to the United States to update a passport. U.S. citizens on Kwajalein can find assistance in renewing a passport with Anne Greene in the Host Nation Activities Office or the click of a computer key.

Apply in person

If you can answer no to any of the four statements listed below then you must apply in person.

1. I can submit my most recent U.S. passport.
2. I was at least 16 when my most recent U.S. passport was issued.
3. I was issued my most recent U.S. passport less than 15 years ago.
4. I use the same name on my most recent U.S. passport.

To renew the passport of a child, the parent or guardian and the child must apply in person if the child is under 16

or was younger than 16 at the time the original passport was issued; if the passport is lost or if the child's name

on the passport must be changed due to marriage or divorce.

The fee to renew a passport for persons 16 and older is \$97, it costs \$82 for anyone younger than 16.

Renew by mail

If you can answer yes to all four of the above statements then you are a good candidate to renew a passport by mail. You can download the proper form at <http://foia.state.gov/FORMS/Passport/ds0082.pdf>. Fill out the form correctly and assemble a packet that includes:

- the expiring passport
- a check made payable to the U.S. Department of State
- a pre-paid, self-addressed return envelope

Greene suggested including a photocopy of your K-badge as well as a photocopy of your Common Access Card.

Send the assembled packet to:

U.S. Department of State
Honolulu Passport Agency, Box 50185
300 Ala Moana Boulevard, Suite 1-330
Honolulu, HI 96850.

"My suggestion is to use the expedite service," said Greene. The service costs more at \$127 per passport — \$67 for the passport and \$60 to expedite — but the turnaround time is much quicker, from seven to 10 days for the expedite service, compared to the six weeks for routine service. Greene also suggested sending the packet by certified mail. For more information or assistance, visit Greene at Room 219 in Building 901.



Bush, Maliki hold meeting in Jordan

Leaders agree to accelerate security training, transfer power to Iraqis

By Kathleen T. Rhem
American Forces Press Service

President George W. Bush and Iraqi Prime Minister Nouri al-Maliki have agreed to work to accelerate the process of training Iraqi security forces and transferring security responsibility for Iraq to the Iraqi government.

"We agreed that reform of the Iraqi security ministries and agencies and addressing the issue of militias should be accelerated," the two said in a joint statement issued after they met in Amman, Jordan. "The ultimate solution to stabilizing Iraq and reducing violence is true national reconciliation and capable and loyal Iraqi forces dedicated to protecting all the Iraqi people."

The two leaders gave no specific timeline.

During their meeting, Bush and Maliki were briefed on progress by the "Joint Committee on Accelerating the Transferring of Security Respon-

sibility," a U.S. government group of experts established in October. Army Gen. George W. Casey Jr., commander of Multinational Force Iraq, and U.S. Ambassador to Iraq Zalmay Khalilzad briefed both leaders on "how to accelerate responsibility to the Iraqi government so this person elected by the people can take the fight to those who want to destroy a young democracy," Bush said.

He said he is encouraged that Maliki is seeking more control over his own country's security situation. "A sign of leadership is for somebody to say, 'I want to be able to have the tools necessary to protect my people,'" Bush said.

"He's the right guy for Iraq, and we're going to help him," Bush said. "And it's in our interest to help him for the sake of peace."

The president said he understands that Maliki is anxious to make life better for his citizens. "Here's a man who has been elected by the people; the people expect him to respond,

and he doesn't have the capacity to respond," Bush said of Maliki. "And so we want to accelerate that capacity. We want him to be in the lead in taking the fight against the enemies of his own country."

Bush said Maliki is frustrated because "he doesn't have the tools necessary to take care of those who break the law."

Bush emphasized that training a capable Iraqi security force has been the United States' intent in Iraq. "Our goal is to ensure that the prime minister has more capable forces under his control so his government can fight the terrorists and the death squads and provide security and stability in his country," he said.

Maliki agreed. "We have visions in Iraq," he said. "We are at the steps of transformation into a new stage where we'll have security plans that we believe will be effective and will deliver what is required."

He also reassured Bush that the Iraqi security forces would be up to the challenge. "Be assured that the Iraqi security forces have reached a good level of competency and efficiency to protect Iraq as a country and to protect its people," he said.



Heavy lifting

A MH-60S *Nighthawk* helicopter lifts cargo nets of supplies from the stern of the USNS *Supply* (T-AOE 6) during a vertical replenishment in the Arabian Sea on Nov. 20. The cargo will be delivered by air to the ships steaming behind the *Supply* as the ships conduct maritime security operations in the Arabian Sea. The *Nighthawk* is attached to Helicopter Sea Combat Squadron 28.

(DoD photo by Petty Officer 2nd Class Kitt Amarintant, U.S. Navy)



WELCOME TO THE MOVIES

Saturday

No movies on Kwajalein due to the Tree-Lighting ceremony
7:30 p.m., Roi — *Crossover* (PG-13)

Sunday

7:30 p.m., Yuk — *Cars* (G)
7:30 p.m., Rich — *Just My Luck* (PG-13)
9:30 p.m., Rich — *John Tucker Must Die* (PG-13)
7:30 p.m., Roi — *Talledega Nights: The Ballad of Ricky Bobby* (PG-13)

Monday

7:30 p.m., Yuk — *Mission Impossible 3* (PG-13)
7:30 p.m., Rich — *The Devil Wears Prada* (PG-13)

Wednesday

7 p.m., ARC — *Mission Impossible 3* (PG-13)

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

Cars A pedal-to-the-metal race car determined to prove his worth on the track discovers that life isn't always about crossing the finish line first in Toy Story Director John Lasseter's mechanically minded tale of friendship and loyalty. Lightning McQueen (voice of Owen Wilson) may be just a rookie, but he's convinced that he can realize his dream of zooming by the checkered flag if he can only make it to California in time to compete in the upcoming Piston Cup Championship. When Lightning takes a detour into the slow-moving, Route 66 town of Radiator Springs, however, it begins to appear as if his shot at the big time has effectively stalled out. Of course, Lightning's exciting cross-country trek wasn't all for naught, and after befriending such quirky Radiator Springs residents as Sally the Porsche (voice of Bonnie Hunt), Doc Hudson (voice of Paul Newman), and Mater the Tow Truck (voice of Larry the Cable Guy), the eager young racer learns that sometimes life is more about the voyage than the outcome of the race.

John Tucker Must Die Three teenagers two-timed by a local lothario decide to turn the tables on him in this romantic comedy. John Tucker (Jesse Metcalfe) is the big man on campus at his high school — he's the captain and star player of the basketball team, he's got money, he's good-looking and charming, and he can have any girl he wants. However, the latter attribute is about to get him in serious trouble when three different girls at his school — Heather (Ashanti), Beth (Sophia Bush) and Carrie (Arielle Kebbel) — discover they've all been dating John at the same time. Determined to bring down the campus ladykiller, the girls devise a plan — they pick a cute but socially clumsy girl who is new at school, Kale (Brittany Snow), and give her a crash course in stealing John's heart.

Crossover Director Preston A. Whitmore, II brings the thrill of the street to the big screen with a fast-moving tale of underground basketball that proves no matter what team you play for, in the end it's all about how much game you've got. The stroke of midnight has sounded and the crowd has gathered; it's time for some basketball. Forget about the rules of the NBA.

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 20 U.S. servicemembers have died in the Global War on Terror

Spc. Bradley N. Shilling, 22, of Stanwood, Mich., died Nov. 18 in Baghdad, Iraq, of injuries suffered when an improvised explosive device detonated near his vehicle during combat operations. Shilling was assigned to the 1st Battalion, 125th Infantry Regiment (Mechanized), Big Rapids, Mich.

Spc. Eric Vizcaino, 21, of New Mexico, died Nov. 21 in Balad, Iraq, of injuries suffered Nov. 20 in Samarra, Iraq, in a non-combat related incident. Vizcaino was assigned to the 2nd Battalion, 505th Parachute Infantry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, Fort Bragg, N.C. The incident is under investigation.

Sgt. James P. Musack, 23, of Riverside, Iowa, died on Nov. 21 of injuries suffered in a non-combat related incident in Samarra. The incident is under investigation. Musack was assigned to the 7th Squadron, 10th Cavalry Regiment, 1st Brigade Combat Team, 4th Infantry Division, Fort Hood, Texas.

Command Sgt. Maj. Donovan E. Watts, 46, of Atlanta, died Nov. 21 in Bayji, Iraq, of injuries sustained when an improvised explosive device detonated near his HMMWV during combat operations in Siniyah, Iraq. He was assigned to the 1st Battalion, 505th Parachute Infantry Regiment, 3rd Brigade Combat Team, 82nd Airborne Division, Fort Bragg.

Lance Cpl. Joshua C. Alonzo, 21, of Dumas, Texas, died Nov. 22 while conducting combat operations in Al Anbar Province, Iraq. He was assigned to the 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, Kaneohe Bay, Hawaii.

Lance Cpl. James R. Davenport, 20, of Danville, Ind., and **Pvt. Heath D. Warner**, 19, of Canton, Ohio died Nov. 22 while conducting combat operations in Al Anbar province. Both Marines were assigned to the 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, Kaneohe Bay.

Sgt. 1st Class James D. Priestap, 39, of Harwood, Mich., died Nov. 23 in Baghdad, of injuries suffered when he came in contact with enemy forces using small arms fire during checkpoint operations. He was assigned to the 46th Military Police Company, Kingsford, Mich.

Cpl. Nathan J. Goodiron, 25, of Mandaree, N.D., died Nov. 23 in Qarabagh, Afghanistan, of injuries suffered when his unit came in contact with enemy forces using small arms fire and rocket propelled grenades. He was assigned to National Guard's 1st Battalion, 188th Air Defense Artillery, Grand Forks, N.D.

Pvt. Reece D. Moreno, 19, of Prescott, Ariz., died of injuries suffered in a non-

combat related incident in Balad, on Nov. 24. Moreno was assigned to the 92 Engineer Battalion, 3rd Sustainment Brigade, 3rd Infantry Division, Fort Stewart, Ga.

Cpl. Nicholas P. Rapavi, 22, of Springfield, Va., died Nov. 24 from wounds sustained while conducting combat operations in Al Anbar province. He was assigned to the 2nd Battalion, 8th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Cpl. Michael C. Ledsoe, 24, of Austin, Texas, died Nov. 25 while conducting combat operations in Al Anbar province. He was assigned to the 3rd Battalion, 2nd Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune.

Lance Cpl. Jeromy D. West, 20, of Aguanga, Calif., died Nov. 25 while conducting combat operations in Al Anbar province. He was assigned to the 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, Kaneohe Bay.

Staff Sgt. Daniel M. Morris, 28, of Clinton, Tenn., died Nov. 25 in Al Judiah, Iraq, of injuries suffered when an improvised explosive device detonated near his vehicle. He was assigned to 1st Squadron, 12th Cavalry Regiment, 3rd Brigade, 1st Cavalry Division, Fort Hood.

2nd Lt. Scott B. Lundell, 35, of Hurricane, Utah, died Nov. 25 in Oruzgan Province, Afghanistan, of injuries sustained when his unit came in contact with enemy forces using small arms fire and rocket propelled grenades while on patrol during combat operations. He was assigned to I Corps Artillery, Utah National Guard, Camp Williams, Utah.

Capt. Jason R. Hamill, 31, of New Haven, Conn., **1st Lt. David M. Fraser**, 25, of Texas, and **Pvt. Joshua C. Burrows**, 20, of Bossier City, La. died of injuries suffered when an improvised explosive device detonated near their vehicle Sunday in Baghdad. Hamill and Fraser were assigned to the 3rd Battalion, 67th Armor Regiment, 4th Brigade, 4th Infantry Division, Fort Hood. Burrows was assigned to 1st Battalion, 8th Cavalry Regiment, 2nd Brigade, 1st Cavalry Division, Fort Hood.

1st Lt. Benjamin D. Keating, 27, of Shapleigh, Maine, died Sunday in Kamdesh, Afghanistan, of injuries suffered when his vehicle turned over. The incident is under investigation. Keating was assigned to 3rd Squadron, 71st Cavalry Regiment (Reconnaissance, Surveillance, Target Acquisition), 3rd Brigade Combat Team, 10th Mountain Division, Fort Drum, N.Y.

Lance Cpl. Michael A. Schwarz, 20, of Carlstadt, N.J., died Monday from wounds suffered while conducting combat operations in Al Anbar province. He was assigned to 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune.

All programming is subject to change without notice.

Sunday

Time	Channel 9 Roller/DTS Sports	Channel 14 AFN News	Channel 17 AFN Prime	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 29 AFN Sports	Time	
midnight	Roller	Fox & Friends	The Late Show	Late Night with Conan O'Brien	Movie: (cont.)	Fairy Oddparents	Inside the NFL	midnight	
12:30 a.m.			Late Late Show with Craig Ferguson	America's Most Wanted	Movie: <:52>	Grim Adventures	Real Sports with Bryant Gumbel	12:30 a.m.	
1 a.m.		Fox & Friends	Judge Judy		Die Hard with a Vengeance	Avatar		1 a.m.	
1:30 a.m.		CNN Saturday AM				Stargate SG-1	Invasion	Hannah Montana	1:30 a.m.
2 a.m.		Open House	Bulls & Bears	Oprah Winfrey	Monk	Movie: Blade Trinity	Made!	College Gameday	2 a.m.
2:30 a.m.		2 a.m.							
3 a.m.		3 a.m.							
3:30 a.m.		3:30 a.m.							
4 a.m.		4 a.m.							
4:30 a.m.		4:30 a.m.							
5 a.m.	5 a.m.								
5:30 a.m.	5:30 a.m.								
6 a.m.	6 a.m.								
6:30 a.m.	6:30 a.m.								
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7:30 a.m.	7:30 a.m.								
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10:30 a.m.	10:30 a.m.								
11 a.m.	11 a.m.								
11:30 a.m.	11:30 a.m.								
noon	noon								
12:30 p.m.	12:30 p.m.								
1 p.m.	1 p.m.								
1:30 p.m.	1:30 p.m.								
2 p.m.	2 p.m.								
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5:30 p.m.	5:30 p.m.								
6 p.m.	6 p.m.								
6:30 p.m.	6:30 p.m.								
7 p.m.	7 p.m.								
7:30 p.m.	7:30 p.m.								
8 p.m.	8 p.m.								
8:30 p.m.	8:30 p.m.								
9 p.m.	9 p.m.								
9:30 p.m.	9:30 p.m.								
10 p.m.	10 p.m.								
10:30 p.m.	10:30 p.m.								
11 p.m.	11 p.m.								
11:30 p.m.	11:30 p.m.								

Monday

All programming is subject to change without notice

Time	Channel 9 Roller/DTS Sports	Channel 14 AFN News	Channel 17 AFN Prime	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 29 AFN Sports	Time		
midnight	Roller	CNN Sunday Morning	Unwrapped	Punk'd	Movie: (cont.) <i>Antwone Fisher</i>	The Simpsons	CF (cont.) <i>Florida</i> at <i>Arkansas</i>	midnight		
12:30 a.m.			Good Eats	Making the Band		The Simpsons		12:30 a.m.		
1 a.m.			The FBI Files	House	Movie: <:15> <i>High Plains Drifter</i>	Movie: <i>Cow Belles</i>		1 a.m.		
1:30 a.m.		Headline News	CBS News Sunday Morning	Battlestations	House			1:30 a.m.		
2 a.m.				J.A.G.	Super Nanny	Movie: <i>Kangaroo Jack</i>	Outside the Lines	2 a.m.		
2:30 a.m.		Face the Nation	Fox News Live Weekend	The Dead Zone	Super Sweet 16	Movie: <i>The Sweetest Thing</i>		Sports Reporters	2:30 a.m.	
3 a.m.									SportsCenter	3 a.m.
3:30 a.m.		NFL Pregame Show	This Week at War	Two and a Half Men	Handmade Music	Movie: <:40> <i>Love, Actually</i>	Dawson's Creek	NFL Countdown	4 a.m.	
4 a.m.				Bernie Mac	The Whole Picture				Mister Rogers	4:30 a.m.
4:30 a.m.				Malcolm	House Hunters				Rolie Polie Olie	5 a.m.
5 a.m.	Scrubs			Organization			Sesame Street		5:30 a.m.	
5:30 a.m.	NFL <i>49ers</i> at <i>Saints</i>	CNN Presents:	Week in Review	Music & Spoken W.	Movie: <i>Airplane 2: The Sequel</i>	Davey & Goliath	NFL <i>Vikings</i> at <i>Bears</i>	6 a.m.		
6 a.m.			Your Total Health	Harvest with Greg				Baby Looney Tunes	6:30 a.m.	
6:30 a.m.			The Entertainers	Extreme Life		Movie: <i>Titan A.E.</i>		Arthur	7 a.m.	
7 a.m.	Real Videos			Danger Rangers	7:30 a.m.					
7:30 a.m.	NFL <i>Jaguars</i> at <i>Dolphins</i>	Meet the Press	Hour of Power	Latin Lifestyles	Movie: <:49> <i>State and Main</i>	Magic School Bus	NFL <i>Cowboys</i> at <i>Giants</i>	8 a.m.		
8 a.m.			Creflo Dollar	Urban Style				Rugrats	8:30 a.m.	
8:30 a.m.		CNN Newsroom	Coral Ridge Hour	Great Adventure				Teamo Supremo	9 a.m.	
9 a.m.		Christopher Closeup	Roker on the Road			Kids Next Door		9:30 a.m.		
9:30 a.m.	Fox News Live Sunday	Grand Ole Opry Live	Simplify Your Life		Movie: <:40> <i>Pirates of the Caribbean: The Curse of the Black Pearl</i>	Meerkat Manor		10 a.m.		
10 a.m.			Road Tasted				Rocko's Modern	10:30 a.m.		
10:30 a.m.	Football Night in America	CNN Newsroom	Motorweek	The Suze Orman Show	Movie: <i>The Brady Bunch</i>	Nick News	SportsCenter	11 a.m.		
11 a.m.			Ebert & Roeper						11:30 a.m.	
noon	<:20> NFL <i>Seahawks</i> at <i>Broncos</i>	CNN Presents	Monster Garage	Unwrapped	Movie: <i>The First Wives Club</i>	The Brady Bunch	College Women's BB <i>Tennessee</i> at <i>North Carolina</i>	noon		
12:30 p.m.			This Week	Fear Factor:		The FBI Files				12:30 p.m.
1 p.m.		CNN Newsroom	Raymond	Battlestations		Movie: <:03> <i>The First Wives Club</i>	Movie: <i>A Christmas Story</i>	College Football Bowl Selection Show	1 p.m.	
1:30 p.m.		War Stories with Oliver North	Raymond	J.A.G.						1:30 p.m.
2 p.m.		ESPNNews	Larry King Live	Survivor: Cook Islands		The Dead Zone	Movie: <i>Toy Story</i>	SportsCenter	The Blitz	2 p.m.
2:30 p.m.				60 Minutes		Headline News				Two and a Half Men
3 p.m.		World News Now	20/20	Window on the Atoll		Bernie Mac	Movie: <i>A Walk to Remember</i>	America's Funniest Home Videos	NFL Films Presents <i>Movie Magic</i>	3 p.m.
3:30 p.m.				Malcolm						
4 p.m.		<:15> Pacific Report	Up to the Minute	Close to Home		Wife Swap	Movie: <:57> <i>The Italian Job</i>	Gilmore Girls	NFL Films Presents <i>Movie Magic</i>	4 p.m.
4:30 p.m.				Boston Legal		Prison Break				
5 p.m.	Face the Nation	This Week	Headline News	Will & Grace	Extreme Makeover: Home Edition (120 min.)	7th Heaven	The Blitz	5 p.m.		
5:30 p.m.			George Lopez	King of Queens						
6 p.m.	Fox & Friends First	Blue Collar TV	C.S.I. Miami	Movie: <i>The Real McCoy</i>				6 p.m.		
6:30 p.m.			King of the Hill						6:30 p.m.	
7 p.m.	World News Now	20/20	Malcolm	Movie: <i>A Walk to Remember</i>	America's Funniest Home Videos	The Blitz	NFL Films Presents <i>Movie Magic</i>	7 p.m.		
7:30 p.m.			Scrubs							
8 p.m.	<:15> Pacific Report	Up to the Minute	Close to Home	Wife Swap	Movie: <:57> <i>The Italian Job</i>	Gilmore Girls	NFL Films Presents <i>Movie Magic</i>	8 p.m.		
8:30 p.m.			Boston Legal	Prison Break						
8:30 p.m.	Face the Nation	This Week	Headline News	Will & Grace	Extreme Makeover: Home Edition (120 min.)	7th Heaven	The Blitz	9 p.m.		
9 p.m.			George Lopez	King of Queens						
9:30 p.m.	Fox & Friends First	Blue Collar TV	C.S.I. Miami	Movie: <i>The Real McCoy</i>				9:30 p.m.		
10 p.m.			King of the Hill						10 p.m.	
10:30 p.m.	11 p.m.	11:30 p.m.	Blue Collar TV	C.S.I. Miami	Movie: <i>The Real McCoy</i>	7th Heaven	The Blitz	10:30 p.m.		
11 p.m.			King of the Hill							
11:30 p.m.			King of the Hill					11:30 p.m.		

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Tuesday

Time	Channel 9 Roller/DTS Sports	Channel 14 AFN News	Channel 17 AFN Prime	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 29 AFN Sports	Time
midnight	Roller	Today Show	The Cosby Show	Numb3rs	Movie: (Cont.)	Austin Stevens: Snakemaster	NFL <i>Seahawks</i> at <i>Broncos</i>	midnight
12:30 a.m.			Mad About You		Movie: <:53> <i>Mr. Destiny</i>	America's Funniest Home Videos		12:30 a.m.
1 a.m.			Emeril Live	Malcolm		1 a.m.		
1:30 a.m.				Scrubs	1:30 a.m.			
2 a.m.		CNN Newsroom	Designer's Challenge	Wife Swap	Extreme Makeover: Home Edition (120 min.)	Gilmore Girls	2 a.m.	
2:30 a.m.			The Soup	2:30 a.m.				
3 a.m.		CNN Newsroom	Third Watch	Prison Break	Movie: <i>A Walk to Remember</i>	NFL GameDAY	3 a.m.	
3:30 a.m.			3:30 a.m.					
4 a.m.		MSNBC Live	The Closer	Will & Grace	Movie: <:57> <i>The Italian Job</i>	SportsCenter/ The Blitz	4 a.m.	
4:30 a.m.				King of Queens			4:30 a.m.	
5 a.m.	Seinfeld		Carol Duval Show	5 a.m.				
5:30 a.m.		The Simpsons	Breathing Space		Barney & Friends	NBA Fastbreak	5:30 a.m.	
6 a.m.	WWE Smackdown!	MSNBC Live	Today	Caribbean Workout	Sesame Street	NFL <i>Seahawks</i> at <i>Broncos</i>	6 a.m.	
6:30 a.m.				The Right Fit			6:30 a.m.	
7 a.m.		Fox News Live	Good Eats	Showbiz Moms & Dads	Bear in the Big Blue		7 a.m.	
7:30 a.m.							Unwrapped	Blue's Clues
8 a.m.	Roller	Studio B with Shepard Smith	Sesame Street	30 Minute Meals	Cinema Secrets	Dora the Explorer	8 a.m.	
8:30 a.m.			Paula's Home...	E.T.	Go, Diego, Go!	8:30 a.m.		
9 a.m.		The Situation Room	The View	Roseanne	Movie: <i>The Dead Will Tell</i>	Bob the Builder	The Hot List	9 a.m.
9:30 a.m.				Roseanne		The Backyardigans	The Hot List	9:30 a.m.
10 a.m.		The Big Story w/ John Gibson	Dr. Phil	Ally McBeal	Movie: <:45> <i>Girl Interrupted</i>	Franklin	Around the Horn	10 a.m.
10:30 a.m.				Reading Rainbow		PTI	10:30 a.m.	
11 a.m.		Around the Services	ER	E! News Live/ Daily 10	The Backyardigans	NFL Primetime	11 a.m.	
11:30 a.m.							NBC Nightly News	Bob the Builder
noon		ABC World News	Access Hollywood	Blind Date	Go, Diego, Go!	Monday Night Countdown	noon	
12:30 p.m.							CBS Evening News	Judge Judy
1 p.m.	Countdown with Keith Olbermann	Guiding Light	The Cosby Show	Movie: <i>The River Wild</i>	Blue's Clues	1 p.m.		
1:30 p.m.			Mad About You		Bear in the Big Blue	1:30 p.m.		
2 p.m.	Hannity & Colmes	General Hospital	Emeril Live	Sesame Street	NFL <i>Panthers</i> at <i>Eagles</i>	2 p.m.		
2:30 p.m.			2:30 p.m.					
3 p.m.	Lou Dobbs Tonight	Passions	Designer's Challenge	Movie: <:06> <i>50 First Dates</i>	Funniest Videos	3 p.m.		
3:30 p.m.			The Soup		Funniest Animals	3:30 p.m.		
4 p.m.	News Hour with Jim Lehrer	Oprah Winfrey	Third Watch	Pokemon	4 p.m.			
4:30 p.m.			Yu-Gi-Oh!		4:30 p.m.			
5 p.m.	Monday Night Countdown	Special Report with Brit Hume	Wheel of Fortune	Access Hollywood Weekend	SpongeBob	5 p.m.		
5:30 p.m.			Jeopardy		Fairly Oddparents	5:30 p.m.		
6 p.m.		Your World with Neil Cavuto	Window on the Atoll	Seinfeld	E.T. Weekend	Kim Possible	NFL Primetime	6 p.m.
6:30 p.m.			ATS/Regional News	The Simpsons	The Proud Family	6:30 p.m.		
7 p.m.	NFL <i>Panthers</i> at <i>Eagles</i>	World News Now	60 Minutes	The Amazing Race	Movie: <i>The Sweetest Thing</i>	SportsCenter	7 p.m.	
7:30 p.m.		<:15> Pacific Report	Las Vegas	Stargate Atlantis		Drake and Josh	7:30 p.m.	
8 p.m.		Tavis Smiley	Nanny 911	Law & Order	Movie: <:40> <i>Love, Actually</i>	Smallville	NBA <i>Mavs</i> at <i>Wizards</i>	8 p.m.
8:30 p.m.		Business Report				8:30 p.m.		
9 p.m.		Nightline	Home Improvement	9 p.m.				
9:30 p.m.	SportsCenter	Hardball with Chris Matthews	Headline News	King of Queens	Moeshia	10 p.m.		
10 p.m.			Tonight Show W/ Jay Leno	10:30 p.m.				
10:30 p.m.	Roller	O'Reilly Factor	The Late Show	Bernie Mac	Movie: <i>U Turn</i>	7th Heaven	SportsCenter	11 p.m.
11 p.m.				11 p.m.				
11:30 p.m.			Joey				11:30 p.m.	

Wednesday

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Time	Channel 9 Roller/DTS Sports	Channel 14 AFN News	Channel 17 AFN Prime	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 29 AFN Sports	Time
midnight	Roller	Today Show	The Late Show	Late Night with Conan O'Brien	Movie: (cont.)	Kim Possible	NFL <i>Panthers</i> at <i>Eagles</i>	midnight
12:30 a.m.			Late Late Show w/ Craig Ferguson	The Amazing Race	Presumed Innocent	The Proud Family		12:30 a.m.
1 a.m.			Judge Judy			Romeo		1 a.m.
1:30 a.m.		CNN Newsroom	Stargate SG-1	Stargate Atlantis	Movie: <i>The Sweetest Thing</i>	Drake and Josh	1:30 a.m.	
2 a.m.						Smallville	2 a.m.	
2:30 a.m.		CNN Newsroom	Oprah Winfrey	Law & Order	Movie: <i>The Sweetest Thing</i>	Even Stevens	SportsCenter	3 a.m.
3 a.m.						Home Improvement	3:30 a.m.	
3:30 a.m.		MSNBC Live	Dr. Phil Show	King of Queens	Movie: <:40> <i>Love, Actually</i>	Moesha	NFL Primetime	4 a.m.
4 a.m.						CBS Evening News	Carol Duval Show	Degrassi
4:30 a.m.			ESPNNews	Breathing Space				Teletubbies
5 a.m.	WWE December To Dismember	MSNBC Live	Today Show	Caribbean Workout	Access Hollywood Weekend	Barney & Friends	NBA Fastbreak	5:30 a.m.
6 a.m.						Fox News Live	The Right Fit	Good Eats
6:30 a.m.		Studio B with Sheppard Smith	Sesame Street	30 Minute Meals	Sugar Rush			
7 a.m.						Unwrapped	Dora the Explorer	Go, Diego, Go!
7:30 a.m.		The Situation Room	The View	Roseanne	Movie: <i>Family Sins</i>			
8 a.m.						The Big Story w/ John Gibson	Dr. Phil Show	Ally McBeal
8:30 a.m.		Around the Services	E.R.	E! News Live/ Daily 10	Reading Rainbow			
9 a.m.						NBC Nightly News	Access Hollywood	Blind Date
9:30 a.m.	ABC World News	Judge Judy	Living Single	Movie: <i>Mr. Holland's Opus</i>	Franklin			
10 a.m.					CBS Evening News	Guiding Light	The Cosby Show	Mr. Holland's Opus
10:30 a.m.	Countdown with Keith Olbermann	General Hospital	Emeril Live	Movie: <:14> <i>Someone To Watch Over Me</i>				
11 a.m.					Hannity & Colmes	Passions	Shopping Bags	The Entertainers
11:30 a.m.	Lou Dobbs Tonight	Oprah Winfrey	Third Watch	Behind the Scenes				
noon					News Hour with Jim Lehrer	Wheel of Fortune	The Closer	E.T.
12:30 p.m.	Special Report with Brit Hume	Jeopardy	Seinfeld	Movie: <i>Lost In Translation</i>				
1 p.m.					Your World with Neil Cavuto	Window in Review	The Simpsons	Movie: <:42> <i>Moulin Rouge</i>
1:30 p.m.	World News Now	ATS/Regional News	The Simpsons	Movie: <i>Lost In Translation</i>				
2 p.m.					That '70s Show	That '70s Show	C.S.I.	Movie: <i>Moulin Rouge</i>
2:30 p.m.	<:15> Pacific Report	American Dad	Cold Case	Movie: <i>Moulin Rouge</i>				
3 p.m.					Tavis Smiley	War At Home	Boston Legal	Movie: <i>Moulin Rouge</i>
3:30 p.m.	Business Report	Supernatural	Boston Legal	Movie: <i>Moulin Rouge</i>				
4 p.m.					Nightline	Headline News	Will & Grace	Movie: <i>Moulin Rouge</i>
4:30 p.m.	Hardball with Chris Matthews	Tonight Show with Jay Leno	King of Queens	Movie: <i>Moulin Rouge</i>				
5 p.m.					O'Reilly Factor	Late Show	The Colbert Report	Movie: <i>All The Right Moves</i>
5:30 p.m.	Your World with Neil Cavuto	Window in Review	Seinfeld	Behind the Scenes				
6 p.m.					World News Now	That '70s Show	C.S.I.	Movie: <i>Lost In Translation</i>
6:30 p.m.	<:15> Pacific Report	American Dad	Cold Case	Movie: <i>Lost In Translation</i>				
7 p.m.					Tavis Smiley	War At Home	Boston Legal	Movie: <i>Moulin Rouge</i>
7:30 p.m.	Business Report	Supernatural	Boston Legal	Movie: <i>Moulin Rouge</i>				
8 p.m.					Nightline	Headline News	Will & Grace	Movie: <i>Moulin Rouge</i>
8:30 p.m.	Hardball with Chris Matthews	Tonight Show with Jay Leno	King of Queens	Movie: <i>Moulin Rouge</i>				
9 p.m.					O'Reilly Factor	Late Show	The Colbert Report	Movie: <i>All The Right Moves</i>
9:30 p.m.	Your World with Neil Cavuto	Window in Review	Seinfeld	Behind the Scenes				
10 p.m.					World News Now	That '70s Show	C.S.I.	Movie: <i>Lost In Translation</i>
10:30 p.m.	<:15> Pacific Report	American Dad	Cold Case	Movie: <i>Lost In Translation</i>				
11 p.m.					Tavis Smiley	War At Home	Boston Legal	Movie: <i>Moulin Rouge</i>
11:30 p.m.	Business Report	Supernatural	Boston Legal	Movie: <i>Moulin Rouge</i>				

HELP WANTED

Kwajalein Range Services has the following job openings. For contract hire positions, call Dennis Lovin, 256-890-8710. For all others, call Jack Riordan, 55154. Full job descriptions and requirements for contract openings are located online at www.krsjv.com. Job descriptions for other openings are located 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, catering/dining room worker or temporary office support, please submit your application to the HR department for consideration as positions become available. For more information, call the KRS HR Office at 54916.

ACCOUNTANT I, casual position. Associate degree in accounting or strong accounting experience required. HR Req. K031264.

ADMINISTRATIVE ASSISTANT, Child Development Center. Full time. Strong office and computer skills required. HR Req. K031397.

ADMINISTRATIVE ASSISTANT II, HR Req. K031673.

ADMINISTRATIVE ASSISTANT II, Medical Services, full time, HR Req. K031673.

AUTO BODY TECHNICIAN, Automotive, HR Req. K031086.

BEAUTICIAN, casual position, HR Req. K031351.

ELECTRICIAN, HR Req. K030983.

ELECTRICIAN I, Kwajalein Operations, full-time, HR Req. K031092.

HARBOR CONTROLLER, Marine Department, casual, HR Req. K031353.

MECHANIC I, Kwajalein Automotive, HR Req. K030331.

MECHANIC II, Automotive Services, HR Req. K031139.

MECHANIC HEAVY EQUIPMENT I, HR Req. K031162.

PROGRAM LEAD, Youth Services, two casual positions, HR Reqs. K031323 and K031324.

STOCK CLERK, Gimbel's. Casual. HR Req. K031339. Enniburr residents apply to Annemarie Jones, Gimbel's manager.

SUBSTITUTE TEACHERS, Education Department. HR. Req. K031285.

KRS CONTRACT POSITIONS

ACCOUNTANT I, HR Req. 031178.

AIR-CONDITIONING TECHNICIAN III, HR Req. 031162.

AIR-CONDITIONING TECHNICIAN IV, HR Req. 031154.

BUYER II, HR. Req. 031539. Richmond hire.

CALIBRATION TECHNICIAN II, HR Req. 031653.

CAPTAIN, Fire Department, HR Req. 031060.

COMMUNICATIONS TECHNICIAN, HR Req. 031437.

COMMUNICATIONS TECHNICIAN II, HR Req. 031683.

COMMUNICATIONS TECHNICIAN III, two positions, HR Req. 031029 and 031565.

COMPUTER TECHNICIAN II, HR Req. 031671.

CONTRACTS MANAGER, HR Req. 031164.

CONTRACTS PURCHASES SPECIALIST, HR Req. 031525.

COORDINATOR REMOTE LAUNCH SITES, HR Req. 031583.

DESIGNER/PLANNER IV, HR Req. 031100.

DESKTOP ANALYST II, HR Req. 031759.

DISPATCHER II, aircraft, HR Req. 030988.

ELECTRICIAN II, HR Req. 031116.

ELECTRICIAN III/MARINE ELECTRICIAN, HR Req. 030924.

ELECTRONICS TECHNICIAN I, HR Req. 031563.

ELECTRONICS TECHNICIAN II. Six positions, HR Reqs. 030817, 031495, 031601, 031603, 031605 and 031607.

ELECTRONICS TECHNICIAN III, three positions, HR Reqs. 031561, 031527 and 031689.

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

EMERGENCY VEHICLE TECHNICIAN III, HR Req. 031032.

FIELD ENGINEER I, HR Req. 031189.

FIELD ENGINEER II, six positions, HR Reqs. 031315, 031157, 031373, 031511, 031559 and 031148.

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

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

FIREFIGHTER, five positions, HR Reqs. 031054, 031056, 031082, 031124 and 031142.

FIREFIGHTER/EMT, two positions, HR Reqs. 031138 and 031140.

FOOD SAFETY INSPECTOR, HR Req. 031691.

HARDWARE ENGINEER, HR Req. 031687.

HARDWARE ENGINEER II, HR Req. 031705.

HARDWARE ENGINEER III, two positions, HR Reqs. 031493 and 031665.

HAZMAT SPECIALIST II, HR Req. 031108.

MAINTENANCE SPECIALIST, HR Req. 030871.

MATERIAL HANDLER I, HR Req. 031707.

MATERIAL HANDLER II, HR 031621.

MECHANIC III, two positions, HR Reqs. 031000 and 031102.

MECHANIC IV, HR Req. 030966.

Religious Services

Catholic

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

Protestant

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

Latter-day Saints

9:30 a.m., Sunday, in
Corlett Recreation Center, Room 3.

Baptist

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

Church of Christ

10 a.m., Sunday, Quarters 442-A.

MECHANIC HEAVY EQUIPMENT III, four positions, HR Reqs. 030376, 030862, 030912 and 030506.

NETWORK ENGINEER II—MO, HR Req. 031227.

OPERATIONS TEST DIRECTOR, HR Req. 031485.

OPTICS TECHNICIAN III, HR Req. 031595.

PLANT TECHNICIAN II, HR Req. 031645.

PLANT TECHNICIAN III, HR Req. 031643.

PLUMBER/PIPEFITTER IV, HR Req. 031168.

PRODUCTION CONTROL CLERK I, Automotive. Full-time, HR Req. K031250.

PROGRAMMER, HR Req. 031067.

PROJECT CONTROLS ENGINEER II, HR Req. 031591.

RADIO/TV OPERATOR, AFN, HR Req. 031667.

REGISTERED NURSE, three positions, HR Reqs. 031635, 031637 and 031597.

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

SERVER ADMINISTRATOR I, HR Req. 031631.

SERVER ADMINISTRATOR II, HR Req. 031557.

SUPERVISOR SERVER ADMINISTRATOR, HR Req. 031629.

SUPERVISOR, Water Plant Systems, HR Req. 031174.

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

SOFTWARE ENGINEER IV, HR Req. 031677.

SUPERVISOR, Air Terminal Services, HR Req. 031148.

SYSTEMS ENGINEER III. Two positions, HR Reqs. 031481 and 031483.

Café Pacific

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Dec. 9
Sirloin of beef	Pork chops	Beef Stroganoff	Pasta bar	Minute steak	Roast turkey	Indonesian pork
Seafood Newburg	Herb-roasted chicken	Chicken fricassee	Chicken cacciatore	Kalua pork and cabbage	Parker Ranch stew	Chicken katsu
Breaded chicken breast	Three-cheese quiche	Broiled red snapper	Italian meatballs	Tuna casserole	Searred mahi mahi	Thai shrimp pasta
Grill: Brunch station open	Grill: Brunch station open	Grill: Sloppy Joes	Grill: Pizza burger	Grill: Cheese sandwich	Grill: Sicilian hoagies	Grill: Teriyaki burger

Dinner

Tonight	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Hoisin spareribs	Spaghetti dinner	Hamburger steak	Kwaj fried chicken	Rib eye steak	Hawaiian-ham steak	Stir-fry to order
Thai chicken	Italian sausage	Penne pasta	Grilled ono	Honey-mustard chicken	Breaded chicken wings	Chasiu spareribs
Vegetable chow fun	Eggplant Parmesan	Chicken stir-fry	Chopped steak	Chef's choice	Brunswick stew	Thai fried rice
Pork fried rice	Chicken Alfredo	Beans supreme	Mashed potatoes	Broccoli Normandy	Vegetarian pasta	Chicken nuggets



IT'S GOOD!

To come out and watch Tuesday Night Football on Kwaj's biggest TV screen at the Yuk Club. There will be \$2 hot dogs, \$1.50 pizza slices and \$2 nacho's available at game time. Cold \$1 Domestic Beer and \$2 Imports. Club opens at 6:30 p.m.

SYSTEMS ENGINEER IV, HR. Req. 031555.

TECHNICAL LIBRARIAN, HR Req. 031176.

TELEPHONE TECHNICIAN III, HR Req. 030965.

TRAINING COORDINATOR II, HR 031663.

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

WASTE WATER OPERATOR IV, HR Req. 031158.

WEB SOFTWARE DEVELOPER I, HR Req. 031639.

YOUTH ACTIVITIES ASSISTANT DIRECTOR, HR Req. 031679.

WANTED

MICROWAVE OVEN. Call Gina, 55137.

ADULT TRICYCLE for visiting parents Dec. 13-25. Call 52940 and leave a message.

JOGGING STROLLER, wheels and frame in useable



Real Christmas trees from Washington will be sold 4:30-6 p.m., Dec. 9, at the high school courtyard. K-badge required to purchase trees. Cost is \$45. All trees are full-bodied, six feet, seven-inch tall firs. Free delivery by Santa's elves or take home yourself. Trees for public places or offices must be sprayed with fire retardant. Office trees must be ordered and paid for in advance. Pay at the high school office with a check made out to KHS, before close of business, Friday. Office trees will be delivered before 4:30 p.m., Dec. 9.

condition, fabric condition not important. Call 51925, after 5 p.m.

WHITE CHRISTMAS trees to borrow after Christmas. Call Sandy, 54152 or 58990.

PERSON(S) with B-boat license to reserve boat for trolling. Split cost and fish. Little or no experience preferred. I have all fishing gear. Call Ron, 55122.

LOST

SMALL BLACK carabiner key ring with orange nylon webbing, key had two large and half a dozen smaller keys, in the vicinity of Corlett Recreation Center. Call Peter, 53992.

FLIP-FLOP bracelet watch. Call 54168.

TWO SCUBA weight pouches, quick release with yellow 'W' marked on tops. Call 52692.

PATIO SALES

MONDAY, 7-9:30 a.m., Quarters 436-B. Craft and sewing items including assortment of beads, sewing machine needles, zippers, doll bodies to dress, American Girl accessories and household items.

MONDAY, 7-9 a.m., Quarters 435-B. Stereo, vacuum cleaner, small coolers, XS Diva buoyancy compensator, regulator with computer, beanbag and household items.

MONDAY, 8-11 a.m., Quarters 129-B (in back). Girls' clothing, toys, small desk, printer, futon and more.

MONDAY, 9 a.m.-1 p.m., Trailer 740. Lots of plants.

FOR SALE

BASS GUITAR amplifier, 90-watt Behringer Ultrabass BXL900A. Call 50166 and leave a message.

2003 CANNONDALE Ironman 600 triathlete bike, great condition, with new chain and front derailleur, accessories, gear and clothing available, \$800. Call Krystal, 53008.

PINE MEADOW graphite irons, three iron through PW, excellent condition, \$200. See at golf course Pro Shop.

KING-SIZE pillow top mattress and box spring, one year old, \$600 and tan recliner, good condition, \$100. Call 51117 and leave a message.

BARON SPEEDBOAT, all fiberglass, 21-foot, with 225 horsepower V-6 Johnson, 8 horsepower outboard and rod holders, house on Lot 65, trailer and tools, all new VHF radio, GPS, DVD/CD and stereo, \$10,900 or best reasonable offer and Bose 901 series speakers with EQ, dark wood, \$350. Call Herb, 59662.

TSUNAMI SEA kayak, fiberglass with foot steering and on-board storage, sells new for \$1,000, will sell for \$250. Call 51925, after 5 p.m.

BOAT, 19-foot with cuddy cabin and boat shack full of goodies, boat needs outdrive repair and tender loving care, includes detailed information on where/how to get engine rebuilt, \$5,000 for all. Call 54240, or e-mail lexyscb@yahoo.com.

HP 722C DESKJET printer with extra ink, \$40; yellow butterfly chair, \$25; navy blue futon with wooden arms and magazine storage, \$125. Call Jim or Jennifer, 52965.

TWO KWAJ-CONDITION bikes, \$10-20 and Nikon 35mm

THE UNITED STATES NAVY and Marine Corps of Kwajalein send their best to the Army. They'll need it in the Army-Navy game. Go Navy—Beat Army.

HOLIDAY CONCERT



- 7 p.m., Monday, Community Chorus
- 7 p.m., Thursday, Junior/Senior High
- 10 a.m., Dec. 11, Community Band, featuring songs of the season, on Macy's Porch
- 7 p.m., Dec. 12, Elementary Concert

ALL CONCERTS, EXCEPT DEC. 11, ARE IN THE MULTI-PURPOSE ROOM

**Kwaj bingo will be
Thursday at the Yuk Club. Card
sales begin at 5:30 p.m. Blackout
at 56 numbers with a \$850 jackpot.
Play begins at 6:30 p.m. Must be 21,
a K-badge holder, to enter and play.**

**Biggest
jackpot yet!**

camera, \$10. Call 51992, after 5 p.m.

BOY'S 12-INCH TONKA BIKE, like new, \$40; boy's 16-inch Huff, Kwaj-condition, \$10 and girls' 20-inch Schwinn, Kwaj-condition, \$10. Call 58222.

MAGNAVOX 27-inch TV with built-in VHS and DVD player, \$200. Call 51128.

LITTLE TYKES desk with desk lamp, drawers, tracing table and chair, great place for K-Grade 3 to learn to do homework. Call 52200.

IBANEZ electric guitar, \$250; Washburn acoustic guitar, \$150; Sharper Image ambient sound device with 20 sounds, \$75; first season of *Nip/Tuck* on DVD, #20; used five-shelf CD rack, \$10; small George Foreman grill, \$40; non-stick pot and frying pan, \$10 and four men's wrist watches, \$25-75. Call 59359, leave a message.

LIGHT ROSEWOOD curio cabinet, 24-speed Trek 1000 racing bike, large Rubbermaid storage shed and signature Waterford crystal vase (sailing). Call 54184.

COMMUNITY NOTICES

YOUTH SERVICES soccer registration for Grades K-6 runs through Dec. 9 at Building 358. A valid physical must be on file with Youth Services. If you are interested in coaching soccer, a meeting will be held at 7 p.m., Friday, in the elementary school music room. Questions? Call Cardale, 53796.

WOULD YOU like a fresh evergreen Christmas Wreath for your home or office? Cub Scout Pack 135 will be taking orders for these great-smelling, decorated wreaths, 10 a.m.-2 p.m., every Monday through Dec. 11, on Macy's porch. Hurry down as numbers are limited. Wreaths sell for \$25 and will be available for pick-up at the high school during Christmas tree sales. Questions? Call 51031.

SANTA WANTS to have breakfast with you, 8-10 a.m., Dec. 11, at Macy's. Have a pancake breakfast for only \$5. Buy your tickets at Macy's service desk through Monday. Mom and dad can take photos. After breakfast, check out the special sale, 10 a.m.-noon.

MOPS (Mothers of Preschoolers) is having a Christmas Tea at 9 a.m., Thursday, in the Religious Education Building. Childcare will be provided. For more information contact April at 52197. MOPS is sponsored by Island Memorial Chapel.

THE GEORGE SEITZ Elementary School PTO Science Fair committee needs 15 volunteers to mentor English as a Second Language students in Grades 4-6 with science fair projects. The fair will be Feb. 26. Times would be during lunch or 3:30-4:30 p.m. Call 53601, or e-mail evertsc@kwajalein-school.com.

NEED A COPY of your medical records? Request forms available on KARDS or pick one up at the hospital. Two weeks notice in writing required. Anything not in that time frame will be mailed to your forwarding address. Charge is \$15 plus mailing fees. Contact Adele in Medical Records, 52150.

GOLF COURSE safety reminder. Behavior such as playing a ball before others are out of range, throwing golf clubs or slamming them into the ground has lead to injury, and in some cases death. Golf Course management reserves the right to restrict golfers who play in an unsafe manner.

THE YOUTH SERVICES baby-sitter list has been updated. Stop by Building 213-A for the new list.

Saturday, Dec. 2, 2006

Tour of Homes



The Yokwe Yuk Women's Club Annual Tour of Homes will be 6:30-9 p.m., Dec. 22. Tickets will be on sale 10 a.m.-noon, Monday and Dec. 11 and Dec. 18, on Macy's porch. For more information or tickets, call Carol, 52940.

THE HOLIDAY SHUTTLE HAS YOU COVERED COMING AND GOING



The holiday post office shuttle service offered by Kwajalein Range Services Automotive Department will be available from 10 a.m., Tuesday to 6 p.m., Jan. 6. Shuttle service hours are: 10 a.m.-12:30 p.m. and 3-6 p.m., Tuesday through Saturday. For service, call 53341 or 58295. Customers must travel to their quarters with their packages.

MOLD, from Page 6

• Do not store materials such as paper, books, clothes, or other possible sources of food for mold in humid parts of your home (under stair wells, closed non-ventilated spaces etc.)

• Do not put flower beds or plants too close to your quarters so that watering them could cause water to flow toward your house. If you water your lawn with a sprinkler, make sure the water does not hit your house or the area next to the foundation.

• Make sure your clothes dryer vent is open with good flow to the outside.

Consider using a dehumidifier, which will remove moisture from

the air and aid in controlling mold growth.

How can I get rid of mold problems in my home?

• After you have addressed any water and humidity problems within your home, you then can work on removing mold. If you need to clean small areas of mold in your home, keep the following precautions in mind.

• Thoroughly clean the surfaces with a detergent and rapidly dry the cleaned surfaces.

• When handling or cleaning moldy materials and cleaning solutions, wear protective gloves, eye goggles, and dress in long

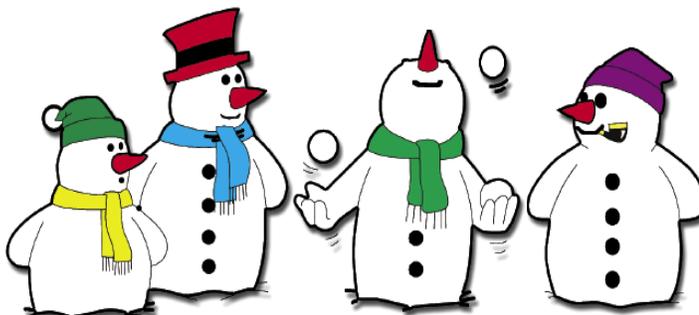
sleeves and pants that can be easily removed in the work area and laundered. Dust masks are recommended as well.

• Make sure the room is properly ventilated while you are cleaning.

• Place the moldy items, cleaning rags and anything else that comes in contact with the mold in airtight plastic trash bags. Seal the bags before disposing of them.

• When you finish cleaning, immediately wash the clothing you were wearing.

Mold control is an ongoing challenge in the warm, tropical Kwajalein environment, and doing what you can within your own home helps control the spread.



WINTERFEST

Check out the Retail Winterfest at the downtown mini-mall, tonight, after the tree-lighting ceremony.

Volleyball standings/schedule

<p>Monday</p> <p>5:30 p.m. O - B - Spartans Co-ed Blue vs. SDA</p> <p>Tuesday</p> <p>5:15 p.m. O - B - Questionable Skills vs. Spartans Co-ed Blue</p> <p>6 p.m. O - B - SDA vs. Spartans Co-ed Red</p> <p>7 p.m. O - B - CYS vs. KAHS Men</p> <p>8 p.m. O - B - Spartans I Men vs. byob</p> <p>Wednesday</p> <p>5:15 p.m. W - B - EPES vs. KAHS</p> <p>6 p.m. W - B - Spartans II vs. Calvary</p> <p>7 p.m. O - A - Bump, Set, Spike vs. Nothin' But Net</p> <p>8 p.m. O - A - Chumps vs. FISH</p> <p>Thursday</p> <p>5:15 p.m. W - B - Spartans II vs. Jabro</p> <p>6 p.m. W - B - KAHS vs. Calvary</p> <p>7 p.m. W - A - Jablik vs. Ri-Majolz</p> <p>8 p.m. W - A - Dig This vs. U-STA-KUDS</p> <p>Friday</p> <p>5:15 p.m. W - B - 4 vs. 5</p> <p>6 p.m. W - B - 2 vs. 3</p> <p>7 p.m. O - A - 1 vs. 4</p> <p>8 p.m. O - A - 2 vs. 3</p>	<p style="text-align: center;">Women's A</p> <p>Dig This 6 1 0</p> <p>Jablik 5 1 0</p> <p>Ri-Majolz 2 3 0</p> <p>Spartans I 2 5 0</p> <p>The U-STA-KUDS 0 5 0</p> <p style="text-align: center;">Women's B</p> <p>KAHS 4 1 0</p> <p>EPES 3 2 0</p> <p>Jabro 2 2 0</p> <p>Calvary 2 2 0</p> <p>Spartans II 1 5 0</p> <p style="text-align: center;">Open A</p> <p>FISH 5 1 0</p> <p>Chumps 5 1 0</p> <p>Nothin' But Net 2 4 0</p> <p>Bump, Set, Spike 0 6 0</p> <p style="text-align: center;">Open B</p> <p>Spartans Co-ed Blue 6 0 0</p> <p>KAHS 5 2 0</p> <p>Questionable Skills 5 2 0</p> <p>Spartans Co-ed Red 5 2 0</p> <p>byob 3 4 0</p> <p>SDA 3 3 0</p> <p>CYS 2 5 0</p> <p>Rejects 1 7 0</p> <p>Spartans I 1 6 0</p>
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For more information on sports, call 53331. Key: W = Women's, O = Open

RTS Weather

Tonight: Mostly clear with a chance for showers. Winds: NE-E at 14-20 knots.
 Sunday: Variably cloudy with scattered showers. Winds: NE-E at 15-20 knots.
 Monday: Partly cloudy with widely scattered showers. Winds: NE-E at 15-20 knots.
 Tuesday: Mostly sunny with a slight chance for showers. Winds: NE-E at 10-16 knots.

Annual rain total: 97.08 inches
 Annual deviation: +4.36 inches

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

Sun • Moon • Tides

	Sunrise/set	Moonrise/set	High tide	Low tide
Sunday	6:49 a.m./6:28 p.m.	4:40 p.m./4:37 a.m.	2:37 a.m., 3.6' 3:01 p.m., 4.7'	8:36 a.m., 0.3' 9:26 p.m., 0.4'
Monday	6:50 a.m./6:28 p.m.	5:35 p.m./5:37 a.m.	3:22 a.m., 3.6' 3:40 p.m., 4.9'	9:16 a.m., 0.4' 10:08 p.m., 0.6'
Tuesday	6:50 a.m./6:29 p.m.	6:34 p.m./6:40 a.m.	4:03 a.m., 3.5' 4:18 p.m., 5.0'	9:53 a.m., 0.5' 10:49 p.m., 0.7'
Wednesday	6:50 a.m./6:29 p.m.	7:35 p.m./5:37 a.m.	4:43 a.m., 3.4' 4:56 p.m., 4.9'	10:30 a.m., 0.4' 11:28 p.m., 0.6'