

THE KWAJALEIN HOURGLASS

Volume 41, Number 6

Tuesday, January 23, 2001

U.S. Army Kwajalein Atoll, Republic of the Marshall Islands

USAKA/KMR to test force protection plan



(Photo by Peter Rejcek)

Dr. Ed Paget and nurse Ivy Springer stabilize Sarah Cornell at Kwajalein Hospital Saturday as part of a mass casualty exercise, which is being incorporated into this week's antiterrorism/force protection drill.

By Peter Rejcek
Associate Editor

Less than 24 hours ago, the U.S. State Department alerted USAKA/KMR that a terrorist threat had been made to American forces in the Pacific. Now sabotage is believed to have hit Johnston Atoll, as an explosion has left several people hurt. The Emergency Operations Center is meeting to update security conditions here to Threatcon Bravo.

Breaking news: An unidentified man is seen lurking around the airfield, near one of the 1900D aircraft. Now what?

The answer to that question comes Friday, as the installation tests its Antiterrorism/Force Protection Plan islandwide. The AT/FP is designed to protect the installation's personnel, property and resources during normal operations. It also spells out the process of how to deter a terrorist

(See DRILL, page 6)

Installation manager juggles multiple projects

By Jim Bennett
Editor

When it comes to directing millions of dollars to mission-critical, as well as quality-of-life issues, USAKA/KMR Installation Manager Bert Scott compares his job to that of a juggler.

"You have to keep all the balls in the air," he said. "And of course, they're glass balls, so if you drop one it'll break."

Scott, like many officials at USAKA/KMR, finds his department at a crossroads with the new year. As Vision 2015 goes from concept to plan, Installation Management must determine how to best support the evolution of the range. And with numerous projects on the table and not enough money for all of them, that puts Scott in the unenviable position of finding sources of income.

"The range has priority, and the mission is all-important, and we're not going to let that fail, but there are windows of opportunity that present themselves," Scott said. "What we do is search for that window when we can afford to spend a couple of bucks ... To be able to provide these things in a rational, thought-out basis and an-

swer the problems. Right now it's a constant challenge to find the dollars to try to fix the problems, before the next problem arises."

Principally speaking

With a combined 35 years of government service, both as a soldier and civilian, Scott came to Kwajalein in 1999 and went to work immediately at making improvements he thought were needed. At the time, he devised his "10 principles," a sort of guideline and goal for his tenure here, written 18 months before APIC became a buzzword on the island.

"It's more of a journey than a destination, so saying you've accomplished something in the installation management field is a bit of a misnomer," Scott said. "You can always do better. You can always improve. But we've tried to make an impact. I felt my responsibility was not what I saw in my job description - pass the paperwork, get up in the middle of the night, evaluate things, sign all the stuff, go through the myriad of e-mails - that didn't look to me like success. I thought there was a lot more that needed to be accomplished here."

(See SCOTT, page 4)

Editorial

Of geckos and men — and the supermodels who love them

A few months ago, I gave the world a gecko, and now the world is giving back.

In the last couple of weeks I've received a wooden gecko on a stick (a new kind of satay?) and a little stuffed gecko as gifts, in honor of Sir Gecko, my recently knighted muse for this column. I have just one thing to say: Why didn't I choose a supermodel for my muse or a new Porsche? No one told me I would get free stuff with this gig.

Hey, everyone, look who stopped by today: My buddy, Ben Franklin, American statesman and muse for the \$100 bill. Say something, Ben.

"Early to bed, early to rise, celebrity endorsements, make Peter wealthy, healthy and wealthy."

Anyway, I do appreciate these gifts from my friends, which were under the \$50 limit based on Dilbert guidelines and did not involve any under-the-table deals to publicly mention Amy Carroll and Karen Hillis.

The gecko has even reached cult status here at the *Hourglass*. His image is emblazoned on the staff T-shirts. Next month it will be baseball caps and coozies. Soon, a media empire to rival Ted Turner and Barney the Dinosaur ...

I've often been asked, at least once, why I picked a gecko for a mascot.



Believe it or not, someone actually insisted it was a real person and wanted to know who it was. I told them it was Alan Greenspan, which seemed to placate their curiosity. After all, "Greenspan" and "Gecko" both begin with "G"; geckos are sort of greenish; and Greenspan really eats bugs.

Seriously, though, to answer the question about the gecko's origins would involve a detailed explanation of a writer's thought process. Imagine a maelstrom of rainbows and vast galaxies spinning and colliding, a kaleidoscopic genesis from whence all possibilities are realized. The process goes back to our most ancient ancestors, who imagined Father Sky and Mother Earth, who read their destinies in distant stars and scattered bones.

In other words, I made it all up, except for the part where the gecko is knighted by the Queen. That's serious stuff, especially when you con-

sider Elton John wears the same mantle of honor as men who recaptured the Holy Land from infidels and pulled Excalibur from the Stone.

In other bug and lizard news, I read the other day that early humans enjoyed a diet that included termites. The article says that termites actually have more calories than beef.

A couple of questions come to mind with this piece of news. First, how did these ancestral *homo sapiens* eat the termites before the crazy straw had been invented?

Second, what kind of college student/guinea pig did scientists find to determine the caloric and health benefits of termites? Some poor student who couldn't even afford to eat Ramen noodles and saw an easy way to get a free meal and \$15?

And now, here to present his own findings concerning the dietary habit of termite ingestion, is your cult hero and mine, Sir Gecko.

Sir Gecko, why do you believe early humans ate termites? Was it a matter of environment? Perhaps embedded in their mythology?

"They're really juicy and yummy."

Brilliant. Genius. Hmmm, maybe I should talk more about prime rib and leg of lamb next week ...

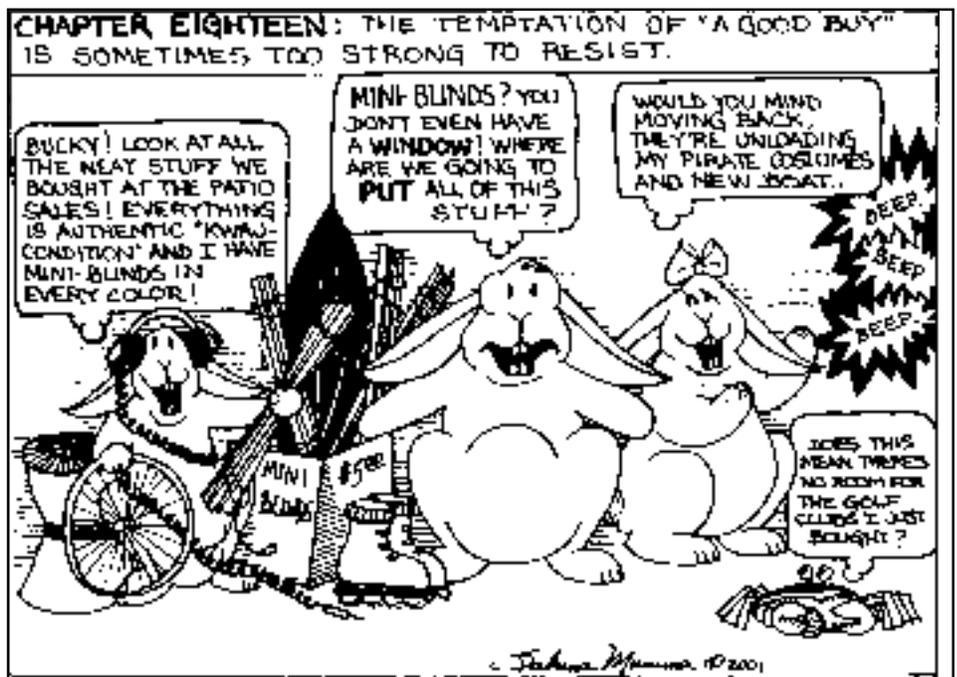
The Kwajalein Hourglass

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Buckminster and Friends ————— By Sabrina Mumma



Pull out the calculator — it's tax time, again

By Kent Duncan

USAKA/KMR Legal Office

At this time of year, hope springs eternal. You may begin to ask yourself, "Will I receive a tax refund this year?" For some, the answer is a foregone conclusion — not this year. But I recommend that you do the math and find out.

Most of the rules have not changed from 1999, but for those who are new to Kwajalein, make sure you check those that apply.

Child tax credit

You may be able to claim a tax credit for each of your qualifying children under the age of 17. For 2000, this credit can be as much as \$500 for each qualifying child. This has not changed from last year. See IRS Publication 972, "Child Tax Credit."

Interest on student loans

You may be able to claim a deduction for interest paid on a qualified student loan. The maximum deduction for interest paid on a qualified student loan is \$1,500 this year. You claim the deduction on the front page of Form 1040, line 24, or line 16 of Form 1040A, not on Schedule A. See IRS instructions for Form 1040 or 1040A.

Foreign earned income exclusion

This one is big, especially for most Kwajalein residents. The Foreign Earned Income exclusion has increased from \$74,000 to \$76,000 for 2000. That means that you can exclude up to \$76,000 in income from a contractor while you work overseas.

If both you and your spouse work abroad, you can each choose the foreign earned income exclusion, for a combined exclusion up to \$152,000.

U.S. government workers, including soldiers, cannot exclude their income.

For the first year you arrive on Kwajalein, you must meet the Physical Presence Test. This test requires that you live in a foreign country 330 days within a 12-month period. For example, if you arrived in August 2000, you may not claim this exclusion if you are in the U.S. or its territories more than 35 days between August 2000 and August 2001.

Also, if you complete your qualification for the test in August 2001, you may not file your return until then. To do this without penalty, you must file an extension using IRS Form 2350. See IRS Publication 54, "Tax Guide for

U.S. Citizens and Resident Aliens Abroad."

Reminder: Even if you do qualify for the exclusion, you still must file. In addition, if you have U.S. source income from other sources, such as mutual fund distributions, that income is taxable.

Earned income credit

Very few taxpayers on Kwaj can qualify for Earned Income Credit. You may be able to take the credit if you earned less than \$30,580 last year. One requirement, however, is that you lived in the U.S. with a qualifying child for more than half of 1999.

U.S. military personnel stationed outside the U.S. are considered to live in the U.S. during their duty period for purposes of the credit.

Those who file a Form 2555 for Foreign Earned Income Exclusion cannot take the Earned Income Credit. See IRS Publication 596, "Earned Income Credit (EIC)."

Exemption amount

You are allowed a \$2,800 deduction for each exemption to which you are entitled (personal, spouse, child and so forth). This amount has been increased from \$2,750 in 1999. Your exemption amount could be phased out, however, if your income exceeds certain limits. See IRS Instructions for Form 1040.

"Innocent spouse" relief

You may be able to obtain relief from the tax responsibility of your spouse. Normally, each spouse is jointly and severally liable for taxes owed, including interest and penalties.

However, if your spouse filed an erroneous tax return and you knew nothing about the error at the time you signed the joint return, and you had no reason to know of the error, you may be able to be relieved of the tax liability.

Taxpayers who qualify for this relief are normally those who have undergone a separation or divorce. You must be able to show the IRS that it would be unfair to hold you liable for your spouse's tax liability. You must file Form 8857 for this relief.

Help?

If you need assistance preparing your income tax return, see your company's VITA volunteer or call the Office of the Command Judge Advocate, 53417. The IRS also has a website at www.irs.gov. VITA volunteers will be available following their training Feb. 17.

Obituary

Kwajalein resident Larry Reece, 58, died Jan. 11, 2001, at the Kwajalein Hospital after a lengthy illness.

Reece worked as an operator mechanic at the Power Plant.

He is survived by daughters Audrey Farrow and Pam Bonner, both of Salem, Ore.; and a brother, Gary Champagne of Boise, Idaho.

A memorial service was held Saturday, Jan. 20, 2001.

THAAD radar requires hazard area until Oct. 31

From Command Safety Office

The THAAD radar, which will support the TCMP 3B launch on Feb. 21, has been emplaced between the barge slip ramp and GBR-P.

From Jan. 16 until Oct. 31, the THAAD radar will perform pre-mission activities, which involve RF transmissions.

All personnel are required to stay out of the RF hazard area (see map in Jan. 17 *Hourglass*). The hazard area has been marked with buoys in the lagoon and with an orange fence on land.

For additional information, contact the Command Safety Office at 51516.

Scott outlines installation vision ...

(From page 1)

The principles, still in force today, include: Clean up the island; improve the quality of life; provide better services; improve the taste/quality of food; conserve energy; be eco-friendly; curb apathy; increase profits through better services; continue island beautification; manage space better; move the award cycle to first and second quarters; and become more customer service-oriented.

In his first months on the job, the industrial sector on the west end of the island underwent a facelift, with the reorganization and consolidation of waste disposal, particularly in the area of construction waste.

With the additional purchase of a tub grinder, the waste disposal team now creates mulch from recycled materials and palm fronds.

And he'd like to see increased recycling rates. More recycling makes the process more profitable. In 1999, the island saved nearly 35 percent of trash, or 20,000 pounds, from the incinerator daily.

"We have good recycling rates, but they're still not to where they could be," he said.

Where three roads — one paved, one coral and one a cart path— led to a single location, Scott ordered two of them closed and covered over, thus decreasing the silt runoff, saving the command money and improving the appearance.

The Kwajalein Botanical Gardens opened Nov. 9, 1999, as the product of reutilizing an overgrown section of land near Coral Sands Beach. Botanist Roxanna Gonzalez-Ball became the first director, and the gardens now provide residents a quiet picnic place along with plants for area homes.

And then there was the controversial mall beautification project, which, when completed last summer, gave residents a covered walkway from the Post Office to the Snack Bar, benches, additional doorways into Macy's West and coral planter boxes with greenery. Cost overruns gave the project some bad press, but Scott said, in hindsight, it turned out well.

"There were a bunch of isolated projects, but never any landscaping that tied it all together into a mall," Scott said of the projects preceding the mall renovation. "I felt it [criti-

cism] was unjustified, in that I don't really want to dwell on the negative. There were some issues with some folks at Roi.

"The issue is, if they're not getting attention to their projects, let's identify their projects and work on those projects and [get] them accomplished. I suggested they might want to identify their top 10 projects, list them, put them up in the Roi café, put them in the paper, send them to John Wallace, send them to Wayne Cornell. The notion is, let's take your projects and see where they fall in the grand scheme of things.

"Let's determine what the need is and make sure your projects appear on someone's scope so that 60, 90, 120 or 180 days from now you're starting to see some projects under construction and we're not whining about what someone else got."

Cha-ching

Winning \$75,000 from SMDC for a successful APIC program gave Scott fuel for some projects. Much of the money went toward the construction of a barbecue pit and pavilion within the bachelor quarters quadrangle, behind the Yokwe Yuk Club. A group, along with a project coordinator, has been set up to build the pavilion in the near future.

Another portion went to the purchase of a water slide for the family pool, the addition of showers in workshops, new showers at Emon Beach and a refueling facility on Roi that allows workers to refuel at Gimbel's without having to roll 55-gallon drums to the site.

The road ahead

But beyond APIC award money, Scott finds his department wrestling with various projects and budget constraints.

Col. Curtis L. Wrenn Jr., USAKA/KMR commander, halted a project to renovate 14 units of Old Housing — adding additional bathrooms and modernizing the homes from 1950s to 1980s standards — when costs reportedly ran up to \$176,000 per unit. Scott said that figure was skewed as some materials for all 14 units were figured into the cost of the



(File Photo)

Fifteen dome houses sprung up on Ocean Road last summer. More could follow if Uncle Sam approves a proposal to replace trailers with three-bedroom, three-bath dome houses that could be used for families of four, or up to three bachelors.

first four units completed earlier this month. After adjusting the project and refiguring the cost, Scott said they can do the work for less and need to get down to \$114,000 per unit, and they'll be briefing the colonel on their proposal in the next few weeks.

Refurbishing the Pacific and Ocean BQs, at \$133,000 and \$140,000 per unit, respectively, will also be reviewed.

Another future debate may center on prefabricated, "temporary" housing units versus more traditional "hard-housing."

Dome housing, built for many Boeing families in the New Housing area last year, has been suggested as a means to replace the aging trailer fleet. A new design would include three bedrooms and three bathrooms with a multi-purpose, central living space. Thus, the dome could be used for a family of four or three bachelors.

On the other hand, for some time, the Installation Management team has had a proposal to build two-story units with three bedrooms and three baths. Again, the idea is to offer versatility in the design.

"No one knows what the future is, whether you're going to have families out here or you're going to have to house a bunch of bachelors," Scott said. "Now if someone said, 'Would you like to have 150 dome homes?' I'd say yes. I'm not going to look a gift horse in the mouth, but it wouldn't be my first choice. If we're going to put close to \$300,000 into something, I'd like to know it will be here 30-40 years from now."

"Probably the best bang for the buck, I'd say, would be permanent construction," he added. "It seems to me we're here for a long period of time. When you buy something that's temporary, they're generally less quality construction, but then you run into more maintenance costs on the tail-end."

Also, this week, a team of energy experts from off-island will review Kwajalein's energy usage. As contractors, the team will recommend changes, such as more efficient motors and such. With their own money, the contractor will implement the approved changes and draw a fee based on a percentage of the energy cost savings



(File photo)

A paving crew sprayed asphalt along Heliotrope Street as part of a 30,000-ton repaving project to resurface the island's roads last year.

to USAKA. In short, the service costs USAKA nothing. Generally, a contract such as this might offer a contractor 90 percent of the savings generated over 10 years or more.

"But after 10 years, he exits, and we get all the savings," Scott said.

The savings also would not be dependent on residents changing their habits.

"I want it to be transparent to the community," he said.

On the drawing board: Proposals for a high-tech incinerator that would be more efficient, improvements to the water purification plant and a feasibility study into deep-water cooling systems. The idea centers on the notion that water taken from deep depths of the ocean is naturally cold, and that water can be used in air conditioners and other cooling systems.

The future of any and all programs will depend on negotiations during quarterly USAKA budget meetings.

"We take a look at what the needs are," Scott said. "Through a negotiation process, we say, 'Let me get this project started, and how about when we have our next meeting, your project will go first.'"

Scott's vision

Beyond the projects, Scott said he believes improvements to the island will snowball into a more positive

atmosphere with less apathy.

"As we fix up and beautify the island, people will tend not to trash the place as much," he said.

But Scott said his vision of improvement does not run counter to Vision 2015.

"We support the range," he said. "We'll tailor our organization to support the customers that use the range. If we automate a lot of stuff on Roi, that means we may have a facility, one of the BQs possibly, or a couple of buildings there we can mothball. We can turn off all the utilities and save all the associated costs. We complement the support they need to keep the quality of life to maintain the technology, to recruit and retain the quality people out here."

And if Scott comes back in 2015, he said he hopes to find the island much like the states.

"I would like to see everyone properly housed, happy and healthy. The quality of life ought to be commensurate with what you see in the United States," he said. "You can sell sunshine and sea only so much. You can spend only so many hours on the beach, then it becomes a question of what is the rest of your quality of life? We don't get snow, but we do have other irritants, so we need to have the quality of facilities that we all deserve."

Drill to include entire community, test awareness ...

(From page 1)

threat and enhance security and awareness, and it assigns responsibilities to all USAKA personnel. Friday and Saturday those theories will be put to the test.

"We want to see how well our plan protects us from a terrorist attack," said Maj. Paul Bezzek, USAKA/KMR provost marshal. "We haven't really tested our plan."

The system actually got its first test Saturday afternoon during a mass casualty drill involving a scenario where a transformer blew up, injuring several people and throwing a passing pregnant woman into hysterics. Medical personnel, the fire and police departments, Automotive and other personnel all responded to the mock emergency.

CW4 Gerry Wolf, USAKA/KMR medical/food evaluator, said this is the first time a mass casualty exercise has been done in conjunction with a force protection drill.

"Coordination and communication

during the exercise is the most challenging part," Wolf said.

Now, the entire installation will participate in this week's exercise. Col. Curtis L. Wrenn, USAKA/KMR, said he wants the community to take the drill seriously and warned that everyone will get involved.

"You may be inconvenienced," Wrenn

said, adding that the attitude of 'it can't happen here' is unacceptable, particularly in light of worldwide events such as the USS *Cole* bombing in Yemen that claimed 17 lives and caused millions of dollars in damage.

This week's drill could involve a variety of scenarios that might happen anywhere, anytime, Bezzek said. He said security will focus around seven major sites — Building 901,

the airfield, the fuel pier and storage areas, the power plant, the water treatment plant, KMCC and Echo Pier — but the public should be alert for any suspicious activity.

Saturday's mass casualty drill, while assuming an accidental cause for the explosion, could easily have involved a terrorist bomb, Bezzek noted.

"You may be inconvenienced."

— Col. Curtis L. Wrenn
USAKA/KMR commander

"We will be trying to breach different security areas. The public should generate an awareness," he said, adding that suspicious activity should be reported to the police. Roller announcements will periodically update the public on what's happening throughout the drill.

The security exercise will make use of the installation's Threatcon system, a five-tiered system that describes the level of threat against USAKA/KMR and what steps need to be taken. Currently, USAKA/KMR is at Threatcon Normal. The exercise will take the installation to Threatcon Bravo, the third level, which involves all measures under Threatcon Alpha, as well as 19 additional measures, such as more frequent security checks and inspections.

For more detail about the Threatcon system, residents should refer to memorandums mailed out late last year. The information is also included in the new telephone books that are being circulated to the public, according to Bezzek.

The AT/FP Plan was originally formed in 1998, but was supplemented by recommendations from the Defense Threat Reduction Agency, a team that visited USAKA last November to review its security measures. The agency's Joint Staff Integrated Vulnerability Assessment said a primary concern for USAKA was a lack of AT/FP awareness by the community, Bezzek said.

"Here, it's difficult," said Bezzek of trying to instill a force protection mentality in a largely civilian base. "The community is really key."



(Photo by Peter Rejcek)

Firefighters Johnny Johnson, Jessie Marshall and Phillip Hesser, left to right, discuss placing a victim of a mock casualty at the Kwajalein Power Plant onto a stretcher. The scenario involved the explosion of a transformer and used high school student volunteers as victims. The exercise is a precursor to this week's antiterrorism/force protection drill Friday and Saturday.

Contract awarded to build new test facility for space-based laser weapons

(*Sun Herald*, Jan. 19, 2001) The Stennis Space Center [Miss.] will be home to a missile project expected to eventually create 1,000 jobs and to have a total economic benefit of about \$100 million over five years.

The space-based laser program is jointly funded by the Ballistic Missile Defense Organization and the U.S. Air Force. The program consists of a series of technology development and demonstration programs being carried out by the U.S. Department of Defense.

It is intended to demonstrate the technical feasibility of developing, building and deploying a space-based laser missile defense system, commonly called "Star Wars."

Space-based lasers would destroy ballistic missiles in their boost phase, only minutes after missiles leave their launch points.

The design of the Performance Test Facility will begin around April, said Lt. Col. Co Woods of the BMDO. The tallest part of the facility will be 150 feet high, and it will be a bit larger than two regulation-sized professional football fields.

Construction is expected to begin during the first quarter of fiscal 2002 and should be completed during fiscal 2005, with testing to begin in fiscal 2006.

There were four finalists for the project: Stennis Space Center; Cape Canaveral Air Force Station and Kennedy Space Flight Center, both in Florida; and Redstone Arsenal in Huntsville, Alabama. The location of



the program's Space Qualification Facility will be decided later.

Thursday's announcement is part of the laser program's 12-year Integrated Flight Experiment — a \$3 billion effort that includes the development of an IFX space vehicle for a 2010 to 2012 launch date under the supervision of joint contractors Lockheed Martin, TRW and Boeing.

Bureaucracy stalls test of new Navy technology

(*Defense News*, Jan. 15, 2001) A last ditch attempt has failed to break an internal U.S. Navy bureaucratic log-jam preventing the service from testing a new technology that could improve the performance of the Navy's Cooperative Engagement Capability.

Now, it will be left to the new Navy leadership team that is assembled in President-elect George W. Bush's administration to determine how to test the Tactical Component Network technology.

TCN holds the potential to allow CEC to operate more efficiently by reducing the amount of scarce bandwidth required to move CEC data among ships and allow more users access to the network.

Based on complex computer algorithms, CEC allows dispersed warships to simultaneously target and attack enemy air threats even if an individual ship's sensors have not detected the intruding enemy target. A critical operational evaluation of CEC is planned for April.

(Reprinted by permission of Ballistic Missile Defense Organization. Use of articles does not reflect official endorsement.)

Notes from Grace Sherwood Library

The Grace Sherwood Library staff wish to thank the community for all its support, providing donations of books, magazines and other media and giving us valuable recommendations, allowing us to augment and improve our collection.

We receive new material continuously, and McNaughton books (the latest) are often processed into the regular collection eventually, so please check both collections for a title or author. We will reserve material on request.

Our borrowers recognize that they are responsible for returning the material on time so that others may use it. As a courtesy, we sometimes send out reminders, but it is the patrons' responsibility to note the due date and return material to the desk or drop box regardless of whether they receive a reminder.

Please keep material in a special place where it can be easily accounted for and retrieved and separate community library material from school library material.

Book clubs may borrow additional book copies. We keep a cache of multiple titles of certain books to support book groups.

New Material at Grace Sherwood Library

New subscriptions at the library:
Arthur Frommer's Budget Travel Chronicle of Higher Education Men's Health

San Francisco Chronicle

(Sunday edition)

Teacher Magazine

Back issues of magazines may be borrowed for three weeks.

Young People's Collection

Childhood of Famous

Americans

series (historical fiction)

A Day No Pigs Would Die by

Robert Newton Peck

The Golden Compass by Philip Pullman

Adult Collection

A Death in the Family by

James Agee

The Thin Red Line by

James Jones

Saturday plane service returns for 30-day trial

Beginning Saturday, Jan. 27, late night flights between Kwajalein and Roi-Namur will resume for a trial period of 30 days, according to the Aviation Department.

Close-out on Kwaj will be 8:15 p.m., with arrival scheduled at 8:40 p.m. Roi close-out is 8:45 p.m., with an arrival time back on Kwaj of 9:10 p.m.

See you at the movies!

Saturday

The Adventures of Elmo in Grouchland (G, 1999)

Sesame Street's Elmo sets out to retrieve his favorite blue blanket after it's lost during a tug-of-war. To find his treasured blanket he must enter Grouchland, where Huxley and the Queen of Trash rule over a dark and ill-mannered domain. Joining Elmo are Oscar the Grouch, Ernie and Bert. (Mandy Patinkin, Vanessa Williams, Frank Oz) (73 minutes)

Richardson Theater, 7:30 p.m.

Holy Smoke (R, 1999)

Sex and religion clash in this movie from writer/director Jane Campion. A young woman, Kate, falls under the spell of an Indian guru. She's lured back to the United States, where she falls into the hands of an exit counselor who deprograms members of religious cults. The deprogrammer challenges Kate's belief while she undermines his misogynist identity (Kate Winslet, Harvey Keitel, Pam Grier) (114 minutes)

Yokwe Yuk Theater, 8 p.m.

Three Seasons (PG13, 1999)

This poetic narrative about the "new" Vietnam by 26-year-old director Tony Bui won an unprecedented three major awards at the 1999 Sundance Film Festival. The film weaves three separate stories about four characters in Saigon and how their paths cross. (Harvey Keitel) (110 minutes)

Tradewinds Theater, 8 p.m.

Sunday

Three Seasons (PG13, 1999)

Richardson Theater, 7:30 p.m.

Holy Smoke (R, 1999)

Tradewinds Theater, 7:30 p.m.

Monday

The Adventures of Elmo in Grouchland (G, 1999)

Richardson Theater 7:30 p.m.

Holy Smoke (R, 1999)

Yokwe Yuk Theater, 8 p.m.



Tyler Stepchew, 7, looks at a test tube showing eight grams of fat for two chocolate chip cookies at the Kwajalein Hospital Health Awareness Healthy Heart Month booth at the mini-mall Monday. Stepchew and his mother, Sarah, were surprised by the amount of fat in a cup of macaroni and cheese — 18 grams.

(Photo by KW Hillis)

Fat-filled tubes shock residents

By KW Hillis
Feature Writer

Residents stared in disbelief at test tubes packed with yellow "fat," and at others packed with sugar, representing the amounts in common foods. Mentally adding up the total of fat and sugar consumed that day so far, at least one vowed to change his habits.

For the Kwajalein Hospital Health Awareness Healthy Heart Month, Kathy Campbell, committee chairperson, and nurse Bruce Johnson performed blood pressure tests on more than 50 residents and talked about reducing fat and sugar in each person's diet.

"For breakfast, I have a Mountain Dew and eight crackers, each with a tablespoon of peanut butter," said John Ross, Tradex software engineer.

Johnson said a tablespoon equals eight grams of fat, that's 64 grams. The average adult should not take in more than 40 to 45 grams a day.

The sugar content of most sodas is about 35 grams, Johnson added.

Ross said, "There's got to be something better for [breakfast]."

Even Cheerios had some fat, the test tube showed, but Johnson said that the amount was small and that "anything with grain is going to have some fat."

**What's playing?
Call the Movie Hotline at 52700.**

WEATHER
Courtesy of Aeromet



Sun • Moon • Tides



Tonight: Partly cloudy with isolated showers.
Winds: East-northeast at 15 to 20 knots.
Tomorrow: Mostly sunny with a shower or two possible.
Winds: East-northeast at 16 to 22 knots.
Temperature: Tonight's low 79°
Tomorrow's high 85°
January rain total: 1.83"
Annual rain total: 1.83"
Annual deviation: -1.41"
Call 54700 for continuously updated forecasts and sea conditions.

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Tuesday January 23	0710/1852	0553/1747	0352, 4.1' 1602, 5.4'	0938, 1.1' 2229, 0.8'
Wednesday January 24	0710/1853	0642/1836	0423, 4.3' 1633, 5.6'	1011, 0.9' 2258, 0.6'
Thursday January 25	0710/1853	0729/1925 New Moon	0453, 4.5' 1702, 5.7'	1042, 0.8' 2326, 0.5'
Friday January 26	0710/1853	0813/2013	0522, 4.6' 1731, 5.7'	1113, 0.7' 2354, 0.5'

HELP WANTED

The following on-island positions are open with Raytheon. For more information or to submit a resumé or application, call HR employment, Andrea, 53705.

SECRETARY, Finance. Part time. Individual to work mornings answering phones, filing, invoicing, processing and delivering mail and other office duties as required. Computer experience preferred.

KAPS AIDE. Education Dept. Part time. Classroom assistant for preschool and school-age service programs. Responsibilities include assistance with snack preparation, food sanitation procedures, supervision of children and participation in a wide variety of recreational activities. Must possess a cheerful, energetic spirit and be able to work well with children. Selected individual must undergo a criminal history background check.

SECRETARY, Automotive. Full time. Must have excellent general office skills and be knowledgeable in Windows 98, Excel, Word and PowerPoint. Good communication skills a must.

AVIATION ADMINISTRATOR, Aviation Dept. Full time. Requires a self-motivated individual with strong organizational and computer skills (MS Office, PowerPoint and Excel). Must demonstrate excellent written and verbal communication skills. Responsibilities include report and briefing preparation, personnel issues and general business processes and procedures. Supervisory experience preferred.

QUALITY ASSURANCE ANALYST, Administration Dept. Full time. Seeking professional candidate with a QA background and experience. Will be responsible for QA audits, preparing and maintaining reports and other work-related documents, preparing and maintaining a central metrics reporting center and providing summaries as required. Strong organizational, communication and computer skills required. Bachelor's degree in a related discipline is desirable.

SECRETARY, Systems Engineering Dept. Full time. Seeking individual with excellent organizational, communication and computer skills. Must be familiar with Excel, Word, Project, Access and PowerPoint. Other duties include answering phones, key control, property custodian, maintaining and ordering office supplies, material purchasing and processing timecards.

DATA ENTRY CLERK, Security. Full time. Seeking detail-oriented individual with extensive computer experience. Previous data entry experience desired. Selected individual will be required to obtain a security clearance.

Raytheon off-island positions are updated weekly in the Career Opportuni-

ties Book at the HR counter, Bldg. 700.

WANTED

HOUSE-SITTING situation for visiting parents. Great with plants and yard work. Need immediately until Feb. 8. Call Derek or Joan, 52280.

HOUSE- or TRAILER-SITTING for visiting grandparents Feb. 23 through March 13. Call Dotty, 52420.

ROADBIKE in good condition for the Rustman. Call Tom, 50163.

HOUSE-SITTING situation for Air Force family of four for one to two weeks, March 24-May 12. Due to asthma, we can only sit for non-smoking families without cats or dogs. Contact Lt. Col. Leach at walter.leach@yokota.af.mil or PACAF DSN 225-2296.

KIDS pull wagon. Call 53411.

PLAYHOUSE in good condition. Call 52639.

BOOK: "An Introduction to Fiction, Poetry and Drama," fifth edition, editor: X. J. Kennedy. It was a University of Maryland textbook. Need for CMI campus. Name your price. Call Pollyanne, 58656.

HOUSE-SITTING situation for grandmothers visiting for high school graduation starting May 20. Call Brenda, 54364.

LOST

WINNIE THE POOH snack container between Surfway and Tr. 635 Jan. 13. Call Mary, 57003 or 53244.

TARZAN and CASPER videos and a hairbrush, all in a white plastic bag at high school soccer field. Drop off at Qtrs. 487-A or call 54247.

**New to the island?
Yokwe Yuk Women's Club's
Newcomer Coffee will be
Saturday, Jan. 27, 9:30 a.m.,
at Qtrs. 203-A.
Find out about island activities
and make new friends.
Old-timers are welcome.
Questions? Call Dianne, 55990.**

TWO VIDEO compact discs, look like CDs. Call John, 52405 or 51530.

PINK BEACH TOWEL with dolphins and "Stephanie" embroidered on it Dec. 25. Call 52704.

DUNLOP Quatro 7 iron golf club possibly on No. 8 green at golf course. Turn into Pro Shop or call 54784.

CLASSES AND COURSES

KDA presents children's dance classes for the spring session starting Jan. 23 and Jan. 25. New students wishing to enroll, call Karen, 53523.

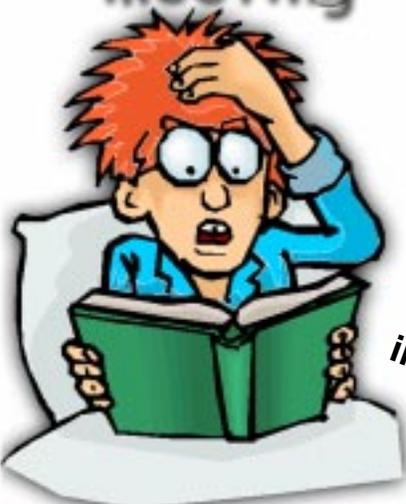
FOR SALE

MINI-BLINDS for 400-series two-bedroom housing, hunter green, \$5 each; valances for downstairs living room and dining area, large floral pattern in green, burgundy, mauve and rose tones, \$5 per section. Call 52280.

TROLLING LURES, great for wahoo, mahi mahi and all types of tuna; beautiful heads, sure to attract fish. Call Steve, 52823.

COMPUTER DESK, \$50; cat carrier, \$5; manual treadmill, \$50; used set of scuba

Book group meeting



A book group meeting for all interested readers will be Thursday, Feb. 1, 6:30 p.m., in the library conference room.

Bring a book to introduce or just come to listen. For more information, call 53439.

Classified Ads and Community Notices

gear, \$300; two-drawer wooden file cabinet, \$25; Brothers sewing machine, \$100; 57 assorted plants, \$100. Call 53279 after 5 p.m.

MENS HUFFY aluminum 8000 bike, 21-speed, one year old, better than average condition, \$50. Call 52682 after 5 p.m. or leave a message anytime.

16' HOBIE CAT and trailer with new jib, located next to boat ramp for easy launching, \$2,000; Univegg 10-speed 27" bike, used in last four Rustman races, \$100. Call Phil, 58175W or 54247H.

ENTERTAINMENT CENTER with glass door, top shelf, \$200; La-Z-Boy sleeper couch, \$400; easy chair/rocker, \$100; easy chair, \$50; end table, \$20. Prices negotiable. Call Gary, 53396H or 52098W.

20" TV/VCR, \$175; portable stereo, \$40; Sony Playstation with two controllers, eight games and memory card, \$180; videos, \$2 each. Come by Tr. 650-M or call 54253.

ROCKER/RECLINER, \$175; large book shelves, \$40; computer desk, \$50; Little Tykes slide, \$50; Hot Wheels car mountain, \$10; assorted dive gear (knives, snorkels, bags and more), make an offer; 27" Sony TV, \$275; Sony VCR, \$150. All prices negotiable. Call 51618 or 54747.

EVENFLO baby gate, brand new, still in box, \$40; baby rocker/soother seat, terrycloth and plastic, great for beach, \$10; Jenny Lind style changing table with padding and two shelves, \$25. Call 53500 before 9 p.m.

GIRLS 12" bike with training wheels, bas-

ket and helmet, great condition, \$20 or best offer. Call Amy, 51128.

CUSTOM-MADE curtains for entire silver trailer with all curtain rods, \$250 or best offer; Sears Healthrider with computer and monitor, \$65; Body-by-Jake abdominal exerciser, \$50. Call 58172 after 5 p.m.

FUTON SOFA, \$200; glider rocker with ottoman, \$40; 10 stainless steel pipes, ¾" x 20'; 14 stainless steel pipes, 3" x 7'; 10' x 10' screen gazebo, new in box, \$65; weight bench with dumbbells, \$75; microwave stand, \$40; Maytag dishwasher, \$100; entertainment center for 27" TV, \$50. Call 51800.

40-GALLON fish tank complete with 350 Magnum filter, extra parts, coral, food, light and many extras, everything but the fish, \$75. Call 53500.

TWO HEWLETT PACKARD color printer cartridges, model C1823D, brand new, still in boxes, fits HP Desk Jet printers: 710, 712, 720, 722, 880, 882, 890, 895, 1120 and HP Office Jet Pro 1170C or 1175C, \$25. Call 52398 evenings.

SEGA GENESIS with two controllers and five games, \$50; rollerblades, men's size 9, women's size 9, \$20 each; soccer shoes, women's size 9, new, \$14; Conair hair setter, \$15; five CD holders, \$4 each; TV antenna, \$3; shower rack, \$10; air popcorn popper, \$5; dishes, \$10; large flower pot, \$3. Call 51578.

FOSTEX 260 four-track tape deck with built-in six-channel mixer, excellent condition, \$500. Call 51534W or 51445H.

JOBE 65" water ski, \$75; HO 67" water ski, \$100; tube to pull behind boat, \$25; computer piano, learn to play piano on the computer, \$75; dive mask, new in box, \$20. Call 54784.

COMMUNITY NOTICES

LADIES! It's time to sign up for the Yokwe Yuk Women's Club "Historic Tour of Kwaj" by Scarlett Scholte Monday, Feb. 5, 4-7 p.m. Cost is \$5. Spaces on the bus are limited, so reservations are required. For information or to sign up, call Ann, 52293.

POWER OUTAGES: In order to return power to the Reef BQ, there will be power outages as follows: Shell BQ, Thursday, Jan. 25, 8 a.m.-4 p.m.; Palm BQ, Friday, Jan. 26, 8 a.m.-4 p.m.; Ocean BQ, Saturday, Jan. 27, 8 a.m.-4 p.m.

KWAJALEIN YACHT Club's monthly meeting will be Saturday, Jan. 27, 6:30 p.m. Come join us for "cheeseburgers in paradise."

YOUNG LADIES in kindergarten through sixth grade: PTO Father/Daughter Dance is Feb. 25. Watch for your invitation in the mail.

ANYONE that has not received a flu shot and would like to do so, come to the hospital, 1:30-4 p.m., Tuesday through Saturday. Questions? Call 52223 or 52224.

MARK YOUR calendars. The annual Ballroom Dance and Dinner, featuring the Pacific's Most Dangerous Band, will be April 22.

CUB SCOUT PACK 135 will hold its annual Blue and Gold Banquet Monday, Jan. 29, 5:30 p.m., in the MP room. Cub Scouts will help cook with their dens as follows: Webelos, 9-10:30 a.m.; Tigers, 11 a.m.-noon; Wolves, 12:30-1:30 p.m.; Bears, 2-3 p.m. For more information, call your den leader or Steve, 52517.

NEXT BOATING orientation class will be Feb. 8-9, 6-8 p.m., in CRC room 1. Fee is \$20 and you must attend both evenings. Sign up at Small Boat Marina or Community Activities office. Questions? Call 53643.

ROI-NAMUR BACHELOR ADVISORY COUNCIL meeting will be Wednesday, Jan. 24, 1 p.m., in C Building. The Bachelor Advisory Council has been established in accordance with USAKA/KMR Regulation 15-3 to serve in an advisory capacity to the USAKA/KMR commander on matters pertaining to island policy and regulations affecting the social and living conditions of bachelors/bachelorettes residing on Roi-Namur. Council members from each BQ building are solicited. Unaccompanied personnel wishing to have input to this meeting should contact their representatives. All Roi-Namur residents are invited to attend. For additional information, call Community Services, 53400.

MILITARY TRICARE information briefing will be Jan. 31, 4:30-6 p.m., in CAC Room 7. Find out about entitlements and benefits available to military retirees overseas. RSVP to Lucienne DeMeo, 53400.

Four-speed bike customers

When you are assembling the bike, there are two red marks on the hub that need to be lined up in order for the gear shift to work properly. Use the thumb adjuster by the gear shift to align the two. If you need assistance, see a staff member at MACY'S WEST

Remember, never shift when pedaling

