

THE KWAJALEIN HOURGLASS

Volume 41, Number 71

Friday, September 7, 2001

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

AMBASSADORS OF FUN

Visiting basketball team brings positive message to the court

By Bruce Sinkula
Sports Writer

The Harlem Ambassadors brought plenty of basketball pizzazz, as well as Ladé Majic's message of "positivity," to Kwajalein over the Labor Day weekend.

A youthful crowd of over 400 gathered around the Eighth Street basketball court on a calm, moonlit, Saturday night to watch the Harlem Ambassadors engage the Kwajalein Celebrity All-Stars in an entertaining display of basketball wizardry and tomfoolery.

The Kwajalein Celebrity All-Stars, co-coached by Col. Curtis Wrenn Jr. and Raytheon site manager John Wallace, represented a diverse cross-section of the Kwajalein Atoll community.

The Harlem Ambassadors, based out of Fort Collins, Colo., are a team of drug-free professional basketball players who either have their college degree or are well on their way to earning

one. Their featured player is "Ladé Majic" Prophete, who starred for the University of Missouri.

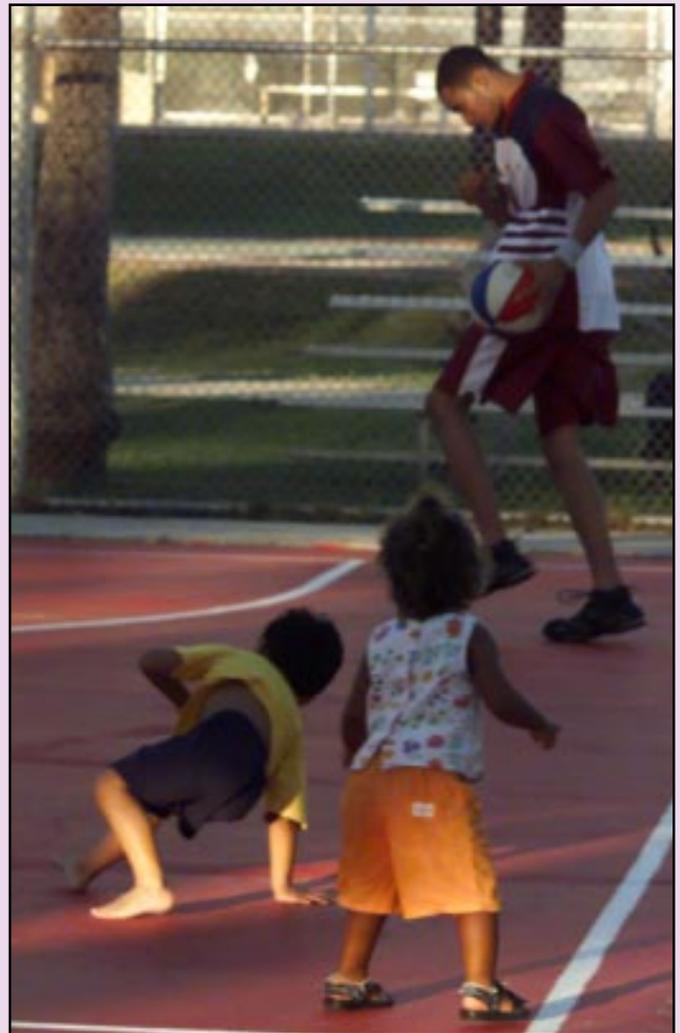
Hip-hop music provided the backdrop to a pre-game warm-up featuring rim-rattling dunks by Mike Middleton, Terrill Binion, Julius Bell, Torrence Oxendine and Barry Martin — the five men who accompany Majic on the team. Meanwhile, Majic impressed the crowd with her flashy ball-handling skills.

The beat, literally and figuratively, kept going after the opening tip-off as the Ambassadors overwhelmed the Celebrity All-Stars with a barrage of steals, slam dunks and lay-ups.

With Jacquelyn "Cookie" Oliver acting as a courtside commentator and jester, the Ambassadors provided just as many laughs as thrills during the two-hour show.

(See MESSAGE, page 4)

Mike Middleton of the Harlem Ambassadors warms up to the thrill of local children.



(Photo by KW Hillis)



(Photo by Jim Roby)

Josh Alcorn hangs 96 feet in the air during climbing training Saturday.

Climbers top out in class

By Jim Bennett
Editor

Josh Alcorn hangs out at more than 96 feet, a lot. Now he's certified to hang out.

The climber works for Telemetry on Carlos, where he installs and fine tunes equipment atop towers standing as high as 250 feet. Saturday, Alcorn had the chance to attend a safety class on climbing and earn certification as a Climber II.

"It makes you aware of what can happen," Alcorn said.

Climber instructor Wally Burbine strives to make his students aware. Now in his 70s, Burbine has rigged and climbed for more than 50 years. He minces no words in describing the importance of what he has to teach.

"You screw up and you're dead," Burbine said.

And Burbine's words ring true on Kwajalein. Over the past 20 to 30 years almost a dozen people have died as a result of falls, by far the most common type of fatal accident on the island, said Mike Dowsett, senior safety engineer.

(See SAFETY, page 8)

Embrace your television from now to the 'Series'

We may not be getting the new television season in the states just yet, but it's still the best time of the year for watching the dummy box.

Consider this. You've got baseball, tension-filled baseball as the teams come down to the pennant race.

Thursday, the Cubbies led the Marlins 6-4 in the bottom of the ninth. With two men on and two outs, the Marlins' Preston Wilson jacks one over the fence to take the game. OK, one game out of 162 in the season, but at now, five games behind the Astros and only a half game ahead of the Giants in the Wild Card race, every game counts.

If the Cubs fall one game shy of the play-offs will they look back on Tom Gordon's misplaced pitch?

The same holds true of every team. If your favorite team isn't in the pennant



race, they can sure spoil it for some team that is.

And that's just during the week. On the weekend, you have college football. Two words folks, "Sooner Magic." So I'm an OU fan. Rich Feagler seems to think that refers to Ohio. He's entitled. He's from Ohio. But the rest of the country knows that's Oklahoma. When was the last time the University of Ohio had a football team?

Anyway, I'm from Oklahoma and we'll be looking for a repeat of the National Championship this year. Should be exciting.

Finally, starting this weekend, you have pro football. Will the Ravens return tough as ever? Can the Titans get past the playoffs? Will my Chiefs get *in* the play-offs?

And check out Monday Night Football at the Club on Tuesday nights. We're so weird on this island, with that International Date Line, but Tuesday is just as good as Monday for gathering with friends and chowing down on some bar food while watching a good game.

"Sure honey. I'll be home at half time." She knows better.

The trick is not hearing the score before the game. I don't turn on the radio or the Internet all day on Tuesdays.

The worst example, and this wasn't Monday Night Football, occurred during the OU-Texas game last year. I taped the game at 5 a.m. with the intentions of getting up mid-morning and watching the game over breakfast with my cousins.

Anyway, the alarm was set to the "radio" setting and as it went off, without warning the announcer says, "OU beat Texas..." No intro to sports or anything.

Well, breakfast was good, and we watched the game anyway, but knowing the score ahead of time sort of takes away from the excitement level.

Now I'm not encouraging the island to become couch potatoes. That's pretty hard considering all of the golf and NASCAR on channel 13 and all of the soap operas on channel 9 both day and night.

I'm just pointing out the beauty of September and October. You have the best of both worlds, baseball and football, pennant races and bowl-bound struggles.

And who says TV has made this island less social? We simply need to feature the game in the next party. And after the World Series you can kill the idiot box, except for weekends through the Super Bowl.

Care to voice an opinion?

Keep letters to less than 300 words.

We will edit for AP Style and, if you exceed the word limit, space.

Limit yourself to one letter every 30 days to give other readers a chance to write.

Send your letter to:

The Hourglass, P.O. Box 23, Local; or
jbennett@kls.usaka.smdc.army.mil.

The Kwajalein Hourglass

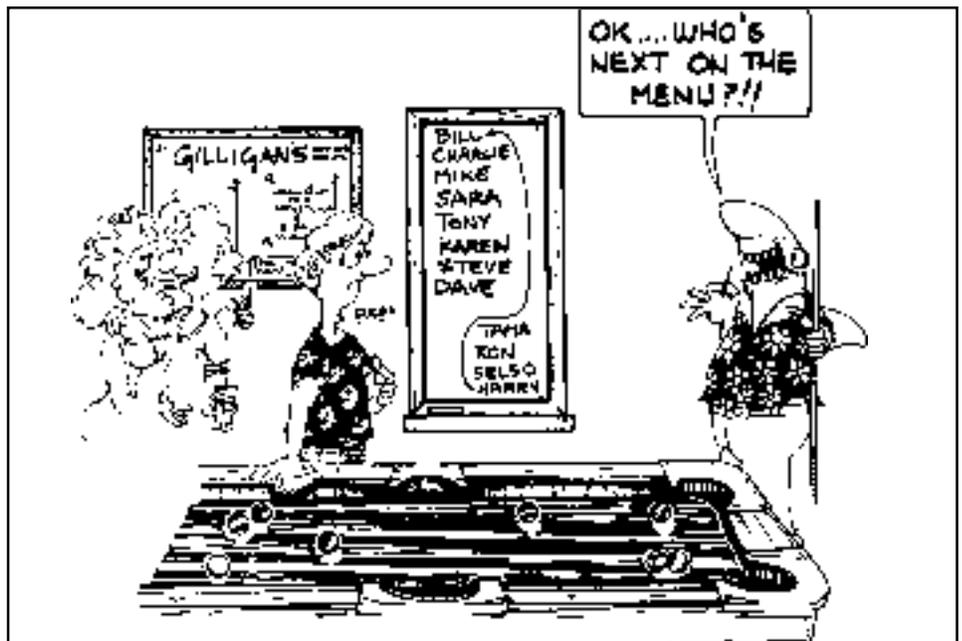
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The Hourglass is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb 4, 1944.

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Jest for Fun

By Ron Tsubamoto



It's time for a wakeup call on cholesterol levels

By KW Hillis
Feature Writer

With a cholesterol level of 230 in May 1999, Bess Buchanan's physician's recommended cholesterol-lowering drugs.

"That was my wakeup call," Buchanan said, explaining that even though her father had high cholesterol and two heart attacks her initial reaction was one of disbelief. "I said to myself, 'I'm healthy, why would I of all people need this?'"

"I'm very active, I'm within my normal weight range [and] I generally eat all right," she added.

Opposed to medication and wanting to "try everything I can try before I move to medication," Buchanan "got herself in gear and did something."

After determining that she needed thyroid medicine for a borderline case of hypothyroidism which "can contribute to poor processing of cholesterol," Buchanan said she added fiber to her diet and made an effort to



exercise more and get rid of any junk food. In a period of two years, Buchanan lowered her total blood cholesterol level from 230 to 173.

"I now have a huge bowl of granola in the morning with a lot of fruit, which gives me the fiber I need on a daily basis," Buchanan said. As part of her new healthy regimen, she also added vitamins.

Kenneth Winchester's wakeup call occurred over a four-month period of time.

Last April, when he visited the doctor to have a cyst removed, he had blood work done to see how his health was.

"It came back with borderline-high cholesterol," Winchester said, explaining that there was no family history of high cholesterol. "I didn't do anything then, but I started not to feel so well."

Still feeling bad and lacking energy, less than two months ago Winchester decided to make some changes to his lifestyle.

"I started exercising five to six times a week, sometimes twice a day," Winchester said.

He also started watching what he ate. Eating at Café Pacific was hard because it is "an all-you-can-eat place," he said.

"You would be amazed how much people take when they go through the line," said James Cameron, Café Pacific manager and Food Service director, who added that the Café does have a lot of foods to choose from including low-calorie and low-fat items.

With a combination of swimming, walking, biking and some diet changes, Winchester said that he has lost 23 pounds and wants to lose 50 to 60 more.

"I want to check my cholesterol in a couple months and see where I stand," Winchester said. "I just know how much better I feel."

The combination of feeling bad and knowing he had high chole-

sterol prompted Winchester to take action, while Buchanan said she changed her lifestyle only because of the threat of having to take drugs to lower her cholesterol.

"You won't do anything about your health until you hear a wakeup call," Buchanan added.

At least 100.9 million American adults need to answer that call with blood cholesterol levels that are considered borderline-high risk. About 40.6 million American adults have levels that are considered high risk according to the American Heart Association.

The risk is that high cholesterol can lead to heart attacks and strokes, said Kathy Campbell, Kwajalein Hospital Health Awareness Committee chairperson. Since this is such a widespread health problem that usually has few, if any, symptoms, the committee declared September as National Cholesterol Education Awareness Month.

The liver produces most of the cholesterol in people's body, with only 20 percent from food sources, according to the AHA. Cholesterol is required by the body to maintain the body's cell membranes, insulate nerves and produce bile acids and some hormones. The amount of cholesterol in a person's body depends on diet, heredity, and metabolic diseases. Smoking and lack of exercise can contribute or cause high levels of cholesterol.

Even though most Americans have heard a lot about cholesterol, HDL (High Density Lipids), LDL (Low Density Lipids) and which dietary fats can raise cholesterol levels, Campbell said that they might not use the information.

Cholesterol is made up of both HDL and LDL, Campbell said. HDL, which carries away harmful fatty deposits, is referred to as the "good" cholesterol while LDL carries cholesterol to tissues in the body including the arteries where it can stick to the arterial walls.

The AHA defines a total blood cholesterol level below 200 as good, 200 to 239 as borderline risk and 240 and over as high risk since a person's cardiovascular disease risk doubles.

Both Buchanan's and Winchester's total blood cholesterol were in the borderline risk category.

The AMA recommends cutting down on dietary saturated and polyunsaturated fats and cholesterol and adding certain types of fiber to help lower the amount of cholesterol absorbed.

Additional information about limiting fats and cholesterol and eating a healthy diet can be found at the AHA web site: www.americanheart.org



(Photo by Bruce Sinkula)

Bess Buchanan, left, lowered her cholesterol 57 points by a combination of exercise and diet changes over a three year period.

'Message' keeps show team in demand ...

(From page 1)

Majic's on-court antics included playfully arguing with referee Labtak Langrus, wrestling down James Wheeler at mid court, and providing "Cowboy" Galloway with some free-throw lessons.

Majic and the Ambassadors stopped the action occasionally to direct a few games with some members of the crowd and to give away a four-night stay in Majuro to Delsie Hill.

After the conclusion of the game, in which the Ambassadors won handily, Wrenn expressed the island's gratitude by distributing a commander's coin to each member of the Harlem Ambassadors. Majic and the Ambassadors, in turn, remained courtside for an hour-long autograph session, much to the delight of the dozens of children who lined up to get free autographs from members of the team.

Their Serious Side

Jovial and free-wheeling as they are on the basketball court, the Harlem Ambassadors' demeanor turns serious when they discuss their true motivation behind what they do: conveying a "drug-free, stay in school" message to kids.

Nearly 60 kids gathered in the CRC gym Monday morning to listen to the Ambassadors exhort the virtues of staying off drugs and staying in school. After which they were treated to another exciting display of slam dunks and slick ball handling by the team.



(Photo by KW Hillis)

The Ambassadors' Terrill Binion leads a crowd of kids in a dance prior to half-time.



(Photo by KW Hillis)

"Lade Majic" wrestles down James Williams earning the foul and the title, "champion of the world," in a skit during Saturday's game.

"Stay off drugs, stay in school and work hard" is the message according to Oliver, the Ambassadors' tour manager.

And "show basketball" is the method of delivery for that message, according to Majic.

"We provide affordable (basketball) entertainment with a positive message," said Oliver. "There are not a lot of positive role models in professional sports these days, but we provide that."

And, as the saying goes, they practice what they preach.

"Background checks are performed on all the players. They must have (or be close to earning) their college degrees. We perform random drug testing," stated Oliver. "That way we are not hypocritical and we keep our credibility. Our whole organization is drug-free."

"One strike and your out," Oliver said bluntly.

The "Queen of show basketball"—and then some

Back in 1998, Dale Moss, founder and sales/marketing director of the Harlem Ambassadors, wanted to start a "show basketball" team.

"He sought me out. He waited four months while I was playing in Israel," Prophete ("Majic") said.

It was the perfect fit for someone who has "a flair to my game," according to Prophete, who

could also put her bachelor's degree in psychology and master's in counseling to work.

Not only is Prophete the star attraction, she is also the coach, recruiter, and assistant web designer for the Ambassadors.

She conducts a grueling, invite-only, tryout camp every August.

"She's like a drill sergeant," stated Middleton, who like the rest of the male contingent on the Ambassadors, is a rookie.

While touring, she holds film sessions with the players to help the team improve and refine their routine.

"She's a ball of energy," exclaimed Oliver, who has been with the organization from the beginning and has a friendship with Prophete that dates back to their days growing up in New Jersey.

High demand

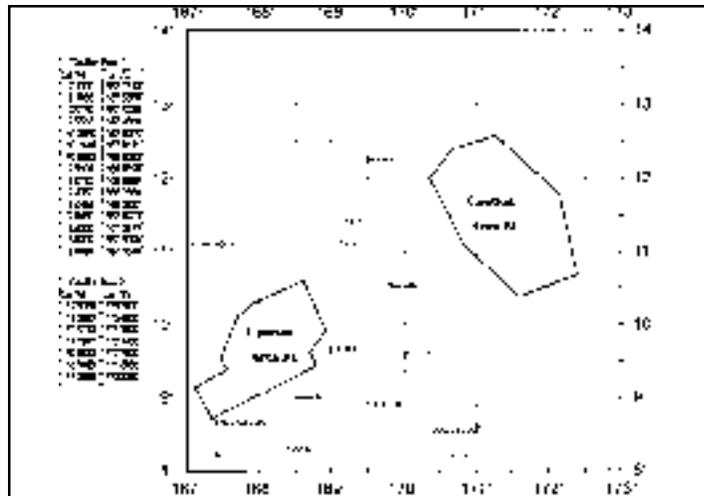
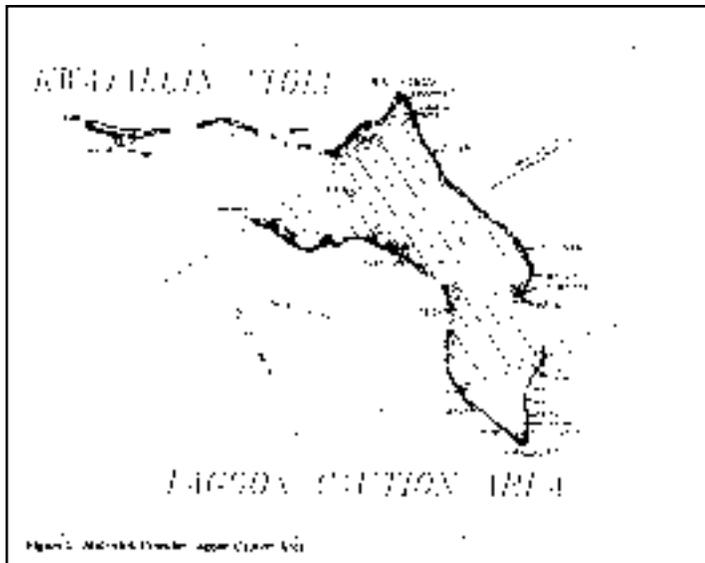
That first year, the Harlem Ambassadors performed about 90 shows. Now that number has swelled to 150.

Police athletic leagues, fund-raisers and military installations are among the more common venues in which the Ambassadors will perform.

"Demand for us is high because of our message," said Oliver.

"We have to turn people down", lamented Prophete, who added that a second touring team is in the planning stages.

(See *TOURING*, page 5)



Friday's operation requires caution areas within (left) and outside (above) Kwajalein Atoll.

Range operation scheduled for Friday

From Range Safety Office

A range operation is scheduled for Friday, Sept. 14. Caution times are 7:01 p.m. Friday to 5:01 a.m. Saturday.

In conjunction with this operation, a caution area will exist within Kwajalein Atoll, defined by the area bounded on the north by Boked Island on the east reef and Yabbermohr Island on the west reef, and bounded on the south by a line drawn north of Bigej Island on the east reef to a point at latitude 08 54.2N, longitude 167 45.8E, then to a point at latitude 08 52.8N, longitude 167 45.8E, and then to a point north of the high tide mark on Nimni Island on the west reef.

Bigej Island, including the inner reef, is specifically excluded and is not a part of the mid-atoll corridor. Illeginni is designated an evacuation island; all other mid-atoll corridor islands are designated as sheltered islands.

Additional areas specified outside the mid-atoll corridor are designated as caution areas. See maps.

In order to ensure clearance of non-mission support personnel from the mid-atoll corridor by the window opening time, Kwajalein police island clearance procedures will begin at approximately 7:30 a.m. Tuesday and continue until evacuation has been accomplished. Egress of all air and seacraft will be

required when requested by authorized clearance personnel. Subsequent to lagoon clearance, the hazard area will be in effect until mission completion.

In the event of a mission slip, the caution times and areas will be in effect for the following days:

- 7:01 p.m. Saturday, Sept. 15, through 5:01 a.m. Sunday, Sept. 16.
- 7:01 p.m. Sunday, Sept. 16, through 5:01 a.m. Monday, Sept. 17.

Questions regarding the above safety requirements for this mission should be directed to the Command Safety Office, range safety officer, 51910.

Touring takes a toll on Ambassadors ...

(From page 4)

After Kwajalein, the Ambassadors will embark upon an exhausting road trip of the upper Midwest with 29 shows scheduled in 31 days. A typical day on the road begins well before 6 a.m., and includes up to five or six hours traveling.

Therefore, the four plus days they spent on Kwajalein was a definite treat, they said.

Steve and Simeon made it happen

The original plan was for the Harlem Ambassadors to visit Kwajalein in June as part of a Pacific island tour, but their show was cancelled because of missile testing, according to Oliver.

Little did they know that they would get to visit here anyway.

"We were to put on a show in Kosrae," said Oliver, "but (Continental Micronesia) couldn't land there because of the weather and we ended up (stranded) here."

Quite naturally, Oliver and Prophete were frustrated and disappointed over the missed tour stop in Kosrae.

"Steve (Snider) and Simone (Smead) treated us so well and gave us such a good reception that we called back to our office and (told them) we wanted to come back here," said Oliver. "We found out two weeks later (that we were)!"



(Photo by KW Hillis)

Kwajalein's Jill Heth sets up for a free throw during Saturday night's game as referee Labtak Langrus, center, and the Ambassadors' Barry Martin wait for the toss.

Safety at heights starts with climber sense ...

(From page 1)

The most recent fatality occurred in 1996.

Nationally too, falls represent a leading cause of death at the workplace with 734 deaths in 2000, and 17.5 percent of all on-the-job injuries, according to the Bureau of Labor Statistics. Highway accidents were the leading cause of occupational death.

So Burbine and Dowsett revived the practical portion of the class last week, after a two-year hiatus. Before that, Burbine had taught a class once or twice a year, most often around October, which is safety awareness month.

"What Wally brings to the table is practical experience," Dowsett said.

Dowsett teaches the classroom portion, a two- to four-hour session that includes rules of the road and other basic climbing information. Students, six on Saturday, then travel to the climbing tower, a four-poster, 100-foot tower near the aircraft hot-zone at the southwest end of the island. Burbine takes over the class from Dowsett and he lets students know what's important.

The veteran climber stressed common sense. "Don't climb when you've been drinking." Situational awareness.

"If you're under a tower, wear a helmet. The guy up there is liable to drop something on your head, and that's going to hurt."

And slow, deliberate, careful working conditions.

"No one can make you climb," Burbine said. "You have to feel well to do it and if you don't feel right about it, don't climb."

The students, ranging from technicians who might spend a good deal of time at heights to engineers who might climb once a year, listened intently as a drizzle fell on them and the climbing tower.

When it came time to climb, Dowsett and Burbine conferred with climber Jim Roby, who sat atop the tower. They gave the climbers a green light.

"I would climb in this," Burbine said.



(Photo by Jim Bennett)

Wally Burbine, right, goes over practical instruction on climbing during a course Saturday. Burbine, a master rigger and climber with more than 50 years of experience, has taught hundreds of Kwaj workers the safe way to climb.

One student opted to pass on the practical until a sunnier day, "and that's all right," Burbine said. "If you don't feel like climbing, don't do it. We'll get him some other day."

Other students scaled a ladder, enclosed by piping, to a 96-foot-high platform. Climber I candidates simply had to tie off at the top.

Climber II candidates, however, had to prove they could work at what some might call dizzying heights. The students had to attach their harness to the piping and step outside the enclosed area. Then, feet against the lower pipes, the student might hang out and away from the tower. Then each had to shift positions, working their way safely around the tower sides.

Burbine and the other instructors watched each student for technique and comfort level.

But the rain continued and after about 15 minutes the instructors conferred again, suspending the class until a dryer day.

Alcorn, however, had made his climb, earned his card and gained some valuable information he'll use on the job.

"Trust in your gear and the people you work with, and you'll be fine," he said.

Along with the six students passing Saturday and this week, RSE Safety has qualified hundreds of climbers, but Burbine is concerned for the climbers on island who haven't had a safety course.

"If I knew there was a course, I'd take it," he said. "It's free."

The class is mandatory for anyone whose job requires work at heights. For more information, call the RSE Safety Office at 51503.

Don't leave sensitive materials lying around



Be sure classified and sensitive documents are properly secured

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See you at the movies!

Comedians entertain at Rich

By Jim Bennett
Editor

Saturday

Unstrung Heroes (1995, PG)

A boy finds adventure as he grows up in an eccentric Jewish family during the 1960s. The family includes an inventor father, loving mother and two weird uncles. (Diane Keaton, Andie McDowell, Michael Richards) (94 minutes)

Richardson Theater, 7:30 p.m.

Along Came A Spider (New Release, R)

Washington D.C. detective and psychologist Alex Cross and Secret Service agent Jezzie Flanagan must track down a man who has kidnapped a senator's daughter. Based on the James Patterson novel. (Morgan Freeman, Monica Potter)

Yokwe Yuk Theater, 8 p.m.

The Adventures of Joe Dirt

(New Release, PG-13)

David Spade plays a radio station janitor who tells the comedic story of his search for his "white trash" parents years after he was abandoned during a trip to the Grand Canyon because he was a bad boy. (Brittney Daniel, Kid Rock)

Tradewinds Theater, 8 p.m.

Sunday

The Adventures of Joe Dirt

(New Release, PG-13)

Richardson Theater, 7:30 p.m.

Along Came A Spider (New Release, R)

Tradewinds Theater, 7:30 p.m.

Unstrung Heroes (PG)

Tradewinds Theater, 9:30 p.m.

Monday

Unstrung Heroes (PG)

Richardson Theater, 7:30 p.m.

Along Came A Spider (New Release, R)

Yokwe Yuk Theater, 8 p.m.

Michael Burton said he was "an insecure man."

His insecurity made for a lot of laughs Thursday night at the Richardson Theater.

Burton and his best friend, comic Don Barnhart performed stand-up for more than 250 adults in a USO "Comedy Break" tour.

Burton opened with wry observations about his own insecurity, as well as life on Kwajalein.

"I don't like traffic. I guess you don't have that problem," Burton said. "Some of these jokes just don't work out here. I feel like I should rescue you all. Come on I've got a boat."

"And there's no humidity here. When I went to the golf course this morning I weighed 840 pounds," he added.

"You've got four cars on the island. Yeah, you can relate. They rented us a golf cart and the only place you can't take it — the golf course."

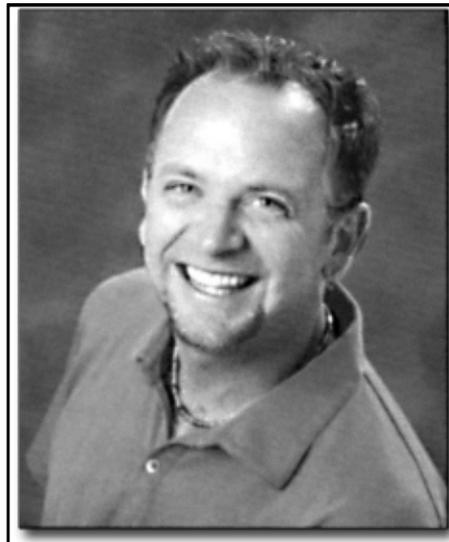
Using physical humor to illustrate his jokes, Barnhart followed with opening jokes about Las Vegas and his mother.

"My mom loves it that I'm a comic. She calls my machine to leave jokes she heard at the office [rolls eyes]. I call her machine to heckle."

Barnhart related to Kwajalein, too.

"You all know each other, so it's like one big party here and that's cool."

USO is a non-profit organization providing entertainment, and other services, to military members world-wide. Companies supporting the "Comedy Break" tour include: Coca-Cola, Veterans of Foreign Wars, USAA Foundation, AT&T, BAE Systems, Yahoo! and Glaxo-Smith-Kline.



(Photos courtesy of USO)

Comedians Don Barnhart, left, and Michael Burton performed Thursday night at the Richardson Theater.

WEATHER
Courtesy of Aeromet

Tonight: Partly cloudy with isolated showers.

Winds: Variable, less than 5 knots

Tomorrow: Partly sunny with slight chance of showers.

Winds: Southwest at 4 to 8 knots, with higher gusts near showers.

Temperature: Tonight's low 80°
Tomorrow's high 87°

September rain total: 1.22"

Annual rain total: 36.11"

Annual deviation: -25.85"

Call 54700 for continuously updated forecasts and sea conditions.



Sun • Moon • Tides



	Sunrise/set	Moonrise/set	High Tide	Low Tide
Saturday September 8	0640/1854	2236/1029	0645, 5.0' 1904, 5.0'	0040, 1.1' 1251, 1.2'
Sunday September 9	0640/1853	2321/1118	0716, 4.5' 1941, 4.7'	0115, 1.4' 1321, 1.5'
Monday September 10	0640/1852	/1210	0755, 4.0' 2035, 4.4'	0200, 1.8' 1358, 1.9'
Tuesday September 11	0640/1852	0011/1306 Last Qtr.	0901, 3.5' 2213, 4.1'	0312, 2.3' 1502, 2.3'