

THE ANTARCTIC NITE TIMES

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McMURDO STATION AND SCOTT BASE



FROM THE EDITOR

Hello again and welcome to another edition of the Nite Times. First of all, a bit of recognition. To everyone who worked on arth day, the effort really showed. It seemed that everyone who attended had a great time, and the activities, events, and booths were directed towards a worthwhile effort. Great job.

Looks like the two big controversies this week were the paper plate decision and the word "work camp". One of the topics is discussed in detail in this issue, and the other has already been resolved!

By the way, the big football game is on its way. Soon a list of players will appear in his paper so stay tuned. Yours truly will be helping on it.

Oh yes. In case you haven't heard, the sun will be down until August 20th. Anyone got a good cure for the big eye? Stay cool!

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WORLD NEWS

CAPE CANAVERAL - The Discovery astronauts shadowed the orbiting Hubble Space Telescope Thursday, standing by in case ground controllers needed help activating the revolutionary observatory high above Earth's hazy atmosphere. Astronaut Steven Hawley used Discovery's 50-foot robot arm to put the 12-ton space telescope into a record 381-mile-high orbit Wednesday.

WIESBADEN, West Germany - Freed American hostage Robert Polhill left Wiesbaden for Washington aboard a U.S. Air Force plane Thursday, five days after he was released from 39 months of captivity in Lebanon. An Air Force official in Wiesbaden said Polhill and his wife, Ferial, were heading for Andrews Air Force Base near Washington.

BEIRUT, Lebanon - A Red Cross official was in Beirut amid reports of imminent freedom for two Swiss workers for the international relief organization who were taken hostage last year in Lebanon.

Marjolane Martin, arrived Wednesday even though a pro-Iranian fundamentalist leader urged all groups holding Western hostages in Lebanon to keep them, citing an act of 'bad intention' by the United States.

MANAGUA, Nicaragua - President Violeta Chamorro's decision to name her vanquished opponent's brother as chief of the armed forces drew support from the United States but threats from Contra rebels and members of her own alliance. Chamorro took the oath of office Wednesday, formally ending 10 years of rule by the Sandinista Front.

WASHINGTON - Medical specialists confirmed that President Bush has developed early glaucoma in his left eye, but decided to take him off a two-week-old treatment regime of twice-a-day eye drops. Drs. Harry Quigley of Johns Hopkins and Richard Brubaker of the Mayo Clinic, prominent experts on glaucoma, examined Bush at Bethesda Naval Hospital on Wednesday to confirm the glaucoma diagnosed during an April 12 routine physical.

WASHINGTON - Defense Secretary Dick Cheney was ready to disclose the fate of the embattled B-2 stealth bomber and three other major military aircraft programs, which carry a combined price tag exceeding \$250 billion. Cheney was scheduled to make his program recommendations Thursday at separate hearings of the House and Senate Armed Services Committees.

MOSCOW - The Soviet economic blockade cut deeper into Lithuania, with radio and television broadcasts scaled back because of electricity shortages while a lack of fuel idled 6,000 buses and swelled the black-market price for gasoline. Members of a Lithuanian delegation sent to Moscow Monday to seek negotiations on independence with Soviet officials, finally cornered Prime Minister Nikolai Ryzhkov outside Parliament Wednesday, but there was no apparent progress.

MOSCOW - Chinese Premier Li Peng left for Leningrad Thursday, ending his trip to Moscow with agreements on trade and credits for building two nuclear power plants in China. The two sides ended the official part of Li's trip to the Soviet Union Wednesday without issuing a joint statement, but Li said the first visit by a Chinese prime minister to the Soviet Union in 25 years had been 'very successful.'

TORONTO - A power station explosion and fire knocked out electrical power to much of Toronto Wednesday night, leaving large portions of the city of 3 million people in darkness and the subways immobilized for nearly four hours. Police said there was 'remarkably little looting,' with most reports confined to downtown. Officials said two of the firefighters called to the burning power station were hospitalized for minor smoke inhalation.



EARTH DAY KUDOS

A HUGE CONGRATULATION GOES TO ALL THE FOLKS INVOLVED IN THE PLANNING, PREPARATION AND PARTICIPATION IN MCMURDO'S EARTH DAY 90 CELEBRATION. THE ENTIRE EVENT WAS A GRAND SUCCESS; FROM THE DELICIOUS FOOD, TO THE HIGHLY INFORMATIVE BOOTHS, THE GAMES, NEWSPAPER PUBLICITY, SILK-SCREENING, TO THE SUPERBLY CLEAN HEAVY SHOP ! I AM PERSONNALLY OVER-WHELMED BY THE ENTHUSIASM AND SUPPORT SHOWN THROUGHOUT THE ENTIRE COMMUNITY. **THANK-YOU !**

ALSO, I HOPE YOU ALL TOOK NOTE OF THE LACK OF TRASH ON THE STREETS OF MCMURDO (NOT REFERRING TO HUMANS...COULDN'T DO ANYTHING ABOUT THAT BLIGHT!). BLAINE BURRIS DID A GREAT JOB ORGANIZING THE BASE-WIDE CLEAN-UP WHICH RESULTED IN A SUBSTANTIAL TURN-OUT. IT WAS EVEN A BEAUTIFUL DAY.

OTHER EARTH DAY NOTES:

IF YOU LEFT A T-SHIRT OFF TO BE PRINTED, PLEASE CALL KRISTIN AT THE BIOLAB (X 2342) FOR A STATUS REPORT; IT IS PROBABLY READY TO BE PICKED UP.

ALSO ON THE TOPIC OF T-SHIRTS; IT HAS BEEN REPORTED THAT BEST RESULTS IN RETAINING COLOR PERMANANCY CAN BE ACHEIVED IF THE DESIGN IS IRONED AGAIN FOR APPROXIMATELY 15 MORE MINUTES. PUT A PAPER TOWEL BETWEEN THE IRON AND THE DESIGN, SET THE IRON ON MEDIUM AND KEEP IT MOVING OVER THE DESIGN. MOST OF THE WASHROOMS HAVE IRONS AND IRONING BOARDS.

CONTEST WINNERS

HOW MUCH RECYCLABLE ALUMINUM WAS GENERATED IN MCMURDO DURING THE WEEK OF 4/14-21 ? THE ANSWER WAS 103 LBS. JUDY SPANBERGER WON THE CONTEST WITH HER GUESS OF 100 LBS. JUDY RECEIVED A 20 MINUTE INMARSAT CALL AS HER PRIZE. GOOD ON YA MATE !

BEST ANTARCTIC/MCMURDO CONSERVATION IDEA...SHORT TERM (ie; can be implemented this winter). ED MAGEE, A CONSTRUCTION ELECTRICIAN, WON \$ 20.00 FOR HIS SUGGESTION TO MAKE REGULAR TRAYS, UTENSILS AND BOWLS AVAILABLE IN THE GALLEY THROUGHOUT THE WEEK THUS DISCOURAGING THE USE OF ONE-USE DISPOSABLE PRODUCTS. CERTAINLY A STEP IN THE RIGHT DIRECTION.

BEST ANTARCTIC/MCMURDO CONSERVATION IDEA...LONG TERM (ie; can be implemented over the next year or so). WENDY KOBER, A BOILER ROOM TECHNICIAN, MADE SEVERAL SUGGESTIONS CENTERED AROUND EDUCATING PEOPLE BEFORE THEY COME TO THE ICE AND IMMEDIATELY AFTER THEY ARRIVE. SHE EMPHASIZED GIVING INFORMATION ABOUT THE DELICACY OF THE ANTARCTIC ENVIRONMENT AND SUGGESTED THE USE OF BIODEGRADABLE SOAPS, NON-DISPOSABLE PRODUCTS AND "APPROVED" PACKING MATERIALS ETC. WENDY RECEIVED \$ 30.00.

THANK-YOU TO EVERYBODY WHO PARTICIPATED IN THE CONTESTS. THE SUGGESTIONS WILL BE COMPILED INTO A NOTEBOOK THAT OTHER FOLKS WILL HAVE THE OPPORTUNITY TO ADD TO AND MADE AVAILABLE TO OUR POLICY-MAKERS.

AGAIN, I THANK EVERY SINGLE BODY FOR YOUR HELP AND ENTHUSIASM...KEEP UP THE GREAT WORK !

CAPE CANAVERAL)—The Discovery astronauts shadowed the orbiting Hubble Space Telescope Thursday, standing by in case ground controllers needed help activating the revolutionary observatory high above Earth's hazy atmosphere. Astronaut Steven Hawley used Discovery's 60-foot robot arm to put the 12-ton space telescope into a record 381-mile-high orbit Wednesday, one orbit late because of problems with one of the satellite's two European-built solar panels that almost forced an emergency spacewalk.

Engineers at the Goddard Space Flight Center in Greenbelt, Md., planned to spend Thursday checking out the telescope's electrical and mechanical systems, getting the instrument ready for its 15-year quest to wrest the secrets of the creation from the depths of the universe. Radio commands were scheduled to be beamed up to the robot telescope Friday to open a protective door that will allow light to fall into the instrument's 14-foot-wide tube for the first time. Until then, Discovery's five-member crew planned to stay within sight of the orbiting observatory in case problems required a rendezvous for a spacewalk. Hawley, commander Loren Shriver, 45, co-pilot Charles Bolden, 43, Steven Hawley, 38, Bruce McCandless, 52, and Kathryn Sullivan, 38, planned to operate a variety of relatively minor experiments before landing Sunday at Edwards Air Force Base, Calif.

The telescope's launch Wednesday followed tense efforts to free a jammed solar panel that delayed the instrument's launch and nearly resulted in an emergency spacewalk to get the solar power working properly before the telescope's batteries ran down. Sullivan and McCandless, decked out in bulky white spacesuits, waited inside Discovery's airlock, poised to venture out to attempt repairs. But last-minute radio commands from the ground finally caused the solar panel to open on its own. A few minutes later the \$1.5 billion Hubble was released into space, about an hour and 40 minutes later than planned, and the shuttle backed away from the telescope, stopping about 45 miles away to stand by in case of further trouble.

(BALTIMORE)—Five amateur astronomers have been allotted precious time with the Hubble Space Telescope to hunt for new planets, seek clues about comets, study Jupiter's moon, examine a Big Dipper star and probe mysterious cosmic arcs. A schoolteacher, a student, an engineer, a computer scientist and a museum worker were picked from hundreds of applicants to join 162 professional astronomers in using the telescope during its first year of operation.

The \$1.5 billion telescope, the most advanced instrument of its kind, was ferried into orbit by the space shuttle Discovery for a 15-year mission to discover revolutionary new insights about the universe. Riccardo Giacconi of the Space Telescope Science Institute in Baltimore, which is coordinating the telescope's work, offered the opportunity to amateur astronomers to acknowledge their role in astronomy and stimulate their ideas. 'This is a peak. There's nothing greater than working with the world's greatest telescope,' said Peter Kandefer, 43, an electrical engineer from New Hartford, Conn. 'This is an exciting opportunity.' Kandefer will try to learn more about a star in the handle of the Big Dipper called Epsilon Ursae Majoris by studying the colors of light it emits. He hopes to reveal more about the structure and evolution of stars. 'It's beyond my wildest dreams,' said James Secosky, who will look for evidence of frost forming on Jupiter's moon Io as it passes out of its parent planet's cold shadow. Secosky hopes to learn more about the moon's atmosphere. 'This is really something for me,' said Secosky, 42, of Shortsville, N.Y., who teaches science at Bloomfield Central school near Rochester and started dabbling in astronomy as a youngster with a \$20 telescope. Ana Larson, a 42-year-old Seattle mother of two who returned to school to study astronomy and physics, plans to hunt for planets being formed to learn more about solar system formation and the existence of other planets. 'I'm pretty excited,' said Larson, who will receive her second bachelor's degree this spring from the University of Washington in Seattle. 'I'm an amateur astronomer who has been spending most of my time with an 8-inch telescope.'

FEATURE INTERVIEW

by Warren Ross

I'm not exactly sure why I chose Sue Hahn for this weeks interview, maybe I just wanted to see this experience from a different view also, it might have been that it seems she does a bit of everything here. Sue left her home of Hartford, Connecticut in November, 1975, after enlistment in the Navy. She said, "I came in the Navy to travel, for the adventure of it. I also wanted to become independent from my parents. "She really does love to travel. While on active duty, she has paid her own way to New Zealand, Australia, Hong Kong, and many other far away places. Sue's first ten years in the Navy were spent mostly in Pensacola, Florida, where she learned the skills of her rating as an air traffic controller. "While in Pensacola," she said, "I had a friend who was also an A.T.C. that said Antarctica was a beautiful place. It is one of the reasons why I decided to Volunteer." Eligible for promotion to chief petty officer, she will be the air traffic controller in charge for air-drop and win-fly.

After Pensacola, Sue found herself in Keflavik, Iceland for a year, under conditions similar to those found here. As an air traffic controller, she has had but one close call. "An aviator flying the Navy's largest helo, a H-53E super stallion, had no other place to land but Pensacola. The helo was on IFR. (instrument flight rules), as visibility dropped to less than a quarter mile; thick as soup, really bad weather. He was on approach for an unusually long time and something seemed strange. We saw each other when he was only 100 feet above the ground and less than 1/4 mile from me. The pilot then asked for permission to land on an inactive runway. I turned on the runway lights and the situation was over. After he landed though, I could hear, over my headset, the sigh of relief the pilot let out."

As one of few women in McMurdo, Sue says, "I tend to take what most men say here as a grain of salt. I would never get the same treatment at home." Keeping herself busy, she describes her hobbies and interests as cross-stitch sewing, working out, "because I want to leave here with a new shape," and desires to complete a few correspondence courses. She also is on the recreation committee, regularly helping out with parties and social events around town.

she says she "welcomes all the help anyone can give. However, she also mentioned something about the same people seeming to volunteer for things.

Sue says that one of the best things about being in the Navy was, "flying over the Arctic circle while reenlisting aboard a P-3 aircraft." She also mentioned loving the old and missing the seasons of New England. Her next duty station will be the warm tropical city of Adak, Alaska. I have to salute her because I know I'll need a warmer setting after this. She also mentioned the need for a closer relationship between the military and civilians.

Sue's dedication to helping others, her spirit of adventure and professional demeanor assure a quick promotion to chief petty officer. I am sure she will be one of the best. I also think that the Navy was lucky to have recruited her!

FIREHOUSE NOTE

DRY CHEMICAL FIRE EXTINGUISHERS: USED TO EXTINGUISH CLASS BRAVO (FLAMMABLE LIQUIDS) AND CLASS CHARLIE (ELECTRICAL) FIRES, EXTINGUISHER SHOULD ONLY BE USED ON CLASS CHARLIE FIRES AS A SECOND LAST RESORT, (BECAUSE OF THE POWDER'S CORROSIVE QUALITIES UPON ELECTRICAL COMPONENTS/CIRCUITRY). A WATER EXTINGUISHER WOULD BE THE ABSOLUTE LAST RESORT AFTER ELECTRICAL POWER HAS BEEN COMPLETELY SECURED TO THE EQUIPMENT (DUE TO ELECTRICAL SHOCK HAZARD AND THE DAMAGE TO THE MACHINERY/EQUIPMENT). EFFECTIVE STREAM DISTANCE VARIES FROM FIVE TO TWENTY FEET. CYLINDER SIZES VARY FROM 1 TO 30 POUND SIZES, (MOST COMMON SIZES ARE THE 25 AND 27 POUND CYLINDERS). DISCHARGE TIME AT CONTINUOUS USE VARIES FROM 8 TO 25 SECONDS.

THE CHEMICAL COMPOUND IN THE EXTINGUISHER CONSISTS OF SODIUM BICARBONATE, POTASSIUM BICARBONATE, AMMONIUM PHOSPHATE, OR POTASSIUM CHLORIDE (KNOWN AS PKP OR FORRAY) WHICH HAS BEEN CHEMICALLY PROCESSED TO MAKE IT MOISTURE RESISTANT AND FREE FLOWING.

EXTINGUISHER USE/OPERATION: REMOVE EXTINGUISHER FROM WALL BRACKET, BREAK LEAD WIRE TAMPER SEAL, REMOVE EXTINGUISHER HOSE FROM AROUND THE EXTINGUISHER ACTIVATION LEVER, APPLY PRESSURE WITH THE PALM TO THE "PUSH" ACTIVATION LEVER WHICH RELEASES STORED PRESSURE INSIDE SMALL CARBON DIOXIDE/NITROGEN CARTRIDGE, PRESSURIZING THE LARGE CYLINDER, REPELLING THE STORED DRY CHEMICAL POWDER THROUGH THE HOSE TO THE NOZZLE, UNTIL IT IS DISCHARGED BY SQUEEZING THE "SQUEEZE GRIP LEVER".

ATTACK THE FIRE NEAR THE EDGE, PROGRESSING FORWARD WHILE MOVING THE NOZZLE WITH A SIDE TO SIDE SWEEPING MOTION. THE DISCHARGE SHOULD BE APPLIED TO THE BURNING SURFACE EVEN AFTER THE FLAMES ARE EXTINGUISHED TO PREVENT POSSIBLE REFLASH BY COATING THE HOT SURFACES AND ANY GLOWING MATERIALS PRESENT.

F.A. VAVOUNAS
W/O FIRE CHIEF

LETTERS TO THE EDITOR

We are all at McMurdo for various reasons. The money, opportunity to travel and the chance to experience Antarctica are a few of the reasons we use to spend 8 1/2 months of our lives at McMurdo. The residents work here willingly and uphold their obligation of working 6 hours per week. By living here we have signed away many freedoms that are taken for granted in the United States. But we

have negotiated and accepted the terms of our employment. According to Webster's Collegiate Dictionary the definition of work camp is "a camp for workers: as a: prison, b: a short-term group project in which individuals from one or more religious organizations volunteers their labor." This definition implies that the workers are either being punished or are voluntarily/involuntarily working. In both cases the workers are performing labor without payment. That is not the case at McMurdo.

A better definition can be found for our situation. This word is community. Community as defined in Webster's Collegiate Dictionary is "a unified body of individuals: as b: the people with common interests living in a particular area, c: an interacting population of various kinds of individuals in a common location." This definition of the word community more clearly describes our condition at McMurdo.

This is a closed working community and attitudes which are connotative to work camp can do nothing but harm the workers attitude. Most of us are professionals and realize that healthy attitude towards employees and employers will result in a much more productive community.

Signed,
Several Concerned Individuals

DEAR CONCERNED INDIVIDUALS:

Thank - you for your letter. I checked Webster's 1986 third New International Unabridged dictionary for the definition of the word "work camp." It did correspond to what you have written almost verbatim. On the surface I completely agree with your view. I too believe the term work camp is a strong one and carries with it a negative connotation. However, the article was printed exactly as written. I could also say that is true of your letter. Why? They both were not maliciously written nor do I believe the attempted to degrade our community or its goals. This standard applies equally to all.

In my opinion all communication, especially writing, is not exact science. Unfortunately many words or phrases can express the same idea, but carry different degrees or shades of meaning. This is a shortcoming of language, and it's often difficult to be exact when writing. I say this because I made my living writing for some two years.

Of course, I can not speak for the writer, but can as reader of the article in question. Is it possible that we are inferring a meaning that the writer did not intend? At any rate, the article was not about work camps; it concerned the Antarctic Policy Group (A.P.G.) and the role it plays between the NSF, U.S. Navy, and civilian contractor. In conclusion, your letter is logical, concise and shows a caring attitude for our community. I thank - you and hope that you could come to feel the same for the article, even if one of the terms may be unexact. SIGNED THE EDITOR.

QUESTIONS AND ANSWERS ON ISSUES OF CONCERN. BY: LT. SISK

In the past couple of days, I have been asked a number of questions and "overheard a conversation or two" concerning an article that was in last weeks "NITE TIMES." The article by Mr. DeSimone entitled "US ANTARCTIC PROGRAM" paraphrased the Memorandum of Agreement (MOA) between the Department of Defense (DOD) and the National Science Foundation (NSF) concerning the administration of the United States Antarctic Program.

The intent of the article was to assist members of the McMurdo/Scott Base community to better understanding the guidelines under which the NSF manages the U.S. Antarctic Program. Specific concerns about the article have centered on two basic areas. Paraphrased these areas are: (1) If this is a civilian science support station, why is the Officer in Charge military?" and (2) "Is McMurdo a 'work camp'?"

If you will allow me to "ramble" through a few thoughts, I would like to express my opinion on both concerns. Granted "Opinions are like 'noses' everyone has one," but I think, by the amount of interest generated this week, at least some of the residents of the community may be interested;

QUESTION 1: WHY A MILITARY OFFICER-IN-CHARGE (OIC)?

ANSWER 1: I DON'T KNOW. I'm also not aware of any single document that specifically states, WHY we have a military OIC. The MOA does; however, specifically ask the Commander Naval Support Force Antarctica (NSFA) with assigning an Officer to serve as the OIC of the "jointly operated civilian-military McMurdo Station-Williams Field Complex" in his absence during the winter. WHY, the MOA gives the task to DOD I'm not sure. I can offer a couple of MAYBE" answers: (1) The position has simply remained military because it is easier than changing it. If you have worked in any bureaucracy you are aware that changing anything is hard. (2) The fact that SAFETY is our number one concern in the winter and DOD (NSFA) has been specifically tasked with the provision of SAFETY related areas in the MOU (like Medical, Fire Protection,

Communications, Flight Control/Operations including Weather Guessing) may also be a factor. The real answer, I'm sure, although not stated anywhere lies in a combination of factors including the two listed above. An interesting side light, that I stumbled across when trying to find the answer to this question was that in the MOU McMurdo as a "complex" in which the major parties "provide support to each other" in the summer season, yet in the winter the representatives of these parties are to "jointly" "coordinate and consult" in the administration of the McMurdo "community." Taken as individual words, out of the context of the material that they are associated with this could imply that in the summer people are required to be somehow "cold and unfriendly" to each other and in the winter we are directed to be friendly. I don't really think that is the case no matter what time of the year, everyone in McMurdo is here to support the same thing - the National Science Antarctic Science Program - and we can do that more effectively working as a team than as individuals. I included this paragraph because I think it flows nicely into the next Question.

QUESTION 2: Is McMurdo a "Work Camp?"

ANSWER 2: The answer is - It depends upon your personal definition of Work Camp and like every other word in the "English" Language the context in which the word is used. In most cases the context a word is used in, is as important as the actual word. In the McMurdo/Scott base community this can easily be demonstrated by the word "PISSED." To some of us in the community, that simple statement means that I'm MAD and to others in the community it would mean I'm DRUNK. Although it is possible to be both, either individually or at the same time, (and heaven knows I have - But I'm not either now), the point of this example is that terms mean different things to different people. What is important is what was meant and in what context was the term used. I believe that in the context of the article last week, the term "Work Camp" was used correctly. From Webster's Collegiate Dictionary the definition of a "work camp" is simply "a camp for workers," although neither of the specific

examples of Work Camps provided in Webster's to further explain the definition appear to apply to McMurdo. The two examples provided were a "prison camp" and a short-term group project in which individuals from one or more religious organizations volunteer their labor." I'm not sure but I don't think McMurdo is really a prison (but I guess that depends upon who you ask). I do not think the second example applies either. However, if we take the words in the second definition out of context they could be used to describe McMurdo. We are a group of volunteers, we are a short-term group and each of us does belong to a religious group of some type even if we are agnostic. Even so the requirement for Separation of Church and State and the attendance records at Sunday services leads me to believe the second example does not quite fit. Clearly, even the context of the words used in the definition of Work Camp are more important than the individual words.

What "McMurdo" is - is a place on the IAP. The important thing to remember is that how we, as individuals, feel about the "McMurdo Community" is what is important. How "WE" feel about McMurdo is up to us.

In the context of the article, I think that the definition Work Camp as a place for workers to live is reasonable. After all, everyone here (except for me) has a real job - with work to do. There is also little question about the fact that McMurdo at least resembles a Camp - i.e. a settlement newly sprung up in a lumbering or mining region/a town hastily constructed near a mine - without the trees or mine. (My mom would be proud of that correlation after ONLY only 7 years of college studying architectural Engineering.)

What was important about the article was that it tried to explain several items that are confusing. These items include: among others,

- 1) that each of us has a job to do, with the overall responsibility for ensuring that it is one coming from a document that may not be clear;
- 2) that as a member of the McMurdo community we have a right to expect certain things, but at the same time we must understand that due to our location and environment these services that we expect are sometimes limited; and
- 3) that we need to remember, the services

we desire and expect in most cases are provided as benefits to the community and may be increased or lost through the action of others.

In closing I would like to say that what I do think is more important than the civilian/military and work camp issues that last week's article raised, is that the "TONE" of the McMurdo environment must be positive and that we all need to work together to improve it. I know that not everyone likes everything about McMurdo, but for most problems there are answers and ways to improve our environment if you are willing to help. As I've tried to express on several occasions McMurdo NEEDS to be one community. Although the "system" makes that real hard at times, that is still one of my major goals. (Right after making sure that everyone leaves here in better physical shape than they arrived with and a good mental attitude and feeling of personal and professional accomplishment.) If you have a question, or do not agree with what is being done, ask a question or two - Working -together is how we can get the most done.

WANTED QUESTIONS! Do You Have a Question? If so, please place it in the "ASA INFO LINE BOX" outside the Galley or the "SUGGESTIONS BOX" as you leave the Galley



SPECIAL THANKS

The Food Service Officer and Fisher Catering service would like to thank all of the Galley volunteers (Mary Bond, Bill Haals, Kate Olson, Ron Mullens, Sally Grouse, "Isi" Dianne Dinsmore, Dan Franklin, "Gonzo" Gonzales, and Jerry Powers) for their help on New Zealand's Independence day. They would also like to thank Mark DeSimone and Lt Sisk for their support and Kathy Mifflin for her cake decorating ability.

THE GREEN MONSTER

a short story by Warren Ross

From my earliest memories I have had an aversion to laundry. Not because I was spoiled, privileged child, rather from the fact that I was the eldest child having five younger siblings - all female. That in itself was challenging at times. Some say gender differences make parents socialize their children differently. I disagree. We all possess a masculine and feminine influence, albeit one certainly overshadows the other.

As a child I never had to do laundry, and took for granted the clean, meticulously folded clothes which were equally neatly placed on the end of my bed as quickly as I could dirty them. And believe me, as a hyperactive child, I set records dirtying clothes. I was lucky in that neither my mom nor my sisters complained; they sometimes even looked forward to their dutiful task. Maybe the monotony carried a pleasurable relief from other activities requiring more effort and thought.

The real awakening came when I left home after enlisting in the Navy. About this, Mom warned me about certain things everyone did. I have since left Naval service, but can still remember what my mom said the gloomy, cold, rainy day I departed. With the noise and smell of diesel exhaust from the bus which would transport me, the pitter - patter of the cold, autumnal rain and stranger's footsteps, I will remember the words she said as I departed the nest to begin life's adventure. "Remember me," she said, "call when you get here, and remember everything your father and I taught you." Having been overprotected, I was caught unawares of many things, especially laundry.

Eight weeks of boot camp, mind games and culture shock did not prepare me for my first encounter with laundry. It was then that I discovered I had a heap of soiled clothes. I didn't even have a clean pair of socks or underwear, already having apprehensively sorted through them to wear, while I thought about my dilemma. So proud to call home or ask anyone, I embarked upon my first experience with a laytag. The rest of the story would seem obvious, were it not for many of my socks missing. Yes, I ruined almost half of

everything. Vividly, I remember with embarrassment the bubbles of soap oozing from the dastardly machine. First denial, then acquiescence.

Later I could successfully do my own laundry, but preferred to have it cleaned. Maybe it's because I got all my socks back. It seemed that whenever I did it myself, I lost them. I know I've lost enough to reach from Antarctica to my residence in Michigan. You see, even in building 208 there looms the green monster.

Maybe I came to Antarctica to escape the sock monster. Although I have never actually seen him he's there, that I can tell you for sure. He or she will never take a pair of socks, but singles from different pairs just to piss you off! Gee, I hate it when that happens!! My detective work has paid off though. The green monster lives in every dryer I use, possibly yours. More precisely, he lives in your closed where you keep your dirty clothes and follows when you start your laundry. I have a few interesting theories about the matter which may help you see things more clearly.

First, it's a communist plot to embezzle money from our cotton crop, sending the profits back to Mother Russia. They increase demand by making them cheaply. You would think supply increased too, but just as O.P.E.C. regulates oil output, so too does the cotton industry. It could also be a monopolistic attempt by Whirlpool and Burlington to line their pockets, and I'm not talking lint. Fact of the matter is, Burlington is a principal stockowner of Whirlpool, owning twenty percent of the company. I was just tired of buying socks and doing my laundry. I'm not lazy or rich, if you asked. Consider too how often these strange, forlorn articles wear out. If I could design a sock that would last as long as sweaters or be able to escape the reaches of the green monster, I'd be rich for sure.

I decided to try a different approach. Instead of loathing laundry day, I have developed a less temperamental attitude towards it. True I still do not love it, but I reward myself everytime I complete the task; I even try to take joy about the monotony it has as a characteristic of its nature. Maybe it could be called soothing. Maybe Mom knew best after all.

CHRONIC FATIGUE SYNDROME

By Bob Harford LT/MC/USNR

Fatigue is a common subjective complaint that is easy to feel but hard to see or define. It is often described as being, "tired all the time, no energy, pep, stamina, unable to sleep or concentrate etc." Temporary fatigue is a part of life. It is common after sleepless nights, prolonged exposure to cold and strenuous activities, and usually relieved with rest. For some people, fatigue maybe a constant companion and hence the term Chronic Fatigue Syndrome (CFS).

Individuals with CFS often present initially with flu-like symptoms. Some common complaints are: sore throat, headache, weakness, painful glandular swelling, lack of energy or ambition, restless sleep, aches in various parts of the body, and melancholia. The major criteria for confirming the diagnosis is debilitating fatigue whether it be new, persisting or relapsing, existing for at least six months in the absence of any identifiable non-psychiatric or psychiatric disorder.

The cause of CFS is unknown. It is an old puzzling phenomenon, and has been called names such as chronic mononucleosis and Epstein-Barr virus disease. Despite the use of viral names, a viral cause has never been found. Most of the medical literature is leading towards a psychosocial origin, especially since the syndrome is common among the educated ambitious professionals. It may be a mind-body illness.

How do we deal with such a syndrome? If the fatigue is due to a treatable non-psychiatric or psychiatric disorder, correction of the disorder will give relief. If no treatable cause is identified, and the cause is CFS, the mainstay in therapy include reassurance, good nutrition, adequate rest, judicious exercise and counseling to learn to cope with existing psychosocial stressors.

"SCIENCE IN MAC TOWN"

In contrast to the way it may appear at times the primary reason for the existence of McMurdo, South Pole and Palmer Station is to provide a base for scientific research. Much of the research accomplished here focuses on elements of nature not found anywhere else on earth. Other research conducted here relies on unique vantage points or environmental conditions found only in this forbidden land. The research program in general has three goals: to understand the region and its ecosystems; to understand its effects on (and responses to) global processes such as climate; and to use the region as a platform for atmospheric and space studies. In this regard and in contrast to many previous

winters, there are three science projects in progress here in McMurdo this season: one at the aquarium; one right here in the middle of town; and one out on the ice shelf by Willie Field. S-005:

At the aquarium Dr. Rau Tien is investigating "The Role of Glycopeptide & Peptide Antifreezes in Freezing Avoidance of Antarctic Fishes". The projects long term goal is the understanding of freezing avoidance in antarctic fishes. Specific questions to be studied during the upcoming months relate to physiological adaptations associated with ice accumulation in and the various species of fish that are commonly caught in McMurdo sound. You are invited to visit the aquarium for a tour. Dr. Tien would be very pleased to show you around. If you do, it is requested that you heed the posted signs not to interfere with any of the experiments in progress. Although the fish are very friendly, they are usually also very hungry and have a penchant for fingers.

S-051: Right here in the middle of town James T. Skaggs and Charles D. Gage conduct "Geodetic Satellite and Ionospheric Studies". Better known as "SATTRACK", the principle objective of this program is simple enough - "to collect dual-frequency doppler data from polar orbiting satellites". The information is used to maintain the accuracy of precision surveying and navigational systems world wide. Data collected is time perishable. Meaning that any data more than twenty four hours old is usually of no practical value. The explanation for how this is done and then of what happens to the data back in the USA is not quite as simple. In short, Doppler data from polar orbiting satellites is collected at McMurdo and the South Pole. South Pole data is transmitted to McMurdo over the South Pole Satellite Data Link (SPSDL) where it combined with locally obtained data for transmission to the USA via the University of Texas Inmarsat geosynchronous satellite communications system. For specific questions and answers that are guaranteed to twist the minds of most ordinary individuals stop in and visit with Charles and James.

T-318: On the ice shelf near Willie Field are two unattended "Automatic Geophysical Observatories" (AGO). The long term objective of this project is to develop and prove an observatory design that will provide power, heat, shelter, and data acquisition for a variety of experiments requiring no attention for one year at a time. Propane consumed in a low temperature catalytic reaction produces about 100 watts of power through several banks of thermo-couples. The current goal is to prove two stripped down versions for unmanned operation during a one year period prior to deployment of fully instrumented units in remote locations across the Antarctic continent. The area immediately surrounding these laboratories is marked with blue flags. Entry within the flagged area will spoil a years worth of experimental results. It is therefore requested that if you find yourself near these units, that you please observe the request to steer clear.

S030: The only human research project in Mac town this season. Also, the only project conducted by the U.S. Navy. Dr. Harford and his Chiefs (Morris, Sapien, and Warden) are studying the influence of prolonged polar residency on the thyroid hormones. The thyroid hormones play a very important role in influencing our mood (anxiety/ depression), weight gain or loss, menses, and the ability to tolerate hot or cold climates.

QUOTATIONS:

"He that can have patience can have what he will."

-Benjamin Franklin

"What kills a skunk is the publicity it gives itself."

-Abraham Lincoln

"Love once established can never be destroyed."

-Bob Harford

"I'll never ever winter-over again."

-Mike Morris

Winter-over 1986-87

"My mind is a joke, and my spirit is broke."

-Bob (Spanky) Warden

The Ultimate Cold Kiwi

"Arrrrrrgh!!!!!!!!!!!!!!" This was just one of the comments from a little swimming Scott, as he emerged from the icy pool. "It was like opening a bottle of Champagne!", was another. The event? The 1990 Sunset Swim!

Well. The time has finally arrived. On Tuesday 24th April all the Scotts flew into action. Daddy Al said "lets do it!", and after a few "ooh err's", and "isn't there a Herbie brewing?", and other equally feeble excuses, a site was chosen and a hole hacked out. That was a bit of an exercise in itself as the ice was a metre thick! But with the help of the D3 dozer and a chain the two metre diameter chunk of ice was pulled free.

"It looks pretty inviting!", says Doug, but there are probably better places to go swimming, like the Bay Of Islands!!" After a hot lunch, and under the fiery red glow of one of the last sunsets, it was put to the test. Ye Haaaaa!!!!

Al, put his money where his mouth is and officially opened the 1990 Scott Base swim

season. Closely following him, the other Scotts had little time to think about what they were actually about to do! Before we knew what hit us, we were standing out on the tarpaulin starkers, congratulating ourselves and our appendages on surviving. As other Scotts said, I think I have experienced similar feelings before, I just can't quite place them!

Now it's your turn. Lucky people! Sunday 29 April. is the day. From 1300 till 1500 you too can share that experience. We'll, turn the under water heaters on early in the morning so by swim time things will be toasty! Haaaaaaaad!!!!!! Showers will be available afterwards, should you feel the need, but, just bring a towel. The dip will be followed from 1700 till 1900 by a barbeque for swimmers. Should be a good day. However, while everyone is invited to participate, because Scott Base is closed on Sundays, then please only come across if you intend to get wet. Like, swim, that is!!!!

See ya in the soup. Ice soup, that is!!

Scott Base Sunset Swim

Sunday 29th April
1300-1500

Barbeque to follow (for swimmers only), 1700-1900

**Everyone is welcome to these events, BUT,
Please don't come if you don't intend to swim.**

THE BACKBOARD

ADS AND PERSONALS

PIZZA! PIZZA! PIZZA!

Pizza Nite is May 4th. There will be order forms available in the galley starting the morning of the fourth.

Pizza will be delivered from 7:30 to 10:30 PM. Order forms may be filled out for delivery during the above hours, but must be filled out for deliveries before 8:30 PM.

Phone in orders 8:00 pm to 10:00 PM. Call ext. 2215 with your order.

We are still looking for volunteers. If you have not had a chance to sign up, there is now a list outside the galley. Join in the fun and make this another success.

RECREATION COMMITTEE MEETING

MONDAY, 30 APRIL @ 4:00, IN THE LOUNGE ACROSS FROM THE T.V. STATION.

PARTY! PARTY! PARTY!

MCMURDO AFTER DARK PARTY

The third monthly recreation committee party, "the MAD party" will be held on Saturday, May 12th in the "O" side of the galley from 8:00 PM to 1:00 AM.

This will be our first party during total darkness, therefore, the theme Mcmurdo After Dark (MAD). The theme is entered around darkness, thus costumes associated with horror and doom, i.e., Dracula, Frankenstein, Dr. Harford and Mr. Lapien, etc. are encouraged. This will be a

good time to bring out the Halloween costumes again. Dress in the horror mode and have a good time.

RAFFLE! RAFFLE! RAFFLE!

The recreation committee is raffling a new 1990 wireless remote control Fisher VCR worth \$255.95. Tickets are one dollar each (\$1.00) or buy five tickets for five dollars (\$5.00) and get two free tickets, buy ten tickets for ten dollars and receive four free tickets etc. The drawing will be held on Saturday, May 12 during the "MAD" party. Tickets will be on sale, beginning 1 May, at the ship's store, galley (during lunch), Erebus Club, and by your representatives. Take a chance and play. You may be the lucky winner. A \$255.00 VCR for just one dollar isn't bad.

SHIP'S STORE NOTICE

PLEASE NOTE THAT THE SHIP'S STORE WILL BE OPEN TUESDAY, MAY 1ST, 5 TO 7 PM, THEN WILL BE CLOSED FOR A QUARTERLY "LINE ITEM" INVENTORY UNTIL MAY 3RD.

PING PONG TOURNAMENT

THE SECOND WINTER OVER BATTLE OF THE PADDLES WILL BE HELD AT A TIME TO BE ANNOUNCED. SEE THE SIGN UP SHEET OUTSIDE THE GALLEY. CONTACT BOB SHONE AT X 2425 FOR FURTHER INFO.

VIDEO COMMITTEE MEETING.

TUE 1 MAY @ 1900
IN LOUNGE ACROSS TV STATION.

THE ANTARCTIC NITE TIMES

VOLUME 1, ISSUE 10 6 MAY 1990
McMURDO STATION AND SCOTT BASE



FROM THE EDITOR

Hello and welcome to our tenth issue. I'm a little full from the great pizza I just ate, so if my writing's terrible, I've got a good excuse... In case you haven't noticed, there's an ASA info box located just outside the galley. All serious questions will be replied to, most likely printed in this paper.

We have a column called Dear Mac, but only one person has bothered to ask a question. Any burning questions???

Someone out there decided to spend some time doing a comic strip. They did a real good job on it too. Dear anonymous- please try it on 8.5 by 11 paper. That way we will not have to reduce it and make a copy of a copy.

I learned this week that although I may have escaped the sock monster, the gas cap monster stole my gas cap at the gas station this week. Well, thanks to the guys at the heavy shop we now have one, but if you find one laying around by the MOGAS tank give me a call at the water plant.

STAFF

ADVISOR

DOC HARFORD

EDITOR

WARREN ROSS

NEWS

JON JOHNSTON

COPY AND DIST.

SUE HAHN

SPORTS

DINO KONTINOS

SAFETY

BOB WARDEN

SCOTT BASE

BRUCE MCGREGOR

TYPIST

ACTION JACKSON

ADS

ISMAIL SAPIEN

TV

ROCKY RABY

WORLD NEWS

CAPE CANAVERAL - The Discovery astronauts shadowed the orbit Hubble Space Telescope Thursday, standing by in case ground controllers needed help activating the revolutionary observatory high above Earth's hazy atmosphere. Astronaut Steven Hawley used Discovery's 50-foot robot arm to put the 12-ton space telescope into a record 381-mile-high orbit Wednesday.

WIESBADEN, West Germany - Freed American hostage Robert Poth left Wiesbaden for Washington aboard a U.S. Air Force plane Thursday, five days after he was released from 39 months of captivity in Lebanon. An Air Force official in Wiesbaden said Poth and his wife, Ferial, were heading for Andrews Air Force Base near Washington.

BEIRUT, Lebanon - A Red Cross official was in Beirut amid reports imminent freedom for two Swiss workers for the international relief organization who were taken hostage last year in Lebanon. Marjolane Martin, arrived Wednesday even though a pro-Iranian fundamentalist leader urged all groups holding Western hostages in Lebanon to keep them, citing an act of 'bad intention' by the United States.

MANAGUA, Nicaragua - President Violeta Chamorro's decision to name her vanquished opponent's brother as chief of the armed forces drew support from the United States but threats from Contra rebels and members of her own alliance. Chamorro took the oath of office Wednesday, formally ending 10 years of rule by the Sandinista Front.

WASHINGTON - Medical specialists confirmed that President Bush has developed early glaucoma in his left eye, but decided to take off a two-week-old treatment regime of twice-a-day eye drops. Drs. Harry Quigley of Johns Hopkins and Richard Brubaker of the Mayo Clinic, prominent experts on glaucoma, examined Bush at Bethesda Naval Hospital on Wednesday to confirm the glaucoma diagnosed during an April 12 routine physical.

WASHINGTON - Defense Secretary Dick Cheney was ready to disclose the fate of the embattled B-2 stealth bomber and three other major military aircraft programs, which carry a combined price tag exceeding \$250 billion. Cheney was scheduled to make his program recommendations Thursday at separate hearings of the House and Senate Armed Services Committees.

MOSCOW - The Soviet economic blockade cut deeper into Lithuania with radio and television broadcasts scaled back because of electricity shortages while a lack of fuel idled 6,000 buses and swelled the black-market price for gasoline. Members of a Lithuanian delegation sent to Moscow Monday to seek negotiations on independence with Soviet officials, finally cornered Prime Minister Nikolai Ryzhkov outside Parliament Wednesday, but there was no apparent progress.

MOSCOW - Chinese Premier Li Peng left for Leningrad Thursday, ending his trip to Moscow with agreements on trade and credits for building two nuclear power plants in China. The two sides ended the official part of Li's trip to the Soviet Union Wednesday without issuing a joint statement, but Li said the first visit by a Chinese premier to the Soviet Union in 25 years had been 'very

...from Scotland

SEPA

Ha ha ha ha! Was just kidding when I said it wasn't really that cold. Great swim, eh! Last Sunday was quite a day. In fact it ended quite a week.

The Wednesday was ANZAC day. That's when we commemorate the services of New Zealand and Australian soldiers who fought for our country's in the past wars, and especially those who never made it home. A short service was held at the Scott Base flagpole, at sunrise, whereupon the New Zealand flag was lowered to half mast. Afterwards, a special cake was presented to the kiwis of Scott Base and Fishers, from the American residents of McMurdo. Thank you very much for all those involved. It was really choice!

That same day was the last sunset. Only an hour after the ANZAC dawn service, another service was held at the flagpole. This time the flag was taken down altogether. It will now remain down until sunrise on 20 August as it is now officially the Antarctic Nighttime.

Well, that's what Al told us! If you're over at Scott Base you'll notice that not only is the flag gone, but, so is the flagpole. After a little bit of research you would learn that the pole was getting a bit shabby and needed a paint job. I reckon that's "really" why the flag came down. It's not night-time at all! In fact, it isn't even dark outside. The

only reason it appears that way is that we are told it is night, and therefore conclude that it must be dark outside. Have you had a really close look for yourself? Just a theory, mind you!

Back to the story! Being sunset, it was, of course, time for the annual Scott Base Sunset Swim. As promised, a great day appeared to be had by all who attended Sunday's activities. The weather people turned on a real cracka of a day, as usual! With a temperature of -16.7° , and winds of 16 Knots, the windchill was only -38° degrees Celsius which must be about the same in foreignheight. So after a quick dip in the -2° water, to warm up, it was inside to warm up even more over the barbeque. Ye ha! Bet you can't wait for mid-winter?

Well, maybe if they say it "is" night-time, then it'll be O.K. if we all shoot off to bed! I'm keen. Oh, and before I go, I was asked to mention that would the person who accidentally (we assume it was an accident) ran over the rabbit on the Scott Base road the other night, please clean the poor bunnies remains off the road. It's really disconcerting for drivers to have to veer around the little blotch on the snow. At least have the decency to give him a proper burial. Sorry to end on a dull note.

Till next,

Haaaaaaaaaaaaa!!!!!!!

THE BACKBOARD

ADS AND PERSONALS

**RECREATION COMMITTEE
MEETING**
MONDAY, May 7th @ 4:00, IN
THE LOUNGE ACROSS FROM
THE T.V. STATION.

PARTY! PARTY! PARTY! **MCMURDO AFTER DARK** **PARTY**

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REMINDER

TELECOM wishes to advise customers that credit for April is now due. Please make payments at TELECOM Scott Base. Both American and N.Z. currency acceptable. Thank-You.

PUBLIC NOTICE

During periods of high southerly winds (above 30 knots) visitors to Scott Base are requested to enter/leave Base via the eastern entrance (opposite the hitching rail). The main visitor entrance should not be used. Thank-You.