

in this issue:
Health Corner2
Skipper sends BZs to many 3
DoD continues to drop rations, info 4
Bush promises 'every resource' 5
Chaplain's Corner 6

CSP increase to benefit more Sailors .... 9 Biological threats through the mail ..... 10 Helping kids cope with catastrophes ... 11

Volume 11, Number 45

U.S. Navy Support Facility, Diego Garcia, B.I.O.T.

October 19, 2001

### Taliban ability to respond to air strikes 'falling away'

By Rudi Williams

American Forces Press Service

ASHINGTON, Oct. 17, 2001 – The U.S. is using power in ways today that military tacticians never thought of before. And it's all aimed at reaching the nation's objectives of destroying the instru-

ments of power the Taliban uses to support Osama bin Laden's Al Qaeda terrorist network, said Navy Rear Adm. John D. Stufflebeem.

"We're systematically attacking those elements of the Taliban military that will take away the Taliban's capability to support Al Qaeda," Stufflebeem told reporters today during a Pentagon briefing. "Where those cross in support of the Northern Alliance objectives is a good thing."

Stufflebeem is the Joint Staff's Deputy Director of Operations for Current Readiness and Capabilities.

As U.S. aircraft attack the Taliban and Al See "AIR STRIKES," page 7.

### CNFJ checks status of Diego Garcia during two-day visit

Rear Adm. Robert Chaplin, Commander Naval Forces Japan (CNFJ), completed a two-day visit to Diego Garcia Oct. 15-17, 2001. Chaplin used the trip to get an upclose view of current operations on Diego Garcia in support of Operation Enduring Freedom. Chaplin's visit included tours of several NSF facilities, a visit to TCamp Justice and a tour of the Diego Garcia harbor while conducting Boat Ops with the Royal Marines. "America is proud of what you are doing here," said Chaplin, during an Admiral's Call Oct. 17. "You should also be proud of yourselves, because the job you are doing is very important." At right, Chaplin and Cmdr. Jim Paulson, OIC of the four-jet Bravo Det of VFA-27, discuss the role of Paulson's detachment, which is providing air defense for the island. Shown are (from left to right): Capt. Michael Lucarelli, NSF Commanding Officer, Cmdr. Brad Cunningham, VP-9 Executive Officer, Cmdr. Adam Peters, Brit Rep (behind Chaplin), Chaplin, CMDMC(SS)



George Smutney, CNFJ Force Master Chief, and Paulson. Below right, Chaplin is greeted by several members of the 28th Air Expeditionary Wing before touring an Air Force berthing tent erected at Camp Justice. At left, Chaplin receives some last minute advice from Maj. Mike Blyth, Brit Executive Officer, before boarding a Rigid-Hull Inflatable Boat (RHIB) for a tour of the harbor.





### Drug, alcohol treatment available to DoD beneficiaries

By Sgt. 1st Class Kathleen T. Rhem, USA American Forces Press Service

ASHINGTON, Oct. 11, 2001 – DoD aggressively treats drug and alcohol abuse in family members and retirees as well as active duty service members.

"Addiction is an illness. It's a medical condition that requires identification and treatment and rehabilitation," said Roger Hartman, a health policy analyst with the Office of the Secretary of Defense for Health Affairs.

Military and family members identified as substance abusers will receive counseling and treatment, Hartman said. He noted that active duty members who use illegal drugs will typically be separated from their service.

"There was a time years ago that we would counsel and rehabilitate and try to return drug abusers to duty," he said. "But in this day and age of high technology and sophisticated systems, we can't afford any lapse in performance or behavior on the job."

Whether drug abusers step forward and ask for help or wait to be caught by urinalysis testing can make a difference on their future employment prospects. Members who

self-refer themselves could be administratively separated from the military as opposed to punitively separated, Hartman said.

"With alcohol, the military is a bit more tolerant because it's a legal beverage if you're over the age of 21," Hartman said. "We encourage early identification of those who do have a drinking problem, referral into an appropriate level of counseling and treatment, and then return to duty and participation in an after-care program."

The same counseling and treatment services are available to family members and retirees. Hartman said DoD has been a leader in the field of substance abuse treatment for 30 years and uses the standards established by the American Society of Addiction Medicine. "We have quality programs characterized by stringent certification requirements for our counseling staff and accreditation requirements for the facilities themselves," he said.

Hartman said he believes the nature of substance abuse is similar, whether the substance be drugs or alcohol. "The substance becomes something that begins to control and take over the life of the individual," he said. "Everyone's use of drugs or alcohol

# Health Corner

starts out experimentally. I don't think anybody ever sets out to become an alcoholic or a drug addict, but for some that path ultimately leads to addiction."

There are many avenues individuals seeking help for substance abuse can take. They can seek help through the military medical system, base community or family counseling centers, chaplains or their chains of command, Hartman explained.

Ultimately, Hartman said, substance abuse is a readiness issue. "Substance abuse treatment is part of the overall effort to get our people as healthy, as fit and as ready as they can to do their job as a military member," he said

## TRICARE provides guidance for emergency care at base facilities under enhanced security

From TRICARE Public Affairs

In times of enhanced security at military installations it may be difficult for TRICARE beneficiaries to access uniformed services hospitals and clinics. The TRICARE Management Activity developed the following guidance for beneficiaries seeking emergency, urgent and routine care at uniformed services facilities that are under these conditions.

In case of medical emergency, TRICARE beneficiaries should seek immediate treatment at the nearest hospital. This is true whether or not they are enrolled in TRICARE Prime.

TRICARE defines an emergency as a medical, maternity or psychiatric condition that would lead a "prudent layperson" (someone with average knowledge of health and medicine) to believe that a serious medical condition exists. An emergency condition is one in which the absence of medical attention would result in a threat to life, limb, or sight

and requires immediate medical treatment. Further, it may be a condition marked by severe pain that requires immediate relief to alleviate suffering.

While the definition of an emergency may sound complicated, it really means that beneficiaries who believe they are experiencing a serious medical condition that requires immediate treatment should go to the nearest emergency room. TRICARE will assist in paying for the cost of their care. This is true for beneficiaries who use TRICARE Standard or Extra or who are enrolled in Prime.

TRICARE beneficiaries who become ill but don't require emergency care as described above need urgent care. Those enrolled in TRICARE Prime who have a primary care provider who works out of a uniformed services facility that is inaccessible due to increased security are encouraged to call their provider for assistance. Providers or staff members at military treatment facilities can inform beneficiaries of their best options for

See "TRICARE," page 11.

### Tropical Times

#### **U.S. Navy Support Facility**

**Commanding Officer** 

Capt. Michael C. Lucarelli

**Executive Officer** 

Cmdr. Christopher F. Jewett

**Command Master Chief** 

CMDMC(SW) Karl Kruetzberger

**Public Affairs Officer** 

Ens. Clarence White

Managing Editor

JOC Dean Lohmeyer

Printing/Distribution

LISA Sadie Conklin

This funded newspaper is an authorized publication for members of the U.S. military services. Contents of Tropical Times are not necessarily the official views of, or are endorsed by, the U.S. Government, Dept. of Defense or the Dept. of the Navy. The editorial content is prepared and provided by the Public Affairs Office of NSF, Diego Garcia. Tropical Times is published every Monday. Submissions are due to the editor by 1200 every Thursday. Input may be submitted to JOC Lohmeyer via guard mail, in person, or e-mail them to lohmeyerd@ dg.navy.mil. Editing will be done on all submissions to conform to Associated Press style guidelines.

### Skipper sends Bravo Zulus to many

By Capt. Michael Lucarelli NSF Commanding Officer

Since Sept. 11, the men and women of NSF Diego Garcia and our tenant commands have done a wonderful job of performing their duties. You should all be very proud of the job you are doing. Your country and your military appreciate everything you do.

While there are many people here on Diego Garcia who deserve pats on the back,

I'd like to specifically mention the following:

First and foremost, BZ to the members of the NSF Diego Garcia Security team and Auxiliary Security Force. These



Sailors have been standing very difficult 12-hour watches at various points around the island, and their superb service is too valuable to go unnoticed. Thank you all.

BZ to MS1 Leonard Sullivan and MS1 Prudente Munar. MS1 Sullivan acted as Food Service Division Leading Chief and resolved every issue and challenge presented to him in the establishment and QA of the Air Force galley. He determined storage limitations to ensure the food ordered was sufficient for contingency operations.

MS1 Munar assumed all QAE duties for food service and acted as a mentor, trainer

and role model for the enlisted Air Force personnel preparing flight meals in our galley.

BZ to PC2 Donald Lewis and SK1 David Barr in the Post Office. They have provided exceptional support to the Air Force and USS *Vincennes*, and installed mail boxes at Camp Justice, provided sorting bins and hardware to establish a mail distribution center within Tent City. In spite of having an additional 2,400 customers, the NSF Post Office still provided oustanding service.

BZ to ABFC David Stroud, ABF1 Steven Lauze and ABF3 Rodney Walker of the Harbor Ops Fuels Division. Since the tragedy



of Sept. 11, the Fuels Division has been on time and on target, supervising the safe and efficient fuel loading of 14 ships in 10 days, an offload of seven million gallons of JP5 jet fuel

and an offload of 10 million gallons of diesel fuel. Since Oct. 1, they have ensure the proper transfer of over five million gallons of JP5 to Air Force assets at the South Ramp in support of *Operation Enduring Freedom*.

BZ to the following members of DG-21 for their outstanding support of island-wide contingency operations: Bill Tinker, Director of Supply; Richard Mittan, Billeting Manager; Tony Bavuso, Food Service Manager; and Kevin Lynch, MWR Manager.



BZ to everyone in the Supply and Comptroller Departments for a highly successful closeout to fiscal year 2001. This process is never easy, but you all performed admirably.

BZ to the Seabees of NMCB 133 Det, including Ens. Brian Oosterman and EOC Mike Metheny, for their hard work when installing the AM2 matting at the North Ramp.

BZ to the following members of the NSF Public Works Department: to BUC Don Bankey and the Maintenance Control Division for planning and executing end of fiscal year obligations; to Linda Corpus and the Environmental Division for their hard work on the new wetland proposal, and for the increased waste water processing; and to Butch Capili and the Engineering Division for their submissions of the MILCON and Special Project packages.

BZ to Lt. Cmdr. Mark Hochberg and the ROICC team for the successful awarding of numerous contracts in September, totalling \$7.2 million.

Finally, a special BZ and farewell to Cesar Sugatan, Ship's Store Manager, for his support of contingency operations and his overall outstanding financial management of Ship's Store Operations. His efforts have resulted in \$100,000 in profits being turned over to the NSF Morale, Welfare and Recreation Fund for the quarter ending Sept. 30.

### This Week in Naval History

Oct. 22, 1962 – President John F. Kennedy orders a naval blockade of Cuba to prevent Soviet offensive weapons from reaching the communist nation. The so-called "Cuban Missile Crisis" is resolved when the Soviets withdraw missiles and bombers from Cuba.

Oct. 23, 1983 – A terrorist bomb destroys the Marine Corps barracks at Beirut, Lebanon, killing 241 Marines and Sailors of the 24th Marine Amphibious Unit.

Oct. 24, 1915 – Marine Corps Gunnery Sergeant Dan Daly is awarded his second Medal of Honor for heroism. During a six-day reconnaissance patrol in Haiti, a Marine detachment is ambushed by about 400 Haitian bandits while crossing a river. Daly's deadly accuracy with a machine gun during a counterattack scatters the rebels and ensures victory for the beleaguered Marines. He was awarded his first Medal of Honor during the Boxer Rebellion.

Oct. 26, 1944 – The Battle of Leyte Gulf ends with Navy and Army Air Corps aircraft attacks on the retreating Japanese fleet of 26 warships. The action ended the Japanese navy's capacity to fight as an organized force.

### **ESO schedules SAT**

The Diego Garcia office of the Navy College has just received the latest edition of the Scholastic Aptitude Test (SAT), and it is now available for administration.

The next SAT is scheduled for Oct. 31, beginning at 0700 it the old Navy College Building. Anyone interested in taking the test must call the Educational Services Office at 370-4321 to pre-register. No walk-ins will be allowed.

A SAT bulletin/sample test is available at the Navy College Office, NSF Admin Building, Room 115.

Also, please feel free to stop by at any time to speak with the ESO on college courses and CLEP and DANTES exams.

### DoD continues to drop rations, info to Afghan people

By Sgt. 1st Class Kathleen T. Rhem, USA American Forces Press Service

ASHINGTON, Oct. 15, 2001 – U.S. military forces dropped another 68,000 humanitarian ration packs into Afghanistan over the weekend, bringing to more than 275,000 the total delivered since military operations began in that country a week ago, Defense Secretary Donald Rumsfeld said today.

"This is bringing needed food to hungry Afghan people as well as a message of friendship from the American people," he said in a Pentagon press briefing.

Air Force Gen. Richard Myers, chairman of the Joint Chiefs, updated the press on the weekend's offensive operations. He said roughly 25 aircraft struck 17 targeted areas Saturday and another seven Sunday. The sites included terrorist camps, military training facilities, airfields, air defenses, command and control facilities, surface-to-air missile storage sites, garrison areas, troop staging

areas, and Al Qaeda infrastructure.

Myers said U.S. forces also dropped flyers for the first time. The two flyers are printed in Dari on one side and Pashtu on the other. DoD officials said these are the two most common languages in Afghanistan

One flyer says, "The partnership of nations is here to help" with a picture of an American service member shaking an Afghan's hand on one side, and, "The partnership of nations is here to help the people of Afghanistan" on the other. The other flyer tells which frequencies and times American information programming is being broadcast.

"We're working to make clear to the Afghan people that we support them and we want to help free their nation from the grip of the Taliban and (the Taliban's) foreign terrorist allies," Rumsfeld said.

The two leaders said Taliban's claims of high civilian casualties from the bombing are untrue. "We do not have information that validates any of that. Indeed, some of the numbers are ridiculous," Rumsfeld said. "We know that the Taliban leadership and Al Qaeda are accomplished liars, that they go on television and they say things that we know are absolutely not true."

Myers did describe one instance from Saturday in which a military helicopter was targeted, but a small house was hit. He called the incident an "unfortunate case."

"Our planners, in fact, do everything they can to avoid such mishaps," he said. "But sometimes these things unfortunately happen."

Rumsfeld explained that DoD knows where their munitions hit and will continue to tell the American people when weapons hit unintended targets, but people have to know that these things will happen occasionally in such an operation.

"Every time the Department of Defense is engaged in the air or on the ground we have to know that there are going to be people hurt," he said. "Overwhelmingly, they will be people who we intend to hurt."

### High-tech cardboard boxes used in Afghan food airdrops

By Gerry J. Gilmore
American Forces Press Service

ASHINGTON, Oct. 12, 2001 – How do you airdrop desperately needed food rations to starving Afghan refugees without the payload falling into the wrong hands or crushing the recipients?

Two Air Force sergeants found a way.

Operation Enduring Freedom officials credit Air Force loadmasters Senior Master Sgt. Cliff Harmon and Master Sgt. Donny Brass for developing a novel method to safely and accurately deliver rations to refugees without using heavy wood crates or tell-tale parachutes.

Phoning in from Ramstein Air Base, Germany, Air Force Col. Kip Self, Director for Mobility Forces in Europe, told Pentagon reporters today that Harmon and Brass used refrigerator cardboard boxes with three-ply walls to get the job done without using heavy parachute-suspended crates.

"This is totally different," Self said, noting that loadmasters slide the boxes out of the back of the C-17. When the large boxes hit the slipstream they disintegrate and the individual meals literally "float down to the ground." Forty-two boxes are carried in each

aircraft on each run.

Since the food drops began Oct. 7, teams of two C-17s flying out of Ramstein during four straight night runs have airdropped more than 140,000 individual daily meals to Af-

ghan refugees, Self said.

"That is approximately 17,000 meals per aircraft" per run, Self said, adding that the crews have successfully dropped about See "BOXES," page 5.



Staff Sgt. Ricky Smith, 437th Aerial Port Squadron, Charleston Air Force Base, S.C., moves containers full of humanitarian daily rations Oct. 10 at Ramstein Air Base, Germany. The humanitarian aid was delivered to refugees in Afghanistan by C-17 Globemaster III transport planes.

### Bush promises 'every resource' to combat terrorism

By Jim Garamone American Forces Press Service

**F**ORT MYER, Va. (NNS) – President Bush repeated his Oct. 11 promise that service members will have every resource they need to defeat global terrorism Oct. 15.

Bush made the promise during a full honors welcome ceremony here for Air Force Gen. Richard Myers and Marine Corps Gen. Peter Pace. Myers is the new Chairman of the Joint Chiefs of Staff and Pace is the new Vice Chairman.

"I've made a commitment to every service man and woman," Bush said during the ceremony. "For the mission that lies ahead, you

#### "BOXES," from page 4.

35,000 rations each day. The planes, he noted, are rotated for each mission.

Called the Tri-Wall Aerial Delivery System, the almost 7-foot-tall boxes are accurately dropped "away from any displaced persons, but not so far away that they can't get to them," Harmon said.

Unlike airdrops using heavy crates and parachutes. Harmon remarked that the "Tri-Wall" method isn't as apparent as parachute drops, therefore minimizing the possibility of the food falling into Taliban hands. The delivery, he added, also won't hurt the recipients.

Brass said the three-layer-thick boxes are much easier to load into planes than conventional airdrop methods. The cardboard boxes take just 30-45 minutes to rig to load, he noted, as opposed to four or five hours of rigging for more traditional delivery means.

The boxes, measuring 40 x 48 inches in width, are ideal for airdrop at higher altitudes, Brass added, noting that the C-17s have especially accurate navigation systems.

"We know exactly where these items are going to land at, based upon the land, altitude, ballistics, drift and everything else," Harmon said.

"We've zeroed-in on the drop zones ... but, without endangering anybody on the ground. It's a good feeling that we've increased the capability of feeding people via airdrop over the last two years," Harmon noted.

"We've tripled the size of the payload that we deliver now, and that means a lot when you're feeding three times as many people as you used to," he concluded.

will have everything you need. Every resource, every weapon, every means to assure full victory for the United States, our allies, our friends and the cause of freedom."

Bush said that when he introduced Myers and Pace in August as his nominees for the chairmanship and vice chairmanship, he spoke of the duty to protect America's values and interests in the world.

"Since that time, those values and interests have come under direct attack." Bush said. "America has awakened to a great danger. We have entered a different kind of war, and the enemy is finding out we are ready."

Bush said the United States is fighting the war on many fronts. All agencies of the federal government - from law enforcement to financial – are working together to stop the terrorist threat.

"Our military is playing an essential role," Bush said. "Eight days ago, I sent our military into action. They have performed with skill and precision. They know their work and they know the American people are behind them."

Bush said the terrorists have a "special contempt" for the U.S. military.

"In the values and traditions of our military, you represent everything they hate," Bush said. "You defend human freedom, you value life. Here and around the world, you keep the peace that they seek to destroy. You live by a code of honor and a tradition of loyalty and decency."

Bush said the new chairman and vice chair-

man epitomize this code. Defense Secretary Donald Rumsfeld said the two men are poised to transform the American military to deal with the threats of the new century.

"As vice chairman, Dick Myers has helped us think through how we transform our Cold War forces to meet the challenges that were brought home so vividly on Sept. 11." Rumsfeld said.

Pace, the first Marine general to serve as Vice Chairman, made a promise to all service

"About 34 years ago in the jungles of Vietnam, I learned from lance corporals, corporals and sergeants what sacrifice was all about," Pace said. "It was their blood that gave me a debt that I can never fully repay.

"But I promise to each of you today that as long as I have the privilege of being the Vice Chairman of the Joint Chiefs of Staff, my efforts will be that you continue to receive the support that you so richly deserve," Pace said.

Myers turned the welcome ceremony around and said what he welcomes as the new Chairman.

"I welcome the opportunity of leading America's joint war fighting team and winning the global war on terrorism," Myers said. "I welcome the opportunity to make clear that terrorists will find no quarter, no refuge, no solace anywhere on the globe. Of course, I welcome the opportunity to secure our nation and ensure the freedom so imbued in the spirit of the American people."

### **Public Notice**

All Diego Garcia residents are strictly

prohibited from taking photos or video of any aircraft

or activities in the vicinity of

the flight line or the airfield by order of the Force Protection Officer.

### We are America, the good neighbor

By Cmdr. An Nguyen, CHC Religious Ministries

Gordon Sinclair is a Canadian television commentator in Toronto who witnessed many world-wide events where America and Americans took action to help other countries. He recently wrote a remarkable editorial, broadcast and printed in the Congressional Record, titled "America, The Good Neighbor." Gordon thinks it's time to speak up for Americans as the most generous and possibly the least appreciated people on the Earth.

"Germany, Japan and, to a lesser extent, Britain and Italy were lifted out of the debris of war, by Americans who poured in billions of dollars and forgave other billions in debts. None of these countries is today paying even the interest on its remaining debts to the United States.

"When France was in danger of collapsing in 1956, it was the Americans who propped it up and their reward was to be insulted and swindled on the street of Paris, I was there. I saw it.

"When earthquakes hit distant cities, it is the United States that hurries in to help. This spring, 59 American communities were flattened by tornadoes. Nobody helped.

"The Marshall Plan and the Truman Policy pumped billions of dollars into discouraged countries. Now newspapers in those countries are writing about the decadent, warmongering Americans.

"When the railways of France, Germany and India were breaking down through age, it was the Americans who rebuilt them. When the Pennsylvania railroad and the New York Central went broke, nobody loaned them an old caboose. Both are still broke.

"I can name you 5000 times when the Americans raced to the help of other people in trouble. Can you name me even one time when someone else raced to the Americans in trouble? I don't think there was outside help even during the San Francisco earthquake.

"Our neighbors have faced it alone, and I'm one Canadian who is damned tired of hearing them get kicked around. They will come out of this thing with their flag high. And when they do, they are entitled to thumb their nose at the lands that are gloating over their present troubles. I hope Canada is not

one of those.

"Stand proud, America!"

This message was sent out to the whole world. There is at least one Canadian who rings the bell and shows his gratitude to Americans, and asks others to express the same feeling.

Americans have received so many blessings from our loving God. The fact is the more we receive, the more we need to share, and the more we share, the more we will be given. We give to other countries and their citizens a great deal. Our foreign aid program is second to none. We feed much of the world and we economically support many in distant lands.

Along with material things, we share and

promote dignity, social justice, freedom, equality and democracy to the people in the world. This is the tradition and policy of America. We will continue this philosophy to make America great. God bless America!

To the rest of the world,

America is a beautiful and bountiful country where they love to visit and resettle. Americans are the most gentle and nicest people whom they want to make good relationships with

Sometimes, somewhere in the world, our policy, our support and our presence do not meet or facilitate their demands or their needs, so in anger they shout, "Yankee! Go home!" That is the positive side, how about the negative side of the story?

Christ publicly informs us, "How hard it will be for the rich to go into the Kingdom of God." (Luke 18:25) Surely we know that God never condemns wealth. God just displeases the lack of compassion and blindness to genuine needs of others that wealth often brings.

Amos warned the rich as follows, "Because the good life was reserved for a few wealthy at the expense of the poor and the oppressed, the sin of the privileged class was their disregard for the pain and suffer-

# Chaplain's Corner

ing of the poor and the fact that they keep adding to the plight of the poor by further inflicting indignities upon them."

This is true in third world countries, where people get only 20 cents per working hour and they very much need help to deal with natural disasters.

There is a story told of a poor peasant and a rich man at the gate of Heaven. Peter opened the door to let the rich man in but he did not see the peasant. The peasant, who

> was left outside, heard how the rich man was received with all kinds of music and singing.

> When all became quiet again, Peter heard the knocking and he let the peasant in. He was received with great affection and joy. Angels came to greet

him but no one sang. So the peasant asked Peter how it was that they did not sing for him as they did to the rich man.

Peter replied, "You are right. You are as dear to us as anyone else and you will enjoy every heavenly delight that the rich man enjoys. The difference is that poor fellows like you come to Heaven every day, while the rich man like this does not come more than once in a hundred years."

We are called to love. We must seek after integrity, piety, faith, love, steadfastness and gentle spirit. (1 Timothy 6:11) If we had integrity, we would use whatever we have for others as Christ spent his last drop of blood.

In our modern world, there are many a new Lazarus waiting for help and to be loved. They are aware of God's invincibility, they need our love, our compassion, our sharing and our caring. It's our mission, our vocation!

The advice we have today is "Gain all we can; save all we can; and give all we can."



### Former Defense Secretaries push for more base closures

By Jim Garamone
American Forces Press Service

ASHINGTON, Oct. 16, 2001 – A group of former defense secretaries signed a letter to Congress calling for another round of base closures.

Defense Secretary Donald H. Rumsfeld has called for another round of closures beginning in 2003. The legislation, called the Efficient Facilities Initiative, is part of the DoD budget request for fiscal 2002.

The letter, signed by all the living former defense secretaries save Vice President Dick Cheney, underscores the need for further

base closures. The signers are William S. Cohen, William J. Perry, Frank C. Carlucci, Caspar Weinberger, Harold Brown, James R. Schlesinger, Melvin Laird and Robert S. McNamara.

"While we understand the sensitivity of this effort, our support for another round is unequivocal in light of the terrorist attacks of Sept. 11, 2001," the former secretaries said in the letter. "The Defense Department must be allowed to review its existing infrastructure to ensure it is positioned to support our current and evolving force structure and our war fighting plans."

The Base Realignment and Closure Com-

mission last announced closures in 1995. Since then, DoD has determined it has between 20 percent and 25 percent more infrastructure than it needs. Rumsfeld has said the money the department spends on this infrastructure could be more useful helping transform the U.S. military.

The former secretaries, many of whom fought similar battles to close excess installations, agree. "We are concerned that the reluctance to close unneeded facilities is a drag on our military forces, particularly in an era when homeland security is being discussed as never before," the secretaries said

See "CLOSURES," page 9.

#### "AIR STRIKES," from page 1.

Qaeda in Afghanistan, there are no "reports that they are returning fire on our aircraft," he said. However, Stufflebeem, a Navy pilot, pointed out that a pilot could be shot at and not know it.

"Our sense is that the Taliban's ability to respond is falling away," he said.

With the reduction in the air defense threat, U.S. aviators started using a new tactic on Oct. 16 called an "engagement zone." Stufflebeem said "flex targeting" was used to hit those sites – a bomber flew to a target, returned to a tanker and was then sent to another target.

"That's using bombers in ways we've never done before," he noted.

In the first use of engagement zone doctrine, the admiral said the aircraft struck 12 planned target areas, which included airfields, air defenses, dispersed armor, radar, ammunition, vehicle storage depots, artillery camps and military training facilities, including armored vehicles, trucks and buildings.

"About 90 to 95 strike aircraft were used in the attacks," Stufflebeem said. "About 85 of them were carrier-based tactical jets, five land-based bombers and less then five were AC-130 gunships."

He said the AC-130 brings special capabilities to the battle.

"A pilot who is given a mission in an engagement zone knows what type of target he'll go against – mobile armor, mobile surface-to-air capability," Stufflebeem said. "A forward air controller will find those targets and pass them to the pilots to attack. So the sense that there is any freewheeling or self-determination is not correct."

He said if pilots spot targets of opportu-

nity, they call controllers and they make positive identification before assigning aircraft to attack them.

Stufflebeem said Oct. 16 airstrikes involved military facilities in southern Afghanistan, including a garrison facility of the 2nd Taliban Corps where barracks were hit. The images also showed where vehicles were destroyed in a Taliban bivouac area.

Although some have reported otherwise, Stufflebeem said DoD doesn't have any information about the Northern Alliance taking the northern Afghanistan city of Mazar-e Sharif. He characterized the battle between the Northern Alliance and the Taliban as "ebbing and flowing."

He told reporters he wouldn't characterize "what we're doing today or what we'll do in the future." But he reiterated that the U.S. is continuing to support its campaign objectives and where they cross with those of the Northern Alliance there is a "mutual benefit."

Asked if U.S. gains in Afghanistan would be reversed if there was a bombing pause to allow humanitarian relief groups to do their jobs, Stufflebeem said, "There is nothing we're doing that should prevent the nongovernmental organizations from doing what they need to do. But I have seen reports that the Taliban is preventing them from doing what they should be doing. We're supporting all efforts.

"It's inefficient to provide humanitarian support from the air – it's most efficient when it's done from the ground," he pointed out. "We would do anything to encourage nongovernmental organizations to be able to help those who need it. I think it's the Taliban preventing that more than it is our strikes."

He said, "one of our missions hit a Red



The guided missile destroyer USS John Paul Jones (DDG 53) launches a Tomahawk land attack missile against al Qaeda terrorist training camps and Taliban military installations in Afghanistan Oct. 8, 2001. The carefully-targeted actions are designed to disrupt the use of Afghanistan as a base for terrorist operations and to attack the military capability of the Taliban regime.

Cross warehouse that stored humanitarian goods. This building was within a set of targets we had identified as being used for military storage by the Taliban."

He said the Air Force continues to fly C-17 humanitarian missions. "We delivered about 53,000 humanitarian daily rations. Four C-17 airdrop missions delivered those yesterday. To date, we've had nearly 400,000 daily rations dropped."

### It's your job: maintain OpSec guidelines on the Internet

By Kathy Henry
Naval Station Rota Public Affairs

ROTA, Spain (NNS) – With the rapid exchange of information that takes place through e-mail, Web page content and other Internet tools, it's vital to remember the importance of Operational Security (OpSec).

Information that might seem insignificant to computer users Navy-wide, might be the final piece to a puzzle that an adversary has been working to obtain.

OpSec can be defined as "the process denying to potential adversaries information about capabilities or intentions by identifying, controlling and protecting generally unclassified evidence of the planning and execution of sensitive activities."

According to a recent Navy message, the Office of Naval Intelligence assesses that potential adversaries are actively monitoring Internet communications, and the careless posting, discussion or e-mail of sensitive or classified information in the unclassified Internet medium could pose a threat to Navy and Marine Corps operations and personnel.

Simply put: loose lips sink ships.

"Be conscious of what you're putting in an e-mail and of who it's going to," said Brenda Angerhofer, theater information assurance officer at commander, U.S. Naval Forces Europe. "You may be assuming that everybody is cleared and everybody has a 'need to know,' even if it's unclassified. But once that e-mail leaves, it can be forwarded to a thousand and one different locations without your knowledge. If you aren't sure as to whether something can be construed as 'classified,' then don't send it through email."

Angerhofer added that the same vigilance should be applied to other forms of communication as well.

"Don't discuss passwords over an unclassified phone," Angerhofer said. "If a system administrator is giving somebody a new password, that should be done over a secure means – a secure fax or secure voice line."

Failure to use established precautions and procedures can also be an inroad for adversaries looking to collect information.

"Always ensure that your anti-virus software is up to date at home, especially if you bring files from home in to work," said Ricardo Perez, Naval Station Rota information systems department (ISD) computer specialist. "The anti-virus software on base is automatically updated; ISD will give out Norton anti-virus or McAfee anti-virus software because it is available to all Department of the Navy members and civilians for home use."

He said a three-tier system at ISD can detect nearly any e-mail virus trying to infiltrate the system.

"A lot of times, virus hits are associated with security vulnerabilities," Perez said. "When we get a virus hit, we'll go investigate; 90 percent of all viruses try to come in via e-mail."

"We have a machine between ISD and the Internet that does nothing but scan for email viruses and file attachments," said Perez. "That's our first line of defense. Every email server that we operate runs anti-virus software – that's our second tier. Finally, our third tier of protection is anti-virus software on a person's desktop itself."

A virus rarely makes it all the way to that third tier, Perez explained, unless the computer user is not using e-mail and, instead, is out on a Web page or using a file located on a floppy disk – both actions that bypass those first two tiers of defense.

He added that ISD systems also prevent certain types of e-mail attachments, such as "executable files," to come through. Executable files can be programs that will run on a computer and insert damaging information.

Another tip Perez advised personnel to See "OPSEC," page 11.

### Keep OpSec in mind!



This vintage World War II poster concerning operational security (OpSec) is a vivid reminder of the importance of maintaining OpSec at all times. Diego Garcia residents are reminded to keep OpSec in mind whenever sending e-mails or placing phone calls to friends and family at home. The slightest details could be used by enemy agents against the United States and the military. Remember, OpSec is everyone's responsibility!

### How to check your anti-virus signature date

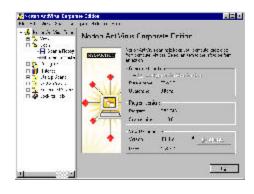
Submitted by Ens. Tri Pham NSF AIS Officer/ISSM

Everyone should make it a habit to check his or her computer(s) at least once a week for the latest Norton Anti-Virus Signature to prevent viruses from spreading on government systems. Here's how to get it done:

- ① Open Norton Anti-Virus.
- ② In your system tray you may see a small golden shield. Double click on it. If you don't see the shield, click on Start/Programs/Norton Anti-Virus Corporate Edition and select Norton Anti-Virus Corporate Edition.
- ③ You will see a window like the one at right. The lower section of the right-hand pane of this window gives you the Virus Defi-

nition File information. The virus definitions should be updated automatically. If the virus definitions are over seven days old, notify AIS.

If you have any other questions or related problems, contact NSF AIS.



### Career Sea Pay increase, expansion will benefit more Sailors

Chief of Naval Personnel Public Affairs Office

ASHINGTON (NNS) – More than 100,000 Sailors serving at sea will soon begin receiving bigger pay checks when Career Sea Pay (CSP) rates increase and CSP eligibility expands to include all Sailors in pay grades E-1 to E-3 and officers with less than three years of sea time.

More than 25,000 Sailors will be added to the rolls of those eligible for CSP and those already receiving it will tangibly see the Navy values their service and appreciates the special challenges associated with service at sea.

"The Fleet has asked for CSP reform, and we are now able to report that we have deliv-

ered," said Vice Adm. Norb Ryan Jr., Chief of Naval Personnel. "More than 100,000 Sailors began benefiting from this new initiative Oct. 1. That's immediate impact!"

Navy officials are working with the Defense Finance and Accounting Service to ensure CSP increases appear in Sailors' bank accounts as soon as possible. Regardless of when payments are posted to individual accounts, the CSP rate increases are retroactive to Oct. 1.

This is the first increase in CSP rates in more than a decade. CSP was last increased for enlisted personnel in 1988; officer rates were last increased in 1985. E-4s with more than four years of sea duty (YOSD) will see their monthly CSP jump from \$160 to \$290,

an 81 percent increase. E-7s with more than eight YOSD will receive a 25 percent increase in CSP, to \$490.

CSP reform also expands eligibility for CSP premium as a separate payment for Sailors in paygrades E-5 to E-9 with more than five years of service at sea.

"This is an important quality of service initiative for our Sailors serving in ships," said Commander, Naval Surface Force, U.S. Atlantic Fleet Force Master Chief William F. Slingerland. "It is a real testament to Navy leadership responding to the needs of the Fleet."

For a complete list of revised CSP rates, go to www.persnet.navy.mil/pers33/whatsnew.html.

### Airlines establish new ticketing policy for military personnel

By Naval Forces Europe Public Affairs

ONDON (NNS) – United States air carriers have announced ticket exchange policies designed to make life easier for the men and women of the U.S. Armed Forces and their families.

The change was brought about as the carriers were faced with lighter than normal passenger activity, due in large measure to recent terrorist attacks.

Many commercial carriers have agreed to refund or reschedule previously confirmed commercial reservations of military personnel. This offer also extends to members of the National Guard and Reserve called to active duty, and their families whose travel plans have been affected by *Operations Noble Eagle* and *Enduring Freedom*.

While administrative service charges and advance purchase requirements for itinerary changes may be waived, some itinerary changes may result in increased fares. Ticket holders are encouraged to call their airline for full details and requirements.

For more information, go to <a href="http://www.faa.gov/airlineinfo.htm">http://www.faa.gov/airlineinfo.htm</a> and select an airline or go to <a href="http://www.satotravel.com/newmil/index.html">http://www.satotravel.com/newmil/index.html</a> and select "Navy" or "Marine Corps."

### Force protection: take it seriously

By Naval Forces Europe Public Affairs

ONDON (NNS) – As the Navy and Marine Corps move beyond the tragic events of Sept. 11, and more fully engage in *Operation Enduring Freedom*, force protection has and will continue to receive the highest priority within the military, no matter where service members find themselves.

What does this mean for service members and their families? Cmdr. Steve Frake, Deputy Director of Force Protection for Commander Naval Forces Europe, stresses that all hands, including family members, must be fully cognizant of basic force protection measures.

"It is imperative that all of us become more aware of our surroundings, and promptly report any suspicious activities to our superiors," Frake said. "It doesn't mean that we must live in fear. It does mean that we should be alert to real or perceived threats and to be prepared to act upon them accordingly."

There are many simple things that can be done to help enhance personal safety:

- Lock all windows and doors at home, and lock car doors with the windows rolled up if parked.
- Do not advertise the fact that you are a member of the U.S. military.
- F Vary daily commuting routines if possible. Be cautious when using public transportation.
- Be aware of your surroundings, more so than normal. Look around, be alert, stay informed and immediately report any suspicious persons or activities.

Remember, this is not a time to ignore personal safety or that of family members or shipmates.

#### "CLOSURES," page 7.

in the letter. "The forces needed to defend bases that would otherwise be closed are forces unavailable for the campaign on terrorism."

They also said money spent on the unneeded installations takes away from equipment modernization.

The letter, dated Oct. 15, went to Sen. Carl Levin, chairman of the Senate Armed Forces Committee; Sen. John Warner, ranking member of the committee; Rep. Bob Stump, chairman of the House Armed Services Committee; and Rep. Ike Skelton, the ranking member of the committee.

The former secretaries also made their letter available to committee conferees when they are chosen.

The Senate passed the Efficient Facilities Initiative in its version of the DoD budget. The House did not.

Conferees from both houses will meet in conference to reconcile the differences in the two bills.

### How to handle biological agent threats sent through the mail

By JOC Dean Lohmeyer NSF Public Affairs

(Editor's note: The following article was compiled from information received from several different sources, including MA2(SW) Edward Williams, NSF Security, Mr. Edward Chew, NSF ADP, and the Centers for Disease Control and Prevention Web site at http://www.cdc.gov/.)

A merica's war on terrorism is now facing an assault from a new front: biological agents sent through the mail. Many facilities in communities across the United States have received anthrax threat letters. Most were empty envelopes; some have contained powdery substances that later proved to be anthrax.

The purpose of the guidelines provided here is to recommend procedures for handling such incidents.

#### Do not panic

Anthrax organisms can cause infection in the skin, gastrointestinal system or the lungs. To do so, the organism must be rubbed into abraded skin, swallowed, or inhaled as a fine, aerosolized mist. Disease can be prevented after exposure to the anthrax spores by early treatment with the appropriate antibiotics. Anthrax is not spread from one person to another person.

For anthrax to be effective as a covert agent, it must be aerosolized into very small particles. This is difficult to do, and requires

a great deal of technical skill and special equipment. If these small particles are inhaled, life-threatening lung infections can occur, but prompt recognition and treatment are effective.

#### Suspicious packages

If you receive a suspicious unopened letter or package marked with a threatening message such as "anthrax":

- Do not shake or empty the contents.
- Place the envelope or package in a plastic bag or some other type of container to prevent leakage of contents.
- If you do not have any container, then cover the envelope or package with anything available (e.g., clothing, paper, trash can, etc.) and do not remove this cover.
- Leave the room and close the door, or section off the area to prevent others from entering.
- Wash your hands with soap and water to prevent spreading any powder to your face.

Follow these same instructions if a substance spills out of a package or envelope. Also remove heavily contaminated clothing as soon as possible and place them in a plastic bag or other container that can be sealed. This clothing bag should be given to the emergency responders for proper handling.

Shower with soap and water as soon as possible. Do not use bleach or other disinfectant on your skin.

If possible, list all people who were in the room or area, especially those who had ac-

tual contact with the powder. Give this list to medical personnel and security so that proper instructions can be given for medical follow-up.

#### Identification of suspicious packages

Some characteristics of suspicious packages and letters include the following:

- **Excessive postage.**
- Handwritten or poorly typed addresses.
  - **■** Incorrect titles.
  - Title, but no name.
  - Misspellings of common words.
  - Oily stains, discolorations or odor.
  - No return address.
  - Excessive weight.
  - Lopsided or uneven envelope.
  - Protruding wires or aluminum foil.
- Excessive security material such as masking tape, string, etc.
  - **■** Visual distractions.
  - Ticking sound.
- Marked with restrictive endorsements, such as "Personal" or "Confidential".
- Shows a city or state in the postmark that does not match the return address.

#### What to do next

If you receive a suspicious parcel or package in the mail you should isolate the parcel and evacuate the immediate area. Call the Health Services Department at 370-4211, Hazardous Materials Office at 370-4546, and Security at 370-4611 to report the situation.

List all people who were in the room or See "MAIL," page 12.

#### Got a problem with alcohol?

Then A.A. can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope that they may achieve sobriety and help others to recover from alcoholism. A.A. meets on Diego Garcia every Monday, Wednesday, Friday and Saturday at 1930 in the first floor lounge of BEQ 17. For more information call GSE1(SW) Charles Wadlington at 370-4102.

#### Red Cross offers swim lessons

The American Red Cross offers swimming lessons to all island personnel the second and third week of each month from 1930-2100, Monday through Thursday.

### **Announcements**

Classes are first come-first served. To sign up or for more information, drop by the Red Cross office or call 370-4603. You can also e-mail John Savoie at savoiej@dg. navy.mil.

#### Square and Compass Club

The Square & Compass Club holds regular meetings every first Thursday of the month, beginning at 1930 at the Square & Compass Clubhouse in Seabreeze Village. For more information, please call 370-4305 or 370-1715.

#### NCPACE contacts

The Navy College PACE program coordinators can be reached at the following phone

numbers: Chief Jose - 370-4770; or EN1 Jakstis - 370-4574. Please contact ESO prior to registration with NCPACE for tuition assistance, counseling and information.

#### **PSD Hotline**

Complaints, suggestions, recommendation or comments can be sent to PSD via e-mail to: dgcustomer@psa.psafe.navy.mil You may also leave your message with your phone number/e-mail address on our 24-hour customer service hotline at 370-3660. Your question will be staffed and a response sent to you the next working day.

### Helping kids cope with catastrophes

By Lt. Cmdr. Scott Clements Naval Hospital Pensacola

PENSACOLA, Fla. (NNS) — The recent tragic events in New York and Washington, D.C., frighten all of us. Many children have trouble keeping such events in perspective, and properly relating the violence to their lives.

Parents should be aware of how their children are reacting to the catastrophe and be ready to talk with them. Mental health experts suggest several ways to help children in times of crisis.

Children need to be told they are safe. When violence is seen on television and heard on radios, some children may not be aware of the isolated nature of events. They may fear for their safety. Reassurance is essential. Children also need to be given the freedom to talk about feelings and thoughts.

Children need help in understanding the meaning of the events. In the case of the recent terrorist attacks, children should be helped to understand that these acts are not a reflection of a particular religion or ethnic group. Parents can help children to realize that terrorist acts are due to hate and aimed at causing fear and horror.

Repeated watching of violent or traumatic events on the television should be avoided. Some children may not have the coping skills to put events in their proper place or realize that replays of events are really one event being shown over and over. Parents should monitor what their children see on television and talk with them about what has happened.

A child's age will greatly affect the response to catastrophes. Younger children may become fearful and refuse to go to school. Adolescents in particular may have trouble during traumatic events.

Parents should be alert for behavioral changes, sleep disturbances, apathy or marked fatigue. The chance a child may experi-See "CHILDREN," page 12.

#### "OPSEC," from page 8.

utilize to maximize OpSec is the use of "strong" passwords, which are a combination of upper and lowercase letters, numerals and special characters.

For computer users on base, these elements of passwords are a requirement, in addition to a minimum character length, and are much more difficult for an unauthorized user to figure out.

The bottom line is that anything regarding Navy operations, facilities and personnel should be considered with OpSec in mind. If there's any doubt as to whether information contained in an e-mail may be useful to an adversary, it's best to err on the side of caution and not include that information. Additionally, always utilizing antivirus software will help protect systems against sabotage.

#### "TRICARE," from page 2.

necessary care. In many circumstances, this may include taking care of oneself under the advice of a provider or a change in timing of the needed visit as appropriate. Beneficiaries also may contact their regional Health Care Information Line for information on self-care.

During times of increased security, routine appointments should be rescheduled if access to a military treatment facility is restricted. As with urgent care, beneficiaries should call ahead to their providers' offices for guidance.

### At the Galley - Oct. 19-26

#### Lunch

#### Saturday

Egg Drop Soup

Roast Fresh Ham
Chicken Adobo
Candied Sweet Potatoes
Green Beans/Carrots
Steamed Rice

FFS: Chicken Salad S/W

#### Sunday Brunch

Crisp Bacon Slices
Beef Rice Soup
Cannonball Sandwich

▼Fried Fish Portions

French Fries
Corn-On-The-Cob
FFS: Beef Fajita Pita

#### Monday

Vegetable Soup Parmesan Veal Steak

♥Turkey Yakisoba Baked Potatoes Mustard Greens Parmesan Eggplant FFS: BLT Sandwich

#### Tuesday

Chicken Rice Soup

▶ Baked Halibut Steaks

Sweet and Sour Pork

Baked Macaroni & Cheese

Brussels Sprouts

Corn O'Brien

FFS: Hoagie Sandwich

#### Wednesday

Butternut Squash Soup
Thick Crust Pizza
Beef Ball Stroganoff
Quick Baked Potatoes
Halves
Mixed Vegetables
Fried Cabbage
FFS: BBQ Pork on Bun

#### Thursday

Cream of Potato Soup
Beef Lasagna

P Open Faced Turkey S/W
Roasted Pepper Potatoes
Black-Eyed Peas
Squash

FFS: Chicken Fajita Pita

### Friday (Oct. 29) Split Pea Soup

Cajun Baked Fish

Glazed Cornish Hens
Mashed Potatoes
Cauliflower
Calico Corn

FFS: Vegetable Burrito

#### **Dinner**

#### Lite Bite Menu

Lite Bite menu items available at all meals include:

- Tuna on a bed of lettuce
  - ▼Turkey sandwiches
    - Fruit cups

#### Friday

Pepper Pot Soup Swedish Turkey Meatballs

♥ Scallopped Fish Baked Macaroni & Cheese

Steamed Rice/Asparagus
Tomato & Okra Combo

#### Saturday

Chicken Rice Soup

▼Italian Sub Sandwich

Creole Macaroni

French Fries

Vegetable Combo

Italian Style Kidney Beans

#### Sunday

Navy Bean Soup

Oven Baked Chicken
Sweet & Sour Spareribs
Mashed Potatoes
Polonaise Cauliflower
Spinach
Corn-On-The-Cob

#### Monday

Chicken Gumbo Soup

◆ Shrimp Chop Suey
Tamale Pie
Garlic Roasted Potato
Wedges
Broccoli
Lyonnaise Carrots

#### Tuesday

Beef Barley Soup

Chicken Enchiladas

Beef Brogul

Paprika Potatoes

Spinach

Simmered Pinto Beans

#### Wednesday Filipino Night

Chicken Noodle Soup Pork Kebob

Philippine Pancit Fried Lumpia Green Beans/Carrots

#### Thursday

Shrimp Gumbo Soup Country Style Steak

◆ Charbroiled Tuna Steak Mashed Potatoes

Green Beans W/Mushrooms Hot Spiced Beets

#### **♥** = Heart Healthy items

Reminder to all CDF patrons: Meal pass must be visually sighted at the sign in desk. No smoking areas will be enforced. The entire menu can also be viewed on the NSF LAN, and calorie counts can be viewed on-line at the NSF public folder.

#### "CHILDREN," from page 11.

ence greater difficulties in dealing with traumatic events is directly related to how close a child is to the event.

More severe difficulties may be anticipated when death or destruction occurs to family or friends. Symptoms of problems, which may need professional advice or intervention, include:

#### "MAIL," from page 9.

area when this suspicious letter or package was recognized. Give this list to both the local public health authorities and law enforcement officials for follow-up investigations and advice.

For more information on anthrax and other such agents, visit the Centers for Disease Control (CDC) and Prevention Web site at <a href="http://www.cdc.gov/">http://www.bt.cdc.gov/</a>.

#### This Week's Tides Oct. 19-26

	<u>High</u>	Low	<u>High</u>	<u>Low</u>
Friday	0416	1021	1628	2245
Saturday	0446	1051	1658	2315
Sunday	0522	1127	1728	2345
Monday	0552	1157	1758	
Tuesday	0628	0015	1828	1239
Wednesday	0740	0103	1952	1409
Thursday	1022	0327	2310	1703
Friday	1158	0527		1815

### **Classified Ads**

**LOST:** 24" gold rope chain and pendant (amices and diamonds set in gold), in the area of BEQ's 8, 13, 14 and 18. If found, please call Jeniffer Owen at 370-2325 or 370-6471.

**LOST:** Feminine white gold bracelet with stones. Cash reward if found. Please contact Lilly Salazar at 370-3816 or 370-6975.

**FOUND:** AudioVox personal CD player with headphones, in the base gym around Sept. 27. If you can identify the CD in the player, you can claim it at the NSF Public Affairs Office. Call 370-4938 for details.

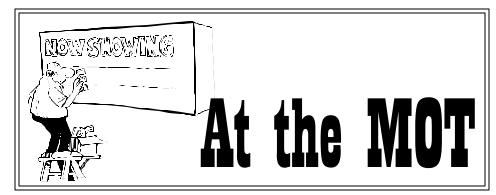
If there is an item you are looking for or would like to sell, please e-mail lohmeyerd@dg.navy.mil.

- refusal to attend school.
- clinging behavior or shadowing a parent around the house.
- nightmares, screaming during sleep, or other sleep disturbances that persist more than a few days after the event.
- new difficulty concentrating and irritability.
  - new behavior problems or "acting out"

problems.

- physical complaints for which a physical cause cannot be found.
- withdrawal from family or friends, loss of desire to play.
  - preoccupation with traumatic events.

Parents who have concerns that their child may be seriously affected should seek professional assistance from their doctor.



#### A. Screwed (PG-13)

Starring Norm MacDonald & David Chappele A chauffeur kidnaps his rich boss's dog to hold it for ransom, but when the boss accidentally gets the dog back she thinks that it's the chauffeur who's been kidnapped, and chauffeurs are a dime a dozen so who cares. (81 minutes)

#### B. Soldier (R)

Starring Kurt Russell & Connie Neilsen
When genetically engineered super soldiers replace
his combat team, a discarded soldier finds himself
defending a small band of stranded human settlers
on a remote and isolated planet used as a dumping
ground for the empire. (95 minutes)

#### C. Office Space (PG)

Starring Ron Livingston & Jennifer Aniston A comedic tale of a software company worker who hates his job, has a girlfriend who cheats on him, lives in a tiny apartment, has a boss who is a patronizing jerk and has fellow office workers with tics that are as annoying as Chinese water torture ... and he can't take it anymore! It's time to get even. (89 minutes)

#### D.Blow (R)

Starring Johnny Depp & Penelope Cruz In the devil-may-care 1970s, everyone was looking for a new way to party. Into this mix stepped George Jung, who, with the aid of the Medellin Cocaine Cartel, almost single handedly made cocaine the drug of choice in America, only to lose it all – his money, his friends, his family and ultimately his freedom. (123 minutes)

#### E. Broken Arrow (R)

Starring John Travolta & Christian Slater Intending to use a pair of stolen thermonuclear bombs to blackmail the U.S. government, a rogue pilot stages an emergency on an experimental B-3 bomber, jettisons his nuke in the desert and ejects to safety just before the plane crashes. Now the race is on to recover the "Broken Arrow" that could fall into the wrong hands. (108 minutes)

#### F. The Mexican (R)

Starring Brad Pitt & Julia Roberts
A reluctant bagman, who screws up every assign-

ment his mob boss gives him, is given one last chance to redeem himself by traveling to Mexico to bring back a rare and priceless antique pistol, known as "The Mexican." Now, he just has to convince his girlfriend that this really will be his last job and get back alive. (128 minutes)

#### G. Bridget Jones's Diary (R)

Starring Renee Zellwigger & Hugh Grant
At the start of the New Year, a 33-year-old single
woman decides it's time to take control of her life
and start keeping a diary. Now, the most provocative, erotic and hysterical book on the bedside table
is the one Bridget is writing. But despite her best
efforts to get her act together, she finds herself
caught between two men. (98 minutes)

#### **H.Rush Hour**

Starring Jackie Chan & Chris Tucker
Jackie Chan is Inspector Lee, a Hong Kong Detective who helps confiscate millions of dollars worth of stolen Chinese artifacts from Crime Lord Juntao. Seeking revenge, Juntao kidnaps the 11-year-old daughter of the Chinese consul when he moves to America. Chan is sent as a diplomatic advisor and finds himself paired up with an L.A. cop – a man who works alone, and wants to stay that way. (97 minutes)

#### I. Hollow Man (R)

Starring Kevin Bacon & Elizabeth Shue When a talented group of scientists, working on a top secret government sponsored experiment, successfully turn living matter invisible in test animals, they take the next step and try the experiment on a human volunteer. (113 minutes)

Where they're showing								
Location	M	T	W	Т	F	S	S	
MOT - 2000	Α	В	С	D	Ε	F	G	
MOT - 2200	-	-	-	-	F	G	-	
CPO Club -1930	-	С	G	Ε	-	-	-	
CPO Club - 1900	-	-	-	-	-	Η	-	
CPO Club -2100	-	-	-	-	-	-	-	
BOQ 6 -1930	F	G	Α	В	С	D	Ε	
H. T. S. B1100	G	Α	В	С	D	Ε	F	
O Club - 1930	-	Ε	-	Α	-	-	-	

### NASCAR **WINSTON CUP STANDINGS** OCT. 15, 2001

001110, 2	-00.
Winston Cup Poin	<u>its</u>
1. Jeff Gordon	4366
<ol><li>Ricky Rudd</li></ol>	4032
3. Sterling Marlin	3923
<ol><li>Dale Jarrett</li></ol>	3905
<ol><li>Tony Stewart</li></ol>	3873
6. Rusty Wallace	3789
7. Dale Earnhardt, Jr.	3740
8. Kevin Harvick	3739
9. Bobby Labonte	3697
10. Jeff Burton	3519
11. Mark Martin	3459
12. Johnny Benson	3435
13. Jimmy Spencer	3315
14. Bill Elliott	3193
15. Matt Kenseth	3169
16. Ward Burton	3156
17. Bobby Hamilton	3059
18. Ken Schrader	3042
<ol><li>Elliott Sadler</li></ol>	3018
20. Jerry Nadeau	2992
<u>Money</u>	
1. Jeff Gordon	\$6,049,490
0 D 1 T	4 0 40 000

<b>Money</b>	
1. Jeff Gordon	\$6,049,490
<ol><li>Dale Jarrett</li></ol>	4,042,220
3. Dale Earnhardt, Jr.	3,797,940
4. Rusty Wallace	3,735,740
<ol><li>Ricky Rudd</li></ol>	3,459,630
6. Bobby Labonte	3,380,350
7. Kevin Harvick	3,136,440
8. Jeff Burton	3,106,310
9. Tony Stewart	3,009,290
10. Mark Martin	2,993,640

### **2001 PGA TOUR MONEY LEADERS SEPT. 30, 2001**

- 1. Tiger Woods, 14, \$4,456,311 2. Phil Mickelson, 21, \$3,694,383
- 3. Vijay Singh, 19, \$3,039,256
- 4. Scott Hoch, 18, \$2,575,986
- 5. Sergio Garcia, 14, \$2,374,935
- 6. Joe Durant, 21, \$2,233,674
- 7. Davis Love, III, 14, \$2,137,597
- 8. David Duval, 15, \$2,084,294
- 9. Frank Lickliter, II, 21, \$1,821,967
- 10. Brad Faxon, 22, \$1,783,782
- 11. Ernie Els, 15, \$1,709,289
- 12. Jim Furyk, 17, \$1,656,206
- 13. Mike Weir, 16, \$1,648,486
- 14 .David Toms, 21, \$1,640,767

### **DG 10-PIN BOWLING LEAGUE STANDINGS**

W	$\underline{L}$
72	24
72	24
69	27
68	28
68	28
62	34
54	42
52	44
49	47
46	50
44	36
42	46
40	48
38	58
26	70
28	12
0	16
0	8
	72 72 69 68 68 62 54 52 49 46 44 42 40 38 26 28 0

### **NCAA FOOTBALL TOP 25**

#### OCT. 14, 2001

Team, Record	Points			
1. Miami, Fla, 5-0	1,481			
2. Oklahoma, 6-0	1,440			
3. Nebraska, 7-0	1,382			
4. Virginia Tech, 6-0	1,279			
5. Oregon, 6-0	1,244			
6. UCLA, 5-0	1,239			
7. Florida, 5-1	1,067			
8. Texas, 5-1	1,018			
9. Michigan, 5-1	1,009			
10. Fresno State, 6-0	979			
11. Tennessee, 4-1	806			
12. Washington, 4-1	713			
13. BYU, 6-0	697			
14. Maryland, 6-0	690			
15. Clemson, 4-1	636			
16. South Carolina, 5-1	587			
17. Colorado, 5-1	449			
18. Washington State, 6-	0 379			
19. Georgia, 4-1	338			
20. Northwestern, 4-1	320			
21. Auburn, 5-1	300			
22. Florida State, 3-2	297			
23. Toledo, 5-0	249			
24. Purdue, 4-1	227			
25. Georgia Tech, 4-2	161			
<b>Dropped from Rankings:</b> Texas A&M (19), Kansas State (21), Stanford (22) & Ohio State (25)				

Others Receiving Votes: Illinois, Michigan State, Texas A&M, Stanford

#### NATIONAL FOOTBALL LEAGUE

AF	7 <u>C</u>			<u>N1</u>	FC		
<u>East</u>	W	$\underline{L}$	<u>T</u>	<u>East</u>	W	$\underline{L}$	<u>GB</u>
Indianapolis	2	1	0	NY Giants	3	2	0
NY Jets	3	2	0	Philadelphia	2	2	0
Miami	3	2	0	Arizona	1	3	0
New England	2	3	0	Dallas	1	4	0
Buffalo	0	4	0	Washington	0	5	0
<u>Central</u>	$\underline{W}$	$\underline{L}$	<u>GB</u>	<u>Central</u>	$\underline{W}$	$\underline{\boldsymbol{L}}$	GB
Pittsburgh	3	1	0	Green Bay	4	1	0
Cincinnati	3	2	0	Chicago	3	1	0
Baltimore	3	2	0	Tampa Bay	2	2	0
Cleveland	3	2	0	Minnesota	2	3	0
Jacksonville	2	2	0	Detroit	0	4	0
Tennessee	1	3	0				
<u>West</u>	$\underline{W}$	$\underline{L}$	<u>GB</u>	<u>West</u>	$\underline{W}$	$\underline{\boldsymbol{L}}$	GB
Oakland	3	1	0	St. Louis	5	0	0
Seattle	3	2	0	San Francisco	4	1	0
Denver	3	2	0	New Orleans	3	1	0
San Diego	3	2	0	Atlanta	2	3	0
Kansas City	1	4	0	Carolina	1	4	0

#### NATIONAL HOCKEY LEAGUE

Eastern (	<u>Conference</u>	Western (	<u>Con</u>	fe	re	nc	<u>e</u>
<u>Atlantic</u>	$\underline{W} \ \underline{L} \ \underline{T} \ \underline{O} \ \underline{Pts}.$	<u>Central</u>	$\underline{W}$	$\underline{L}$	$\underline{T}$	<u>o</u>	Pts.
NY Islanders	6 0 0 1 13	Detroit	6	1	0	0	12
NY Rangers	3 2 1 0 7	Chicago	3	3	1	0	7
Philadelphia	2 2 3 0 7	St. Louis	1	1	3	0	5
Pittsburgh	2 4 0 0 4	Nashville	1	2	3	0	4
New Jersey	1 3 0 1 3	Columbus	0	2	4	0	4
<u>Northeast</u>	$\underline{W} \ \underline{L} \ \underline{T} \ \underline{O} \ \underline{Pts.}$	<u>Northwest</u>	W	$\underline{L}$	<u>T</u>	<u>0</u>	Pts.
Montreal	4 1 1 0 9	Edmonton	5	2	1	0	11
Boston	3 2 2 0 8	Calgary	5	1	0	1	11
Buffalo	3 2 1 1 8	Minnesota	3	0	3	0	9
Toronto	3 2 1 0 7	Colorado	3	3	0	0	6
Ottawa	3 4 1 0 7	Vancouver	2	3	1	0	5
<u>Southeast</u>	$\underline{W} \ \underline{L} \ \underline{T} \ \underline{O} \ \underline{Pts.}$	<u>Pacific</u>	$\underline{W}$	$\underline{L}$	$\underline{T}$	<u>0</u>	Pts.
Carolina	3 3 0 1 7	Dallas	3	2	1	1	8
Washington	3 3 0 0 6	San Jose	2	1	2	1	7
Tampa Bay	2 4 0 0 4	Phoenix	2	3	2	0	6
Atlanta	1 1 1 1 4	Anaheim	2	4	1	0	5
Florida	1 5 1 0 3	Los Angeles	1	3	1	1	4

#### MAJOR LEAGE BASEBALL LEAGUE CHAMPIONSHIP SERIES

#### Braves vs. Diamondbacks

Series tied 1-1.

Randy Johnson shuts out the Braves in Game 1, 2-0.

Tom Glavine responds with an outstanding effort, as the Braves take Game 2, 8-1

#### Yankees vs. Mariners

Yankees lead series 1-0. Yankees show no effects of back-to-back cross-country trips, down Mariners 4-2 in Game 1. Pettitte tosses a gem.

### **Island Beat**

The following are the scheduled events for Oct. 19 through Nov. 1 as announced by MWR. Events are subject to rescheduling or cancellation, and times and dates may change after publication. Please contact MWR or the base gym for further details.

Friday, October 19				Friday, October 2	26
0600	Aerobics Class	Base Gym	0600	Aerobics Class	Base Gym
1800	Tennis Class	Tennis Court "A"	1800	Tennis Class	Tennis Court "A"
1900	Aikido Class	Base Gym	1900	Aikido Class	Base Gym
2000	Loaded	CPO Club	2000	Yacht Club Social	Yacht Club
_000	Saturday, October		2000	Featuring live music from Loaded	
0900	Snorkeling Class	Marina		Saturday, October	
0900	Sailing Class	Marina	0900	Snorkeling Class	Marina
0900	Golf Tournament	Golf Course	0900	Sailing Class	Marina
1500	Windsurfing Competition	Marina	1730	Aerobics Class	Base Gym
1700	Tennis Tournament	Tennis Courts	1800	Tennis Class	Tennis Court "A"
1730	Aerobics Class	Base Gym	1800	Board Games Tournament	Coffee Connection
1800	Tennis Class	Tennis Court "A"	2000	Loaded	Island Room
2000	Loaded	Island Room		Sunday, October	
	Sunday, October	21	1230	MWR Sailing Regatta	Marina
0700	DG-21 Half Marathon	TBA	1300	Table Tennis Tournament	Base Gym
0900	Golf Tournament	Golf Course	1730	Aerobics Class	Base Gym
1700	Tennis Tournament	Tennis Courts	1900	Loaded	Island Room
1730	Aerobics Class	Base Gym		Monday, October	
1900	Loaded	Island Room	0600	Aerobics Class	
	Monday, October	22	1700	Weightlifting Competition	Base Gym Base Gym
0600	Aerobics Class	Base Gym	1730	Aerobics Class	Base Gym
1730	Aerobics Class	Base Gym	1800	Tennis Class	Tennis Court "A"
1800	Tennis Class	Tennis Court "A"	1900	Aikido Class	Base Gym
1900	Aikido Class	Base Gym	1500	Tuesday, October	•
	Tuesday, October	•	0600	Aerobics Class	Base Gym
0600	Aerobics Class	Base Gym	1700	Off Road Bike Race	Beach House
1730	Aerobics Class	Base Gym	1730	Aerobics Class	Base Gym
1730	Tae Kwon Do/Self Defense Class	Base Gym	1730	Tae Kwon Do/Self Defense Class	Base Gym
1730	Cardio Kickboxing	Base Gym	1730	Cardio Kickboxing	Base Gym
1800	Tennis Class	Tennis Court "A"	1800	Tennis Class	Tennis Court "A"
	Wednesday, Octobe	er 24		Wednesday, Octobe	er 31
0600	Aerobics Class	Base Gym	0600	Aerobics Class	Base Gym
1630	DGYC Sailing Regatta	Marina	1630	DGYC Sailing Regatta	Marina
1730	Aerobics Class	Base Gym	1730	Aerobics Class	Base Gym
1800	Tennis Class	Tennis Court "A"	1800	Tennis Class	Tennis Court "A"
1900	Aikido Class	Base Gym	1800	Dominoes Tournament	ECC
1900	Loaded	Island Room	1900	Aikido Class	Base Gym
	Thursday, October	25	1900	Loaded	Island Room
0600	Aerobics Class	Base Gym		Thursday, Nov.	
1730	Aerobics Class	Base Gym	0600	Aerobics Class	Base Gym
1730	Tae Kwon Do/Self Defense Class	Base Gym	1730	Aerobics Class	Base Gym
1730	Cardio Kickboxing	Base Gym	1730	Tae Kwon Do/Self Defense Class	Base Gym
1800	Tennis Class	Tennis Court "A"	1730	Cardio Kickboxing	Base Gym
1900	Loaded	Yacht Club	1800	Tennis Class	Tennis Court "A"
	DIEGO GARCIA	~ ]	1900	Loaded	Yacht Club



