

Tropical Times

"Manigong Bagong Taon"

"Feliz Año Nuevo"

Serving the Footprint of Freedom

Volume 13, Number 1

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

January 3, 2003

American comedian Drew Carey visits island

By JO1 Jeremy L. Wood
*Navy Support Facility
Public Affairs*

DIEGO GARCIA — This year's Christmas on Diego Garcia was made a little more special with a holiday visit from comedian Drew Carey from ABC's "Who's Line is it Anyway?" and "Drew Carey Show."

Carey arrived via a VP-46 "Grey Knights" P-3 *Orion*, early Christmas morning. Much of Carey's first day was spent at Camp Justice with the United States Air Force personnel. While in Camp Justice, he visited airmen during lunch and at their posts. He performed a short impromptu stand-up routine before traveling to the island's downtown area to visit with Navy service members.

After celebrating Christmas with VP-46 in Tropical Park, dressed in a desert-camouflage blouse, Carey visited and ate with sailors during the island's Christmas dinner at the galley.

"I enjoy visiting with the enlisted folks at the deckplates," Carey said. "I can appreciate the hard work all of you are doing."

When asked how he got his start in the acting, Carey said, "While in the Marine Reserves, I was looking for a way to make

some more money and it was suggested that I try using my jokes." Carey was paid about \$10 a joke during his first stand-up. Eventually, he found his way into show business.

"I think if I did not have such a great break, I would still be in the military," said Carey. "I still wear my hair short and have the glasses. Also, I enjoyed the regimen and camaraderie. I knew that once I left the Reserves, I would give back to the military, so teamed up with the USO."

One Navy sailor, Yeoman Third Class Mandy Murphy of Navy Support Facility Administrative Office, was also afforded the opportunity to be Carey's island escort.

"It was an awesome privilege," said Murphy. "There were signs welcoming him and long lines to greet him. He made it fun. Also, I had the opportunity to see areas of the island that I have not seen, either."

"It showed that what we do out here is well worth it and appreciated," smiled Murphy. "He was so down to earth."

During Carey's two-day tour, he managed to get in a kickball game with the Navy Security Group-Detachment Diego Garcia sailors. Also, he made an appearance at the Ship's Store,



Thursday, December 26, 2002 -- American actor and comedian Drew Carey signs a birthday card for Disbursing Second Class Kaleena Thomas from Canyon, Texas, during his visit to the Ship's Store. While in the Marine reserves, Carey's military buzz cut and black, wide-rimmed glasses became part of his trademark look. Carey is known to many Sailors and their families from television's "The Drew Carey Show" and "Whose Line is it Anyway?" Carey stopped on the island during a United Service Organizations sponsored tour. Photo by JO1 Jeremy L. Wood.

Aviation Intermediate Maintenance Department and Chief Petty Officer's Mess for an autograph sessions and greetings. Rounding out his tour of the island, he visited the nuclear attack submarine USS *Columbia* (SSN 771) and the United States Army's new high-speed transport catamaran USAV *Spearhead* (TSV-1X).

His visit was topped off with a stand-up performance on the Island Room's stage to entertain for the troops.

During his USO and AFE sponsored tour, Carey also visited Singapore, before returning to Los Angeles. This trip made the fifth such tour he has done in his career. Other locations he has previously visited were Kosovo, Bosnia and the Persian Gulf.

Currently, Carey is still performing on ABC's "Drew Carey Show" for another year. He is uncertain what the future will hold after the nine-year contract is over.

I.C.E.

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Category: Communications -->

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Pay Information

W2 form changes; MyPay advantages

By JO1 Jeremy L. Wood
Navy Support Facility
Public Affairs



On December 20, 2002, the Department of Finance and Accounting Service Cleveland released a new military pay advisory, 159/02, to inform Navy active duty personnel that non-taxable earned income reports will be eliminated from this year's Internal Revenue Service's W2 forms.

The removal is a result from the revised IRS rules, outlined in Public Law 107-16 Section 303 (b). The law states that this information, which included basic allowance for housing, basic allowance for subsistence and combat zone

tax exclusions, is no longer required to be reported or computed. Service members will find that Block 12 of the W2 form will be blank.

Also, effective January 27, 2003, service members will have two options to receive their initial and any corrected W2 forms. Using today's technologies, DFAS affords military personnel the opportunity to view and print their W2 and W2c forms via its website MyPay, <https://emss.dfas.mil>. MyPay will allow members to review their current and previous year's tax seasons in the required IRS formats.

The agency will still provide the service member a paper copy of their forms, which will be mailed to the member's pay support com-

mand starting January 17, 2003.

Requests for 5-year tax histories can be submitted after January 27, 2003, as the IRS and DFAS systems will be down for maintenance and updating.

Military Pay Advisory 159/02, available at Personnel Support Detachment Diego Garcia, outlines all the instructions necessary to use the MyPay system as well as the roles and responsibilities that personnel support detachments and individuals have to ensure proper reporting of tax returns.

MyPay also gives service members the ability to:

View, print and save leave and earning statements;

Update bank accounts and electronic fund transfer information

- Manage allotments;
- Make address changes;
- Purchase United States Savings Bonds;
- View and print travel vouchers;
- Control Thrift Savings Plan enrollments.

For more information about MyPay accounts, visit <https://mypay.dfas.mil/faq.htm>. To activate a MyPay account, contact PSD Diego Garcia, located in the Navy Support Facility's Administration building, Bldg. 139 or call 370-3656 during business hours.

Members will need to bring their identification cards with them and customer service personnel will fax the member's information. The process generally takes three days.



Results of Navy Support Facility's Captain's Mast



An **E-5** went to Summary Court-Martial for violations of Uniformed Code of Military Justice:

Article 92, Violation of Other Lawful Written Order

Article 128, Assault, 5 specifications

Article 134, Drunk and Disorderly Conduct

Awarded: One month confinement in brig, reduction in rate to the pay grade of E2, and forfeiture of \$817.00 pay per month for one month.

An **E-4** was found guilty of violations of UCMJ:

Article 92, Disobeying a Lawful Order

Article 107, Making False Official Statements

Article 128, Aggravated Assault

Article 134, Drunk and Disorderly Conduct

Awarded: Reduction in rate to the pay grade of E-3 (suspended for six months), extra duties for 45 days and forfeiture of \$731.00 pay per month for two month.



Tropical Times

U.S. Navy Support Facility

Commanding Officer

Capt. Robert Hibbert

Executive Officer

Cmdr. James R. Oakes

Command Master Chief

CMDCM(SW) Ronald Scintilla

Public Affairs Officer/

Managing Editor

JO1 Jeremy Wood

Printing/Distribution

L13 Lakeisha Glenn

L1SN Katerine Noll

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Input may be submitted to JO1 Wood via guard mail, in person, or e-mail them to woodj@dg.navy.mil. Editing will be done on all submissions to conform to Associated Press style guidelines.



Health News

How to fight off the 'Holidays Blues'

By Lt. Janet Cuffley, NC
Health Services Department

Everybody gets the blues sometimes. Depression can range from a lack of energy to an overwhelming sense of hopelessness. It can feel like general tiredness or a vague sense of not being well. You may feel poorly and not know why. The future seems to hold no promise. You have a sense of loss. Most depression is a normal response to an unhappy event. It is natural to be depressed by the death of a loved one, or a after a big disappointment at work. It is also normal to feel down during holidays away from loved ones.

There are ways to combat depression without seeing a health care professional. Activity is the natural antidote for depression. Regular exercise can be as effective for mild depression as the

drugs prescribed by health care providers. Stay involved with other people and let them support you. Tell someone about your problems. A friend may have a similar experience or be feeling the same way. Don't push everyone away. Someone may understand.

If you are down, ask yourself these questions:

Are you sad or blue most of the day on more days than not?

Do you often cry even though you aren't sure why?

Do you think that unhappiness is the rule in your life?

Do you no longer get pleasure from things that you used to like?

Do you often have feelings of hopelessness?

If you answered yes to any of these questions, you may be experiencing depression. Consider how your emotions are affecting

your life:

Do you have a poor appetite, or do you overeat?

Do you not sleep enough, or do you sleep too much?

Do you have low energy?

Do you feel bad about yourself in general?

Do you have trouble concentrating or making decisions?

If you answered yes to any of these questions or if your depression interferes with your work or personal life, make an appointment at Health Services Department by calling 370-4211 or 370-4212. Your health care provider will ask about issues and events in your life. He or she may offer suggestions for activities and exercise. You may be prescribed an antidepressant medication. If there is a risk of suicide you may be hospitalized.

If your depression is so severe that you are thinking of hurting

yourself or someone else, there is always someone just a phone call away. The crisis hotline on Diego Garcia is 370-HELP (370-4357). An ambulance will come to you if you call 118. Personnel at HSD monitor these phone lines 24 hours a day.

It is possible to manage mild depression without a professional. Not all cases get better without a health care provider though. If you find that eating right, resting, working out, and spending time with friends doesn't cure your holiday blues, please come to HSD. We are always available to you.

Tips for reducing "Blues and Stress"

- ☞ Eat right, get plenty of rest and exercise regularly.
- ☞ Organize your time, make lists and prioritize.
- ☞ Make a budget and follow it. Enjoy activities that are free.
- ☞ Spend time with people who care about you.
- ☞ Arrange for private time as well. Everyone needs time to breathe.
- ☞ Allow feelings of sadness, loneliness or melancholy to show. These are all normal during the Holiday Season.
- ☞ Do something for someone else.
- ☞ Be human, not perfect.
- ☞ See the humor in situations.
- ☞ Say "no" if you do not want to attend a particular event or party.
- ☞ Do not take yourself too seriously.
- ☞ Do not drink too much alcohol.
- ☞ Do not overindulge in holiday foods, especially those high in fat and sugar.
- ☞ Be realistic with your expectations of others.
- ☞ Look forward and not dwell on the past.
- ☞ Focus on what you do have.

American Red Cross, Health Services Department gear up Dental Apprenticeship Program



The American Red Cross in conjunction with the Navy Support Facility Health Services Department is looking for volunteers to assist in delivering dental services that leads to certification and job opportunity with following requirements.

Duties:

To receive and prepare patients for dental treatment; to prepare materials and equipment for use by the dentist; to assist a dentist at chairside or bedside in the treatment of patients; to perform reversible intra-oral procedures under the supervision of the dentist; to perform dental radiography work; and to keep records of appointments, examinations, treatments and supplies. This work requires a practical knowl-

edge of standardized procedures and methods used in dentistry, and skill in the techniques and procedures of dental assistance and any additional tasks required by the American Red Cross.

Special Requirements:

Hepatitis-B vaccination.

Knowledge, Skills, Abilities:

Well-qualified candidates must possess skills that are directly related to the duties of the job. The following elements should be addressed within your description of duties in your work experience on your resume.

1. Knowledge of the subject matter pertinent to the position.
2. Technical skill to perform the duties of the position.
3. Ability to communicate (both orally and in writing) the technical knowledge of the posi-

tion.

4. Must be able to work from the period of 0800-1600.

5. Education and experience preferred but not necessary.

Who may apply:

Active duty must have a request chit forwarded through their chain of command. Applicants eligible for appointment under other legal appointing authorities including, but not limited to:

- DG-21 employees
- OPG employees
- Active Duty (personnel that are interested on cross-rate.)

All qualified candidates will receive consideration without regard to race, color, religion, sex, national origin, age, disability, marital status, political affiliation or any other non-merit factor.



Island Visitors



By JO1 Jeremy L. Wood
*Navy Support Facility
Public Affairs*

HARBOR -- During the Holiday Season, Diego Garcia was visited by the nuclear submarine, USS *Columbia* (SSN 771) and the United States Army's USAV *Spearhead* (TSV-1X) high-speed transport catamaran.

The theatre support vessel *Spearhead* hails from Hobart, Australia, where construction was completed by INCAT. This joint-venture ship features many technical upgrades for the future in United States troop movement and naval warfare.

At first look, the aluminium hulled catamaran appears to be a cruiseliner. Inside the receiving

USAV *Spearhead* (TSV-1X) moored in the harbor during its tour around the world. Photo by JO1 Jeremy L. Wood.

Spearhead, Columbia liberty over on tropical isle

area, troops are afforded theater seating and plush carpeting.

The 98 meter long *Spearhead* can be piloted by as few as four crew members and over 900 monitors provide feedback to the crew. It is capable of over 50 knots.

Spearhead joins *Joint Venture* (HSV-X1), currently operated by the U.S. Navy and Army. In June 2003, the third such vessel, another 98 meter is expected to join the U.S. Navy fleet.

The *Los Angeles* class nuclear attack submarine *Columbia* makes its first liberty port in Diego Garcia during its six-month deployment.

The submarine is capable of long-range Tomahawk strike operations, anti-submarine and surface shipping operations, surveillance and intelligence gathering, and special forces insertions.



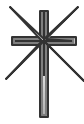
USS *Columbia* (SSN 771), Los Angeles Class nuclear attack submarine, visits Diego Garcia during its six-month deployment. Photo by JO1 Jeremy L. Wood.



Chaplain Message

New Year Resolutions

By Lt. j.g. Jay J. Kersten, CHC
NSF Religious Services



Every year at this time it seems as though millions of people devote themselves to bettering themselves and they do so making New Year's Resolutions. Many people will seek to get more physically fit, others to change eating habits or other behavioral habits. At the Chapel in the Palms the chaplains challenge everyone on this base to commit themselves to developing their total selves by including their souls in their resolutions.

The spiritual side of every person includes not only religious aspects, although that is very important, but also the development of the mind intellectually, emotionally and psychologically. Your chaplains are here to help you or be a resource for you in any way possible. We offer counseling of every kind, marriage preparation, suicide prevention, religious education, Bible study, a chapel open 24 hours a day for your spiritual use, and to use our

resources you do not even have to be a Christian, or even a believer in anything at all. Just start by believing in yourself and wanting the best for yourself. Why starve any part of your life when all of you can be fed in so many ways.

I make New Year's Resolutions every year and I do take them seriously. I have accomplished much in my short 33 years of living because I will not deny myself anything that can make me better. As a Christian I do believe that it is what God wants for me, the best His creation can offer. Regardless of your own religious background, wanting the best and going out and getting it come down to a simple action: getting up off the couch and going after it. Your chaplains are here for you. Help us make your life and living it better, let us serve you. It is not just those who have problems who need a chaplain, but everyone who wants to live a fuller life.

New Books have arrived!!

Title	Author
ARCO's ASVAB Basics 5th Edition	ARCO
ARCO's ASVAB Prep Guide 18th Ed	ARCO
Armed Force Guide Personal Financ...	Tybula, D.
Combat Fleets to the World 2002-03	Baker, A.
DA CAPO Best Music Poetry	Creely, R.
Eating Disorders: Managing Problems	Haskew, P.
Encyclopedia OD Associations Vol. I-III FOI	
Naked in Cyberspace	Lane, C.
National Job Bank 2003 Edition	ADAMS
National Survey on State	Leiter, R.
The Best American Essays 2002	Gould, S.
The Best American Non-required ...	Cart, M.
The Best American Poetry	Creely, R.
The Best American Mystery Stories	Ellroy, J.
The Best American Science and ...	Angier, N.
The Best American Sports Writing	Reilly, R.
The Chronic Pain Solution	Dillard, J.
The Facts on File Dictionary of Prov...	Manser, M.
The Librarian's Internet Survival Guide	McDermott, I.



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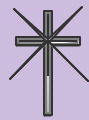
Farewell and Following Seas to:
Catholic Father



Lt. Egionor Cunha

NSF Religious Services invites all to his Farewell Mass, Sat. Jan. 4 at 7:30 p.m.

Island Church Services



The Chapel in the Palms
370-4601

CATHOLIC

Daily Mass,
Monday through Friday at 11:05
Saturday Vigil Mass at 7:30 p.m.
Sunday Mass at 8:30 a.m.

PROTESTANT

Women's Bible Study,
Wednesdays at 7 p.m.
Chapel Choir Practice,
Wednesday and Saturday at 5 p.m.

Sunday Bible Study
at 9:45 a.m.
Contemporary Service
Sundays at 11 a.m.

Camp Justice Chapel

OCF Bible Study
Wednesdays at 7 p.m.
Song of Solomon Bible Study
Wednesdays at 7 p.m.
Character Bible Study,
Thursdays at 7 p.m.
Topical of Bible Study Discussion,
Fridays at 7 p.m.

ROMAN CATHOLIC

Sunday Mass at 10:30 a.m.

PROTESTANT

Worship Service
Contemporary Sundays, 9 a.m.
Traditional Saturdays, 7 p.m.

Sacred Heart of Jesus

Daily Rosary,
6:00 to 6:20 p.m.
Theological Formation,
Weekdays, 6:45 p.m.
Evening Mass,
Weekdays, 7 p.m.
Saturday Mass
at 5:30 a.m. and 7 p.m.
Sunday Mass
at 8:00 a.m. and 7 p.m.
Friday Bible Study
at 8:00 p.m.
Palmville Mass
Every First Friday 8:30 p.m.

Church of Jesus Christ of the Latter-day Saints
Sundays at 1 p.m.



Local Messages

**Central Texas College Term III Schedule
January 13 to March 7, 2003
Registration start January 2, 2003**



<u>Course</u>	<u>Title</u>	<u>CR</u>	<u>Day</u>	<u>Time</u>	<u>Instructor</u>
GOVT 2302	State and Federal Govt II	3SH	TUE	6 p.m.-9 p.m.	Soto
HIST 1302	History of U. S. after 1877	3SH	TUE	6 p.m.-9 p.m.	Ingersoll
BMGT 1303	Principles of Management	3SH	M/W	6 p.m.-9 p.m.	Meehan
CJSA 1322	Intro. to Criminal Justice	3SH	M/W	6 p.m.-9 p.m.	Rohan
HRPO 2301	Human Resource Management	3SH	T/TH	6 p.m.-9 p.m.	White
HUMA 1315	Intro. to Fine Arts	3SH	WED	6 p.m.-9 p.m.	Blanton
GOVT 2301	State and Federal Govt I	3SH	MON	6 p.m.-9 p.m.	Hibbert
SPCH 1321	Business/Professional Speech	3SH	M/W/F	XXXX	Maune

XXXX= Lunchtime class from 11:30 a.m. to 12:30 p.m.

HIST 1302 History of the United States from 1877

New social and industrial problems, rise of the progressive movement, United States' emergence as a world power. World War I, reaction and the new Deal, World War II, and contemporary America.

GOVT 2302 State and Federal Government II

An introductory, survey course on various United States, Texas and local government topics. This course includes studying institutions of national and Texas government including the executive, legislative, and judicial branches; the bureaucracy; and the public policy including defense and foreign relations as examples.

HRPO 2301 Human Resource Management

Behavioral and legal approaches to the management of human resources in organization.

HUMA 1315 Introduction to Fine Arts

This is an introductory course designed to give the student a fundamental understanding of the creation and appreciation of the diverse-modes of expression through the visual arts, within the context of the Fine and Applied Arts.

BMGT 1303 Principles of Management

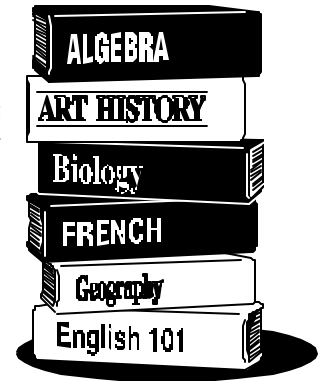
Concepts, terminology, principles, theory, and issues that are the substance of the practice of management.

SPCH 1321 Business and Professional Speaking

Theories and skills of speech communication as applied to business and professional situations. Includes participating in an interview, preparing a resume and cover letter, engaging in problem-solving discussions, and delivering public speeches.

CJSA 1322 Introduction to Criminal Justice

An overview of the criminal justice system. Topics include the history and philosophy of criminal justice, the definition of crime, and its nature and impact.



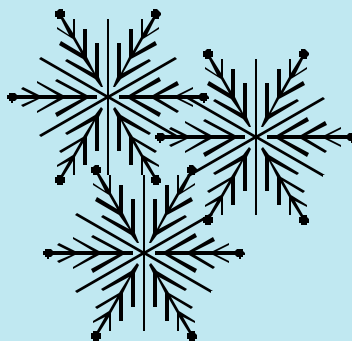
Upcoming Events

Monday, Jan. 6
Chess Tourney
Coffee House at 6 p.m.

Tuesday, Jan. 7
5K Fun Run
Base Gym at 5:30 p.m.

Wednesday, Jan. 8
DGYC Sailing Regatta
Marina at 4:30 p.m.

Thursday, Jan. 9
Domino Tournament
Coffee House at 6 p.m.



Thursday and Friday, Jan. 9-10
Power Boat Class
Marina at 4:30 p.m.

Saturday, Jan. 11
Windsurfing Class
Marina at 1 p.m.

Saturday and Sunday, Jan. 11-12
Singles Tennis Tournament
Base Gym at 5 p.m.

Sunday, Jan. 12
Red-pin Bowling
Noon-3 p.m., 3 p.m. - 6 p.m., 6 p.m. - 9 p.m.



Community

Sailor in the Spotlight

Name: Elise Marie Garnier
Department: N-1 Administration
 Division of Naval Security Group
 Detachment, Diego Garcia
Job Title: Cryptological Technician
 Administrative Seaman Apprentice
How many years in the Navy:
 "January 1, it will a year."
Family? Mom, Dad and one
 brother.
**How long have you been on Diego
 Garcia?** 6 months
**What do you like most about the is-
 land?** "Off-road bike trails and seeing the beach everyday."
Where were you before Diego Garcia? "Corry Station, Pensecola, Fla. I am
 originally from San Diego, Calif."
What is missing from Diego Garcia? "The Body Shoppe. I love that place."
What are some the things you miss about the States? "Family and
 McDonald's. Oh, and freeway driving, especially feeling the wind while I
 drive."
What was the last great movie you saw? "Brotherhood of the Wolf. It was
 pretty cool to watch it in French. Excellent story."
Favorite book? "Island of the Blue Dolphins."
Reflection: "I am grateful to God for all of the blessings He has put in my
 life."



Classifieds

Announcement: The Square & Compass Club, Diego Garcia meets every first Saturday of the month at 7 p.m. in the Clubhouse, Seabreeze Village. *Freemasons of all degrees, Demolays, and Eastern Stars* are invited to join the Club and attend the meeting. For more information please contact Secretary, Allen Lasam at 370-4219 or President, Ernie Castro at 370-2979.

For Sale: Cultech mountain bike, two years old, good shape. \$100.00 OBO. Call 370-0940.

Wanted to buy: Second hand, light to medium action fishing rod and reel. Call Steve at 370-2965.

Found: In front of the Ship's Store, a silver charm from Australia. Please contact Dave at 370-0953 on the M/V *Bonnyman*, Lighterage Supervisor.

Found: Black Swiss Army bookbag at the Yacht Club. Contact the Club for further information.

Lost: Men's plain gold wedding band at Beach House Park. Please call, 370-3325.

Lost: White and diamond earring between Yacht Club and Brit Club. Reward offered. Call Betsy at 370-0995.

Lost: Wenger men's watch, stainless steel body and brand between BOQ 6 and Navy Federal Credit Union on pathway. Please, call Ed Ibay at 370-4540.

If you wish to submit a classified to the Tropical Times, please contact JOI Wood at 370-4938 or email to woodj@dg.navy.mil.

Volunteers needed for income tax center to help with 2002 income tax year.

The Tax Center will open in February 2003 in the BEQ 16, second deck lounge.

The tax center uses a computer program called Tax Wise to prepare federal income tax returns. Electronic returns are then sent to the member's bank account. Leadership positions are available for people with Tax Wise experience. To volunteer help with the income tax center, please bring a special request chit approved by your chain of command to the Navy Support Facility Legal Office in Building 136.

If you have any questions about the tax center contact LNC(SW/AW) White at 370-2922.

Tax Tip: To keep the IRS from rejecting your tax return, report any name change (due to marriage, divorce etc.) to the Social Security Administration. A taxpayers' name must match the social security number (SSN) on file with the SSA.

If filing a joint tax return on Diego Garcia the taxpayer must provide a power of attorney or IRS form 2848 signed by the spouse or the return may be mailed to the spouse for signature. The taxpayer must have filed a 2001 federal income tax return.

Bring copies of W-2's from all jobs held in 2002. To claim childcare the taxpayer must give the name(s), SSN('s) and birthdate(s) of the child(ren); and, the tax ID #, the name, dollar amount and address of childcare center.

If you have a mortgage bring copies of 1099's.

If you went to college info about tuition, etc., is needed.



Community

Main Outdoor Theatre

A. Rat Race

John Cleese and Cuba Gooding, Jr.
When a casino owner pits six ordinary people against each other, we find out just how far people will go to find a hidden stash of two million dollars. Meanwhile, back at the casino, their progress is being monitored by a group of high rollers who wager on the outcome.

B. The Wedding Planner

Jennifer Lopez and Matthew McConaughey
A peppy career woman with her own business, planning weddings, is great at what she does and can turn any wedding into the perfect romantic event. But this time things are very different since she has fallen in love with the groom on one of the weddings she's planning.

C. Speed

Keanu Reeves, Sandra Bullock and Dennis Hopper
When a mad bombers plan to collect a huge ransom for a group of executives is foiled by a pair of Los Angeles cops, he decides to try again and get revenge at the same time by planting another bomb on a city bus and rigging it to explode if the bus slows below 50 miles per hour.

D. Spy Kids 2

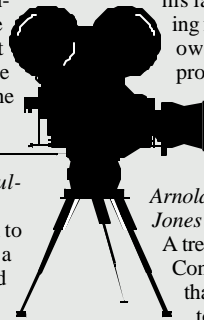
Antonio Banderas and Carla Gugino
Once again the world is in trouble and the Cortez family must travel to a mysterious island populated by all sorts of amazing creatures created by an inventive genetic scientist.

E. Ballistic: Ecks vs. Sever

Antonio Banderas and Lucy Liu
Tasked with destroying each other, two former government agents discover that they must first team up to defeat a common enemy who has developed an injectable "microdevice" designed to kill if the victim fails to do what he wants. Their private little war will have to wait.

F. Jerry Maguire

Tom Cruise and Cuba Gooding, Jr.
A sports agent, brought to a professional crisis by an ill-considered paper he wrote, finds himself out of a job, out of friends, and out of options. Convinced that he's right and supported by his last remaining client, a trusting football receiver, he starts his own company in an attempt to prove there's a better, more human way.



G. Conan the Destroyer

Arnold Schwarzenegger and Grace Jones
A treacherous and evil queen hires Conan to retrieve a magic crystal that she promises will allow her to bring Conan's dead lover back to life. But since the only one who may touch the crystal is the king's virgin daughter. Conan must bring her along on his dangerous quest.

Where they're showing

Location	M	T	W	Th	F	S	Su
MOT - 8 p.m.	A	B	C	D	E	F	G
MOT - 10 p.m.	-	-	-	-	F	G	-
CPO Club - 7:00 p.m.	-	-	-	-	-	-	-
CPO Club - 7:30 p.m.	-	-	-	-	-	C	-
CPO Club - 9:00 p.m.	-	-	-	-	-	B	-
Officer's Club - 7:30 p.m.	-	E	-	A	-	-	-
Half-Time - 11 a.m.	G	A	B	C	D	E	F

Equal Opportunity Awareness Calendar

Dec. 28, 1977: *Army Combat Exclusion Policy enacted this month; keeps women out of specialists or units that involve direct combat.*

Dec. 29, 1944: *5,000 African-Americans volunteer to participate in "Battle of the Bulge"; 2,500 accepted.*

Dec. 30, 1941: *Fifty Korean Americans are registered for California National Guard duty as of this date.*

Dec. 31, 1933: *Lt. Gen. Allen K. Ono, Army's first three-star Japanese American, born.*

Jan. 1, 1969: *Staff Sgt. Rodney James Takashi Yano earns Medal of Honor for heroism in Vietnam.*

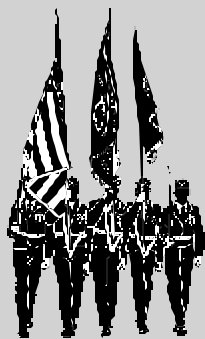
Jan. 2, 1952: *Col. Irene O. Galloway appointed as Women's Army Corps Director.*

Jan. 4, 1913: *Yonosuke Enouye, first Japanese graduate of United States Naval Academy, class of 1891, dies.*

Jan. 6, 1943: *1st Lt. Masao Yamada becomes first Japanese-American Army Captain.*

Jan. 8, 1965: *Four Navy nurses injured during Viet Cong bombing; becomes first women awarded Purple Hearts in Vietnam.*

Submitted by ABHC(AW/SW) Robert Barnard,
Navy Support Facility Equal Opportunity Advisor



Naval Support Facility's
Color Guard
is looking for volunteers
of any rank to fill
their squads.

Anyone interested,
please contact the
Command Master Chief
at 370-4104.

This Week's Tides Jan 4 - Jan 10



	High	Low	High	Low
Saturday	0345	0956	1557	2214
Sunday	0427	1033	1634	2251
Monday	0622	1233	1822	0051
Tuesday	0704	1327	1910	-----
Wednesday	0758	0139	2004	1433
Thursday	0858	0239	2122	1551
Friday	1016	0357	2258	1703



Community

Galley - Jan 6 - 10

Lunch

Monday

Chicken Noodle Soup
Baked Lasagna
Simmered Franks with
Sauerkraut
Potatoes Quick Baked Halves
Steam Rice
Parmesan Eggplant
FFS: BBQ Beef on Bun

Tuesday

Tomato Bisque Soup
Meat Loaf / Mushroom Gravy
Chicken Pot Pie w/ Biscuits
Mashed Potatoes
Fluffy Steamed Rice
Seasoned Mixed Vegetables
Seasoned Broccoli
FFS: Bacon, Lettuce and
Tomato Sandwich

Wednesday

Beef Rice Soup
Tempura Fish
with Tartar Sauce
Braised Beef Cubes
Boiled Pasta
with Cream Sauce
Fluffy Steamed Rice
Seasoned Peas
Hot Spiced Beets
FFS: Hot Pastrami Sandwich

Thursday

Creole Soup
Beef Sukiyaki
Teriyaki Pork Steak
Baked Potatoes
Fluffy Steamed Rice
Seasoned Cauliflower
Seasoned Green Beans
Hot Rolls / Corn Bread
FFS: Grilled Tuna
and Cheese Sandwich

Friday

Butternut Squash
and Sweet Potato Soup
Corned Beef
with Apple Glaze
Turkey Enchiladas
Parsley Buttered Potatoes
Fluffy Steamed Rice
Boiled Carrots
Boiled Cabbage
FFS: Italian Pepper
Beef Sandwich

Dinner

Monday

Shrimp Gumbo Soup
Barbecued Chicken
Mambo Roast Pork
Au Gratin Potatoes
Fluffy Steamed Rice
Seasoned Green Beans
Fried Cauliflower

Tuesday

Split Pea Soup
Vegetable Stuffed Peppers
Roast Turkey
Savory Bread Dressing
Fluffy Steamed Rice
Seasoned Spinach
Lyonnais Carrots
Chilled Cranberry Sauce

Wednesday

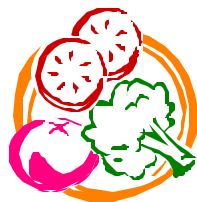
“Filippino Night”
Cream of Chicken and
Macaroni Soup
Beef Caldereta
Philippine Pancit
Fried Egg Roll
with Lumpia Sauce
Garlic Fried Rice
Fried Cabbage
Corn on-the-Cob

Thursday

Corn Chowder
Swiss Steak
with Mushroom Gravy
Cheese Tortellini
Fluffy Steamed Rice
Mashed Potatoes
Simmered Pinto Beans
Vegetable Stir Fry

Friday

Pepper Pot Soup
Blackened Fish
Swedish Meatballs
Baked Macaroni and Cheese
Fluffy Steamed Rice
Polonaise Broccoli
Seasoned Succotash



♥ = 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 in the NSF public folder's CDF Galley.

THIS DAY IN NAVAL HISTORY

December 29:

1812 - USS *Constitution* (Captain William Bainbridge) captures HMS *Java* off Brazil after a three hour battle.
1943 - USS *Silversides* (SS-236) sinks three Japanese ships and damages a fourth off Palau.

December 31:

1862 - USS *Monitor* flounders in a storm off Cape Hatteras, N.C.
1942 - Commissioning of USS *Essex* (CV-9), first of new class of aircraft carriers, at Norfolk, Va.

January 1:

1950 - Mary T. Sproul commissioned as first female doctor in Navy.
1959 - U.S. Naval Observatory introduces system of uniform atomic time using cesium beam atomic oscillators. This measurement has been adopted as standard by the International Committee on Weights and Measures.
1962 - Navy SEAL teams established.

January 2:

1969 - *Operation Barrier Reef* began in Mekong Delta, Vietnam.

January 3:

1904 - Marines from USS *Dixie* arrive in Panama.
1944 - Top Marine ace Maj. Boyington captured after shooting down 28 aircraft.
1945 - Third Fleet carriers begin a two-day attack against Formosa destroying 100 aircraft with loss of only 22 aircraft.

January 4:

1910 - Commissioning of USS *Michigan* (BB-27), the first U.S. dreadnought battleship.

January 5:

1875 - CDR Edward Lull begins expedition to locate best ship canal route across Panama. Route followed 30 years later.
1943 - USS *Helena* (CL-50) fired first proximity fused projectile in combat and shot down Japanese divebomber in southwest Pacific.
1968 - First Male Nurse Corps officer in Regular Navy, LT Clarence W. Cote.

January 6:

1916 - First enlisted flight training class at Pensacola, Fla.

January 7:

1960 - Launch of first fully-guided flight of Polaris missile at Cape Canaveral (flew 900 miles).

January 8:

1945 - Carrier aircraft begin 2-day attack on Japanese forces, Luzon, Philippines.

For more information on naval history, visit the Naval Historical Center Web site at www.history.navy.mil.