

Tropical Times

Serving the Footprint of Freedom



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

September 5, 2003

Renovations to improve Diego Depot

Changes to result in more merchandise, better access

By JO2 Jeffrey Fretland
Naval Media Center

With the whirring of electric drills and the clanging of metal, the Diego Depot is undergoing major changes as new shelving is installed to provide more grocery items.

Five representatives from the Navy Exchange Command (NEXCOM) in Virginia Beach, Va., are visiting the island to assist with and make improvements to the Diego Depot and the Ship's Store to provide better service and create greater accessibility to a wider variety of products.

This trip was one of many NEXCOM personnel will make during the next several months, according to Joe Marchese, NEX mini-mart program manager.

"We came here six months ago to check out the Diego Depot and the Ship's Store, and realized we could enhance the efficiency of both places," Marchese said. "Storage space is at a real premium in both stores, so we're busy reorganizing and rearranging the floor spaces and putting up new shelves. We're setting up all brand new equipment so we can add 45 to 50 percent more merchandise. We're

essentially tripling the inventory with the help of two major companies, Webco Corp. and C. Lloyd Johnson Enterprises."

Marchese explained that the concept is to improve access and availability to both stores, in addition to improving customer service and offering more goods.

"We're essentially upgrading both facilities to better resemble a commissary and an NEX mini-mart..."

Joe Marchese

"We're essentially upgrading both facilities to better resemble a commissary and an NEX mini-mart, just as you would have at any other overseas or stateside locality," Marchese added.

In addition to the new store configurations and the addition of much-needed shelving, new merchandise has been arriving. NEX representatives have spent many days encoding and scanning merchandise prices into store computers. More than 1,000 new items, from an expanded pasta and cereals section at the Diego Depot to a greater selection of toiletries at the Ship's Store, will be available.

See "Renovations" page 2

Labor Day celebrated DG style

Story and photo by
JO3 Denise Morris
Naval Media Center

More than 2,600 islanders attended the island-wide Labor Day Picnic this weekend

at Tropical Park. The festivities began early in the day with volleyball, softball and horseshoe tournaments. T-shirts were given to all the winners.

MWR treated patrons to a food line with dishes such as teriyaki pork, spare ribs and hot dogs. The new island band "Civil Eyes" was also featured.

Joe Ignacio, MWR maintenance foreman,

LCDR Benjamin E. Everhart, AIMD officer in charge, throws a horseshoe last Sunday during a tournament at the island-wide Labor Day picnic at Tropical Park.



said, "This island-wide picnic is good. People are happy and are having lots of fun." He also said MWR provides events such as these to keep up the morale of the military service members and civilians on the island.

Participants like Senior Airman Matt Rosenquist, of the 40th EMXS, enjoyed testing his skills striking a bell with only one arm on the hammer, one of the many games featured at the picnic. Other games included roulette and a tennis ball toss.

MWR sponsors many other events like monthly fishing competitions, fun runs and walks, a variety of tournaments, bike races and many more activities. MWR has many games and classes scheduled weekly.

MWR recreation calendars can be picked up at many establishments. If you have any questions about upcoming events, contact Dave Sullivan at 370-2780.

Non-native lizard studied on DG

*Residents asked to help
PW environmental
office in search*

Submitted by
Public Works Environmental Office

The Agama Lizard, a non-native reptile to Diego Garcia also known as "variable agama," can rapidly change color and blend in with its environment. This non-poisonous species devours insects and ranges from 10-25 centimeters for males and 20 centimeters for females. PWD environmental is monitoring how fast this lizard is spreading on DG. If you see this reptile beyond 500 meters of the Beach House area contact Nestor Guzman at 370-4546 or Linda Corpus at 370-4542. (Photo courtesy of Environmental Office)



Tropical Times

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Service records no longer on 'fiche

All active and reserve copies of the Official Military Personnel File in the Electronic Military Personnel Records System will be provided on CD.

New CD features include:

- * Autoload feature from any PC with Micro-Soft Windows 95 or higher.
- * Procedures for record correction process.
- * Hyper-links to frequently asked questions and other resources.
- * Documents secured by a watermark and may be printed if desired.
- * Print copies from personal computer.
- * No more out-of-pocket expense (\$4) for microfiche viewer.
- * No more "How can I print a paper copy?"

Record ordering procedures are the same as for requesting a microfiche copy:

1. The CD can be requested via mail, fax or in person at the Tennessee Record Review Room at Wood Hall, (Bldg 769), User Services, and on BUPERS Online.

2. CDs may be requested for individual service members. Additionally, multi-member requests may be made when deployed/disconnected commands desire the records for members within their command. The records may be *See "Microfiche" page 6*

Renovations from page 1

NEXCOM representatives and vending agents are scheduled to return next month to assess sales and observe the overall replenishment cycle. New products will gradually be introduced during the coming months as sales popularity determines.

NEXCOM employee Walter L. Moore enjoys working at remote store locations.

"We're here to make the commissary and Ship's Store more user friendly," Moore

said. "It's really challenging to enhance the goods and services we provide here on the island, but we do our best to improve the business climate and provide the items people need and want. You really gain an appreciation for improving island life while you are here."

ENS Raymond M. Slusar, NSF sales and services officer, had a similar sentiment.

"We're doing our best to enhance the quality of life for the military and civilian personnel on the island."

Cholesterol required by our bodies

By LT Billie Coley
Health Services Department

Cholesterol is a white, waxy substance required by our bodies for normal functioning. Our bodies use cholesterol to assist in the manufacture of hormones or vitamin D, break down carbohydrates and proteins, help form a protective coating around nerves, build cell walls and produce bile.

Cholesterol comes from two sources: Our liver manufactures about 80 percent of the cholesterol in our bodies from the fat we consume. The rest of our cholesterol comes from other non-fat foods we eat.

Dietary cholesterol is naturally found in all foods of animal origin. Once manufactured by the liver, the cholesterol is delivered for use to the rest of the body by certain proteins. This cholesterol-protein combination is called a lipoprotein.

There are three types of lipoproteins: very low density lipoproteins (VLDL), low density lipoproteins (LDL) and high density lipoproteins (HDL). VLDL are mostly triglycerides, but do contain some cholesterol. The VLDL move through the bloodstream to the cells of the body where its triglycerides are used for energy or are stored by the cells.

LDLs are known as the "bad cholesterol." LDLs contain most of the cholesterol found in the blood. The proteins that make up this lipid-protein compound don't have a very strong hold on the cholesterol, so as the LDLs travel through the blood, the cholesterol is able to break away and attach to the walls of the arteries. This waxy accumulation on the walls of arteries leads to hardening of the arteries, also known as atherosclerosis or coronary artery disease. That is why high levels of LDLs are associated with increased risk for heart disease and stroke.

The HDLs are referred to as the "good cholesterol." This lipid-protein combination is mostly protein with relatively few

triglycerides and little cholesterol. They are smaller compounds and work to remove the LDLs from the bloodstream and from the blood vessel walls. They carry the LDLs back to the liver and intestines where they can be broken down and removed from the body. Taking all this into consideration, it makes sense why we want high levels of HDLs and low levels of LDLs.

According to the National Heart, Lung and Blood Institute, cholesterol levels are classified as follows:

Total Cholesterol Level	Category
Less than 200mg/dl	Desirable
200-239mg/dl	Borderline high
240mg/dl and higher	High

If you are in a borderline or high category, it is also important to know your LDL and HDL levels. What do these numbers tell us? These numbers, along with any other serious risk factors, give your healthcare provider an idea of your risk of heart disease. Knowing your risk factors helps them treat your condition and implement a prevention plan to help you live a healthy heart attack- or stroke-free life.

Along with cholesterol levels, there are other serious risk factors that increase your risk for heart disease. Some of these factors are controllable, while others are not:

Modifiable Risk Factors	Non-modifiable Risk Factors
Cigarette Smoking	Age (males > 45years)
High Blood Pressure	(Females > 55 years)
Obesity	Male sex
Physical inactivity	Family history
Diabetes	Coronary heart disease

In next week's article, we will look at causes of high cholesterol.

Galley Menu Sept. 6 - 12

	<u>Lunch</u>	<u>Dinner</u>	
Saturday	Oven Fried Chicken Mashed Potatoes <i>Speedline:</i> Chicken Salad	El Rancho Beef Stew Italian Style Submarine Sandwich	Wednesday Corned Beef w/Apple Glaze Chicken Cacciatore <i>Speedline:</i> Grilled Tuna and Cheese Sandwich
Sunday	Monte Cristo Sandwich <i>Speedline:</i> Hot Pastrami Sandwich	Savory Baked Chicken Pork Chop Suey	Thursday Cantonese Pork Spareribs Open Faced Turkey Sandwich <i>Speedline:</i> Gyros
Monday	Parmesaan Veal Steak Lemon Fish w/Tartar Sauce <i>Speedline:</i> Grilled Frankfurters	Pasta Primavera Stuffed Beef Rolls/Brown Gravy	Friday Baked/Fried Fish Beef Stew <i>Speedline:</i> Barbecued Pork
Tuesday	Baked Lasagna Grilled Pork Chops <i>Speedline:</i> Egg Salad Sandwich	Oriental Pepper Steak Tempura Fish w/Tartar Sauce	<i>*Heart healthy items. Reminder to CDF patrons: meal pass must be visually sighted at the sign-in desk. No smoking areas will be enforced. Due to unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock or to permit the use of perishables.</i>
			Philippine Night Pork Adobo Phillipine Pancit
			Stuffed Cabbage Roll Fried Chicken Nuggets
			Chicken Fried Steak Cheese Tortiglioni

CREDO beneficial to many

By LCDR Matthew Warnke
NSF Chapel

We had a very good CREDO Personal Growth Weekend while embarked in USNS Watkins. They were great hosts, and the weekend was beneficial for all who attended.

This week, I want to share with you some of the comments from those who participated in the CREDO weekend. My purpose in sharing these comments with you is to encourage you to consider attending our next weekend. Highlights of the weekend varied, but some of them were getting to know each other, ourselves and our own spirituality better, the food, and the sunsets at sea.

On the final evaluation, one of the questions was, "How did this weekend help you to grow?" and the responses that we received were:

"I grew in the fact that it helped me to reach realization with the problems that I was having and it will help to aid me in the future."

"It helped me think about life in other perspectives."

"The last day is what I needed. Focusing on such positive energy helped me get rid of a lot of my negativity that has been with me for the past few months."

"It helped me to relax and feel stress free and know all people experience similar situations."

"I got to learn more about myself. I got a new outlook on life."

"It helped me relieve a lot of stress."

"It helped me ground myself in knowing that others have the same/similar problems as I."

"It helped me grow through the way I needed to grow, patience and friends."

"This weekend helped me to get in touch with myself in many ways. The effects of this weekend were very powerful and I feel empowered both mentally and spiritually."

"It helped me to realize what I need to do toward handling certain problems with my family."

"Knowing that there are others who have faced the same losses and just having time to reflect on self."

"I learned to cope with diversity and reflect on other people's lives, trauma, death, real-life experiences."

"It helped me in many ways, first and foremost it has helped me to understand myself as a person. To be more open with myself and with others in a way I have never experienced."

"It helped me to seek out new friendship."

"It helped me blow off a lot of steam. It helped me relax."

"Well, it helped me look at the bigger scheme of things and stuff."

"It helped me realize where I am in my life and what I have to be prepared to do."

In closing, I include just a couple of other comments that were made: "It was excellent, good friends and of course food (spiritual and physical)," and "My friend went on a CREDO trip and loved it. I chose to go too. I'm so happy I did. It was wonderful and I feel really happy now."

If you have any questions or desire more information about the Personal Growth Retreat, contact the chapel at 370-4601.

Church Services

For more information, contact
the base chapel at 370-4601.

The Chapel in the Palms 370-4601

ROMAN CATHOLIC

Rosary and Devotion

Sunday 8 a.m.

Saturday 7 p.m.

Catholic Mass

Saturday 7:30 p.m.

Sunday 8:30 a.m.

Monday-Friday 6:30 a.m.

Choir Practice

Thursday 7 p.m.

Saturday Confession

6 p.m.

Scripture Study

Thursday 6 p.m.

ISLAMIC

Jum'ha

Daily 7:30 p.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Sunday 8 a.m.

CHURCH OF CHRIST

Sunday Worship

10 a.m.

The Chapel in the Palms 370-4601

PROTESTANT

Sunday Bible Study

9:45 a.m.

Contemporary Service

Sunday 11 a.m.

Gospel Service

Sunday 1:30 p.m.

Christian Fellowship

Tuesday 7 p.m.

Women's Bible Study

Wednesday 7:30 p.m.

Chapel Choir Practice

Wednesday and Saturday 5 p.m.

Gospel Choir Practice

Wednesday 6:30 p.m.

Thursday 5 p.m.

Saturday 3 p.m.

Video and Game Night

Friday 7 p.m.

Iglesia ni Cristo

Tagalog Worship Service

Thursday 5 a.m. and
7:30 p.m.

English Worship Service

Saturday 7:30 p.m.

Tagalog Worship Service

Sunday 5 a.m.

Camp Justice Chapel 370-4959

Table Talk

Tuesday 7 p.m.

Praise and Worship

Wednesday 7 p.m.

Celebration

Wednesday 7 p.m.

Chapel Movie Night

Monday 7 p.m.

General Protestant Service

Sunday 9 a.m.

Ladies Night Out

Thursday 7 p.m.

Sports Night

Friday 7 p.m.

Corporate Prayer

Saturday 8 p.m.

ROMAN CATHOLIC

Catholic Mass

Sunday 10:30 a.m.

LUTHERAN/EPISCOPAL

Worship Service

Saturday 7 p.m.

Hindu Temple

Fellowship Service

Thursday 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Daily Rosary

6:00 to 6:15 p.m.

Theological Formation

Weekdays 7 p.m.

Evening Mass

Weekdays 6:15 p.m.

Saturday Mass

5:30 a.m. and 7 p.m.

Sunday Mass

8:00 a.m. and 7 p.m.

Friday Bible Study

7:30 p.m.

Palmville Mass

Every First Friday 8:30 p.m.

Christian's Den

Band Practice

Tuesday and Saturday
8 p.m.

Tagalog Bible Study

Wednesday 7 p.m.

Tagalog Fellowship

Thursday 7 p.m.

Contemporary

Christian Service

Sunday 7 p.m.

Hispanic heritage to be celebrated

By JO2 Jeffrey Fretland
Naval Media Center

It is no secret Diego Garcia possesses a unique multicultural mosaic of diverse people from different backgrounds. The island will pay tribute to the contributions of the Latin culture when the annual Hispanic Heritage Month observance begins this month. It runs from Sept. 15 to Oct. 15.

A newly-formed cultural observance committee recently held its first meeting to handle various projects associated with Hispanic

Heritage Month and other upcoming events. Activities planned include salsa dance lessons at the Fil-Mau Club and a cultural display at the Ship's Store along with Hispanic-style meals at the Consolidated Dining Facility during the month-long celebration.

More than 100,000 Hispanic personnel serve in uniform, comprising about 9 percent of the U.S. military. Through the years, hundreds of thousands of Hispanics have served their nation in uniform, including 38 who received the Medal of Honor, the nation's highest award for valor.

Hispanic Heritage Month is celebrated each year through Presidential Proclamation. It originally began as National Hispanic Heritage Week in September, 1968, when Congress announced its designation. The week was formally recognized by President Gerald R. Ford, Sept. 4, 1974 when he encouraged education and human rights groups, in addition to the general public, to celebrate the week with appropriate ceremonies and activities.

President Ronald Reagan signed a proclamation Sept. 13, 1988 designating National Hispanic Heritage Month as an officially-sanctioned national observance.

In addition to the island festivities, the Department of Defense will mark the event with ceremonies at military installations and aboard ships at sea worldwide.

For more information, contact AT1(AW) Benedict F. Tamayo at the NSF Equal Opportunity Office at 370-4127.

Safety Corner

The following steps are recommended when barbecuing.

Step 1: Identify hazards like location, utensils, grill, experience and fire equipment (hose).

Step 2: Assess the impact of each hazard in terms of potential loss and severity, i.e., possible fire if too close to structure.

Step 3: Once you have identified the hazards and assessed the risk, you should decide on some controls that can be employed to reduce or mitigate the hazards.

Step 4: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: Once you select appropriate controls, use them. A plan is only good if it is followed.

Step 6: Monitor the situation and adjust as necessary to keep things under control.

Barbecuing is a great way to enjoy summer fun and we all deserve a break every now and then. Use risk management to make barbecuing fun, memorable and safe. No one wants an outing to turn into a tragedy.

Main Outdoor Theater	Officer's Club
Tonight at 8 - It Runs in the Family	Tuesday at 7:30 p.m.- Reversal
Tonight at 10 - Daddy Day Care	Thursday at 8 p.m.- Legend of 1900
Tomorrow at 8 p.m.- Daddy Day Care	CPO Club
Tomorrow at 10 p.m.- A Man Apart	Tomorrow at 7 p.m.- Max Keegle's Big Move
Sunday at 8 p.m.- A Man Apart	Tomorrow at 9 p.m.- Kiss of the Dragon
Monday at 8 p.m.- Legend of 1900	Tuesday at 7:30 p.m.- Bulletproof Monk
Tuesday at 8 p.m.- Osmosis Jones	Wednesday at 7:30 p.m.- Down With Love
Wednesday at 8 p.m.- Collateral Damage	Thursday at 7:30 p.m.- Reversal
Thursday at 8 p.m.- Enduring Freedom/ Bulletproof Monk	Each movie that plays at the MOT will be replayed the following morning at 11 in the Turner Club.
Legend of 1900 starring Tim Roth and Pruitt Taylor Vance A newborn child, abandoned on a piano in the first-class ballroom of a trans-Atlantic ocean liner, is raised by the engine room stoker who finds him. The child grows up to become the pianist in the ship's orchestra. As his fame grows, he soon attracts the attention of the legendary "Jelly Roll" Morton, who challenges him to a competition.	A Man Apart starring Vin Diesel and Larenz Tate Two men who grew up on the streets of L.A. and joined the Drug Enforcement Agency to fight the ever-rising plague of drug traffic coming into the U.S. from Mexico, go to war when a major new player known as "Diablo" orders a hit on them that results in the death of one cop's wife. Now, consumed by revenge, nothing will stop them from getting their man.
Osmosis Jones starring Bill Murray and Chris Rock This epic adventure of microscopic proportion follows a deadly virus through the human body. It is up to Osmosis Jones, a renegade white blood cell, to hunt down and destroy the virus. Racing against his human biological clock, Osmosis and his partner Drix must find a way to save the body they are inhabiting.	Kiss of the Dragon starring Jet Li and Bridget Fonda When a Chinese intelligence officer goes to Paris on a secret assignment, he finds himself framed for murder by the French investigator he thinks he is working for. He must team up with a gorgeous prostitute to prove his innocence.
Collateral Damage starring Arnold Schwarzeneger and John Leguizamo A firefighter plunges into the complex and dangerous world of international terrorism after a bomb planted on a motorcycle kills his wife and child. Frustrated with the lack of progress in the official investigation, and disturbed by the thought that the murderer may never be caught, he travels to Columbia to seek his revenge.	Max Kleegle's Big Move starring Alex D. Linz and Larry Miller After a depressing first day at school, a much-bullied seventh grader finds out he is moving in one week. Rather than put up with the normal routine of school, he plans retaliation on all the students who picked on him. After creating all kinds of mayhem, he finds out that he is not moving after all.
Bulletproof Monk starring Chow Yun-Fat and Seann W. Scott A mysterious monk crosses the globe for years to protect an ancient scroll, which holds the key to unlimited power. He mentors a street smart young man whose only concern is himself. When he saves the monk from capture, the two become partners to protect the scroll from a thief.	Down with Love starring Renee Zellweger and Ewan McGregor Set in the early 1960s, an advice columnist finds herself flustered by a play-boy journalist.
Reversal starring Danny Moussetis and Kelly Vint The 7-year-old son of a wrestling coach knows just how to win his father's approval, he keeps his weight down and wins every match. Ten years later, he is the high school wrestling champion, but his continuous striving for perfection will soon threaten his relationship with his girlfriend, his family and possibly his future.	It Runs in the Family starring Michael Douglas and Kirk Douglas Alex Gromberg is a man caught in the middle trying to avoid the mistakes his father made while coming to terms with the ones he's already passed on to his own sons.
Enduring Freedom: the Opening Chapter (shown in conjunction with <i>Bulletproof Monk</i>) Real Sailors and Marines demonstrate the power of teamwork to get the mission accomplished in this powerfully motivating short film. A job well done.	Daddy Day Care starring Eddie Murphy and Steve Zahn Two fathers lose their jobs in product development at a large food company, and are forced to take their sons out of the exclusive Chapman Academy and become stay-at-home fathers. With no job possibilities on the horizon, they open their own day care facility and employ unconventional methods of child care.

The information contained in this section is subject to change. For current movie information, check out the marquee at the MOT or call MWR at 370-2982.

40 ECES claims Captain's Cup

By JOSN Heather Schory
Naval Media Center

40th ECES took Captain's Cup with 2,700 points Friday at Tropical Park by implementing good teamwork.

Competition was the name of the game as 13 island commands battled it out to see who would take home the coveted trophy. For the last two months NSGD has been the command to beat, however this month they weren't unstoppable.

Captain's Cup commenced at 11 a.m. with kickball. After the tournament was complete, AIMD took first, receiving 300 points.

Jeffrey Obert referred kickball and said, "All the teams participating came in with a positive attitude. Teamwork was the key to winning." Obert also said he was impressed with the amount of people participating in the events.

At noon, a volleyball tournament was played on the outdoor court and a free-throw competition and ping-pong tournament were held in the gym. In

these events, Air Ops took first in volleyball, 40th ECES took first in the free-throw competition and ping-pong tournament.

The rest of the day's events included a roller blade competition, home run derby, horseshoes tournament, a bike relay and sack race.

The day's events ended with the almighty tug-of-war, as 10-member teams heaved with all their might to win the last event.

After the intense tug-of-war, the points were tallied and competitors waited in anticipation for the day's results.

With 2,660 points NSGD came in second and PWD took third with 2,580 points.

* * *

Island residents also headed out to the marina to watch eight teams compete in the second Escape from the Rock Raft Race Saturday afternoon. Six-member teams built rafts out of scrap materials. Teams were required to paddle around a set of two buoys. Teams paddled around

the first buoy twice and the second one only once.

The winners of the preliminary races competed in the final round. D-G-five-O from B.I.O.T came in first, Small Craft Warning from METOC took second and third place went to Ammo from CENTAF/40th EMXS.

Teams also competed for best raft design, costume, story and pennant and figurehead.

Best raft design went to Five old men and one young girl from 40th ECES and D-G-five-O took second.

Best costume design went to D-G-five-O while Five old men and one young girl placed second.

D-G-five-O also won best story and 40th EMXS took second.

The Crazy Head Hunters from NSF's Public Works Department won the best pennant and figurehead with 40th EMXS placing second.

Microfiche from page 2

placed on unique CDs by member or multiple members on a single CD, depending on intended use.

3. When a member requests his/her record, the entire record is available for viewing on the CD. When a command authority makes a request for multiple-member records, record documents will be provided in accordance with current policy (for example, fitness reports will be excluded from an officer's record).

4. A request management system will assist NPC throughout the fulfillment process to ensure requests are fulfilled in a timely manner.

This week's tides Sept. 6 - 12

	High	Low	High	Low
Saturday	12:16 p.m.	5:57 a.m.	12:40 a.m.	6:33 p.m.
Sunday	1:16 p.m.	7:09 a.m.	-----	7:33 p.m.
Monday	1:34 a.m.	7:51 a.m.	2:04 p.m.	8:15 p.m.
Tuesday	2:16 a.m.	8:27 a.m.	2:40 p.m.	8:51 p.m.
Wednesday	2:52 a.m.	9:03 a.m.	3:10 p.m.	9:21 p.m.
Thursday	3:22 a.m.	9:33 a.m.	3:40 p.m.	9:51 p.m.
Friday	3:46 a.m.	10:03 a.m.	4:04 p.m.	10:21 p.m.

DG's Sports Schedule

Softball

Tuesday

Field 1

Bombers vs. Crew Chiefs 6 p.m.
AMXS vs. Chiefs 7 p.m.
DG Haters vs. Deadly Force 8 p.m.

Field 2

CE vs. NSGD 6 p.m.
Outsiders vs. Ammo
Dogs 7 p.m.

Thursday

Field 1

Outsiders vs. DG Haters
CE vs. Ammo Dogs

Field 2

NSGD vs. AMXS
Chiefs vs. Bombers

Volleyball

Monday

Sacred Heart vs. Fil-Mau 6 p.m.
Looney Toons vs. PSN 7 p.m.
Get 'R' Done vs. Fighting Marlins 8 p.m.

Tuesday

VP-40 vs. HAS 6 p.m.

Thursday

All Net vs. VP-40 6 p.m.