

Tropical Times

Serving the Footprint of Freedom



Volume 13, Number 36

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

September 12, 2003

B-1B Lancers arrive on Diego Garcia

*Support operations
to continue*

Story and photo by
JOSN Adam Stapleton
Naval Media Center

Several Air Force B-1B Lancers arrived on island this week to replace B-52s which departed recently.

Col. Daniel Charchian, 40th Air Expeditionary commander, says this marks the beginning of a new era for the B-1 bomber. This is the first time B-52s and B-1s have swapped out under the Aerospace Expeditionary Force rotation cycle.

“The B-52 has served the 40th and U.S. Central Command operations since October 2001,” said Charchian. “It has been a workhorse in the theater, accomplishing everything combatant commanders have asked it to do.” During the past two years, the B-52 has accumulated more than 27,000 combat hours.

“The best thing is, we don’t lose any capabilities by swapping the B-52 with the B-1. We’re still able to give combatant commanders the options necessary to conduct combat operations,” said Charchian.



A B-1B Lancer is parked recently after arriving on Diego Garcia to replace B-52s. The Lancers will continue to support operations Enduring Freedom and Iraqi Freedom.

The B-1B Lancers and their support and maintenance crews will continue to conduct missions in support of operations *Enduring Freedom* and *Iraqi Freedom*.

British sub HMS Triumph visits island

By JO2 Jeffrey Fretland
Naval Media Center

Island representatives welcomed the crew of HMS Triumph Sunday morning as the Royal Navy submarine began a two-week port visit to Diego Garcia.

The ship departed from its home base of Devonport, England in June in support of United Kingdom and United States missions abroad. The submarine has a crew of 130, according to CMDR Ian Roberts, Triumph commanding officer.

“We have many different occupations aboard ship, from warfare and weapons technicians to marine engineers,” Roberts, a native of Preston, England, explained. “We’ll be taking on several different training scenarios during our deployment, so their

level of training and expertise will be continually tested.”

The port visit was arranged through the liaison of the Royal Navy Fleet Headquarters at Northwood, England and the local British Representative’s Office. According to Roberts, Triumph stopped for a prior visit to the Republic of the Seychelles Islands, and it is the first British submarine to stop there after passing through the Suez Canal.

Roberts added the main purpose of the visit is to perform routine maintenance on the vessel. The crew will also be savoring some well-deserved relaxation and down time.

The ship is also stocking up on provisions and supplies. Various support commands from the United Kingdom will arrive on island to supply support and assistance to

the ship and crew before they embark on the next leg of their deployment Sept. 22.

The fast-attack submarine was commissioned in 1991.

“We accomplish whatever mission we are called upon to respond to, as our Ministry of Defense requires of us,” Roberts said. “We have to be ready to take off at a moment’s notice.”

After the ship returns home from deployment, it will be temporarily decommissioned while it is in the shipyards being refitted and upgraded. Repairs will take at least two years.

Roberts added this is his first visit to Diego Garcia, and he is impressed with what he has seen. Several of his crewmembers have been here on previous visits.

“It’s a beautiful place with a very nice climate,” Roberts said. “The base has

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AIMD opens new \$9 million facility

By JOSN Adam Stapleton
Naval Media Center

A ribbon-cutting ceremony was held Sunday at AIMD to celebrate the opening of their new facility.

This new state-of-the-art aviation intermediate maintenance facility will allow AIMD to consolidate the majority of their facilities under one roof. Departments that will operate out of the new facility include mobile maintenance, the hangar, para loft, production control, avionics and ordnance.

"We're thrilled to move in here, it's a great facility and once we get everything operational, the life of AIMD Sailors is going to improve measurably," said ATCS(AW) Gary L. Hassell of AIMD.

"For instance, avionics will be moving out of the cramped trailers they're in now and into a considerably larger work space."

Hassell organized the ribbon cutting ceremony, which included cake, fruit and beverages for attendees. After the ceremony, Hassell lead attendees on a tour of the new facility.

"This facility has taken about two years to construct," said Hassell. Plans for AIMD's new facility started in 1999 and the ground breaking was in 2001. The original cost of construction was set at \$8.3 million but, with renovations, the total cost ended up at close to \$9 million.

AIMD will begin moving into the new facility next week and Hassell expects the facility to be fully operational by December.

Military dogs help keep DG safe

By JOSN Adam Stapleton
Naval Media Center

Military working dogs (MWDs) are doing their part to make sure drugs stay out of the Navy and off Diego Garcia.

MWDs "sniff out" any controlled substances that might be on island. NSF security conducts these searches in random locations on a daily basis with the help of two MWDs.

The two MWDs, named Quinta and Ronna, are Belgian Malinois and are used for all of the daily searches. Quinta and Ronna are each lead on searches by two master-at-arms specially trained in MWD handling.

Dogs are used in these searches because of their acute sense of smell. "A human can smell a piece of pizza and tell it's a piece of pizza, but these dogs can discern each individual ingredient - their sense of smell is so good," said MA2 Jeremy Liles, Quinta's handler.

Liles said searches are done twice a day, once in the morning and once in the afternoon. Searches are done on one

full deck of a randomly selected BEQ as one of the MWDs is lead through each room. "The typical search lasts about an hour," Liles added. "The dogs are very smart and understand several verbal commands; we open the room door and give the dog the 'seek' command and then the 'search high' and 'search low' commands, then it's on to the next room."

MWDs are trained and used for a variety of tasks including demolition detection, patrolling and finding controlled substances, said MA1(SW) Natasha Mejia, Ronna's handler. Both Ronna and Quinta are former patrol dogs and could be used in that capacity again if the need should arrive, said Mejia.

Mejia also said that Quinta and Ronna will continue to be used in controlled substance searches on island until they either become unhealthy or are needed elsewhere.

Triumph from page 1

excellent facilities, and the U.K. and U.S. military personnel have made us feel very welcome."

Roberts stressed the importance the close working relationship the United Kingdom and United States militaries have maintained over the years. That bond has strengthened with the war on terrorism.

"I spent two-and-a-half years at US STRATCOM in Omaha, Neb., so I discovered firsthand what a strong bond both militaries have," Roberts said. "My executive officer will be heading to Norfolk, Va., for training in the very near future. It's critical we maintain close ties with regards to training and intelligence to prevent future terrorist attacks."

The crew's visit has not been lost on the island's residents. "We're delighted to have them visiting us here," British Representative CMDR Neil Hinch said. "It is a bit off the beaten path, but well worth the stop. We're hoping this will become more the norm where we'll have more port visits for British submarines and ships. We need a few more Brits here on the island so we won't be so lost among all the Yanks."

Tropical Times

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Computers at risk from viruses

By JO2 Jeffrey Fretland
Naval Media Center

With the proliferation of computers today, users are as vulnerable as ever to unsolicited viruses. Military and civilian employees can take necessary precautions to protect themselves from viruses and junk mail, according to Barry Basselgia, supervisor of the NSF Information Technology Outreach Center.

“A computer virus is any program designed to spread havoc by deleting important files or reconfiguring and reformatting the hard drive on your computer,” Basselgia explained. “Viruses take advantage of different operating system capabilities to disrupt major day-to-day functions. They are very similar to a virus a human being contracts. They spread throughout the body and affect the body’s metabolism. Likewise, a computer’s system is affected adversely in much the same way.”

Basselgia added not all viruses are malignant. Many are benign and only create minor inconveniences, such as excessive or unwanted e-mails.

“We’ve had customers who have been infected by viruses, and their mailboxes keep filling up with overflow junk,” the Lebanon, Pa., native said.

A recent worm that spread rapidly across the Internet was the so-called “Sobig” virus that scanned computers searching for e-mail addresses of the following types: .dbx, .eml, .html, .htm, .wab, .txt and several others. The subject of the e-mail will be one of the following: Re: Details, Approved, Your Details, and others. The e-mail will contain one or more of the following attachments: thank you.pif, details.pif, document 9446.pif and many others.

Many users complained of seeing the backwash of this virus

when they began to receive rejection notices for e-mails never sent. The virus has “spoofed” or accessed the e-mail address. It does not mean the workstation has been infected.

Although the perpetrator of the “Sobig” virus was recently arrested, the virus could still infect one of the workstations on base via web based e-mail systems such as Yahoo and Hotmail.

Virus hoaxes are another common problem. Virus hoaxes are e-mails sent by individuals with the intent to convince users they have a computer virus, when they actually do not. Some of the

“Viruses take advantage of different operating system capabilities to disrupt major day-to-day functions.”

Barry Basselgia

hoax e-mail addresses include 3b Trojan, AOL 4 Free Virus, and California IBM. Users are advised not to follow any instructions attached to the addresses.

Good operation security procedures should be practiced at all times when using base computers. Island computer users should review their virus definition files to be certain they are accurate. Bogus computer viruses and hoaxes clog up bandwidth by literally eating up precious space. An entire computer software system could crash. A computer system could be established where information is gathered and sent to someone who is not authorized access to it. This could ultimately spell disaster for sensitive military operations.

Basselgia said current virus definition files should have a date of no earlier than Aug. 19, 2003.

If virus definitions are out of date or assistance is required to check them, contact the ADP service desk at 370-3020. Basselgia can be reached at 370-4434.

Galley Menu Sept. 13-19

	<u>Lunch</u>	<u>Dinner</u>	
Saturday	Manhattan Clam Chowder Teriyaki Pork Steak <i>Speedline:</i> Submarine Sandwich	Beef Stroganoff Chipper Fish	Wednesday Hispanic Heritage Month Beef and Bean Tostadas <i>Speedline:</i> Baked Burritos w/ Cheese Sauce
Sunday	Minute Steak <i>Speedline:</i> Ham Salad Sandwich	Szechuan Chicken Simmered Beef/Natural Gravy	Thursday Enchiladas Grilled Polish Sausage <i>Speedline:</i> BLT Sandwich
Monday	White Fish w/Mushrooms Honey Ginger Chicken Breast <i>Speedline:</i> Grilled Frankfurters	Chicken Fajitas w/Salsa Spaghetti w/Meat Sauce	Friday Sukiyaki Jamaican Rum Chicken <i>Speedline:</i> Tacos
Tuesday	Virginia Baked Ham Shrimp Chop Suey <i>Speedline:</i> Barbecued Beef on Bun	Roast Beef w/Natural Gravy Swedish Meat Balls	<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>

Freedom should not be taken for granted

By LTJG Jay Kersten
NSF Chapel

Our Declaration of Independence emphatically states every American is "endowed by the Creator with certain unalienable rights." The central theme of these rights are "life, liberty and the pursuit of happiness." Every time I see our glorious American flag I am reminded of the freedom we have as Americans, such as freedom of speech and freedom of religion.

As we enter a new age of post-modernity, we need to reflect upon our freedom and heritage. It is my personal feeling and thought that many of us take our freedom for granted. Others take their freedom as a license to do whatever they desire regardless of the consequences. Freedom has consequences. Freedom requires responsibility.

One of the troubling trends in our country is "moral relativism." Expressions such as, "If it makes me feel good it's fine," or, "You're okay, I'm okay," are indicative of moral relativism. I believe there are moral absolutes. There are things which are clearly right and wrong. Freedom is not a license to do what ever feels good.

ADM Arleigh A. Burke once stated in a manual on *Moral Leadership: The Protection of Moral Standards and Character Education Program*, "America's most important role in the world, almost from the day our country was born, has been the role of moral leadership... (We need to) teach our young people to

believe in the responsibility of one to another, their responsibility to God, to the peoples of the world. Teach them to believe in themselves, to believe in their worth as human beings, to believe in their place in leading the world out of the darkness of oppression. Teach them to believe in the priceless heritage of freedom, and that it must be won anew by every generation. And teach them to believe in the United States of America. The hope of the world lies here, in our physical power, our moral strength, our integrity, and our willingness to assume the responsibilities that history plainly intends us to bear."

History gives us a plumb line by which we can measure the present and, under the sovereignty of God, guides us into the future. Alexis de Tocqueville, a French statesman, historian and social philosopher published the book *Democracy in America* in 1835. He wrote these words after surveying the American landscape, "I sought for the key to the greatness and genius of America in her harbors... in her fertile fields and boundless forest; in her rich mines and vast commerce, in her public school system and institutions of learning. I sought for it in her democratic Congress and in her matchless Constitution.

"Not until I went into the churches of America and heard her pulpits flame with righteousness did I understand the secret of her genius and power. America is great because America is good,

See "Freedom" page 6

Church Services

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

English Worship Service
Thursday 5 a.m.
Tagalog Worship Service
7:30 p.m.
English Worship Service
Saturday 7:30 p.m.

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

Camp Justice Chapel 370-4959

Bible Study
Tuesday 7 p.m.
**Praise and Worship
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.

Control cholesterol

By LT Billie Coley
Health Services Department

What causes high cholesterol? We've already seen that diets high in dietary fat can lead to high cholesterol because our liver converts the dietary fat we eat into cholesterol. Diets high in fat and cholesterol are the main reason for high cholesterol levels.

There are also certain diseases or medical conditions that can increase the levels of cholesterol, such as diabetes, obesity, genetic disorders, or a thyroid gland that does not work correctly. Stress can also increase the levels of cholesterol.

Let's look at the diet aspect of cholesterol. Increasing fat intake increases cholesterol production, depending on the type of fat you are eating. Saturated fats are solid at room temperature and increase low density lipoproteins (LDL) levels and makes

cholesterol problems worse.

Eating unsaturated fats, fats that are liquid at room temperature, does the opposite. Following four dietary guidelines can control cholesterol levels.

1. No more than 30 percent of total daily calories should be from fat. This is about 66 grams of fat for an adult.
2. No more than 8 to 10 percent of total daily calories should be from saturated fat. This is about 18 grams of fat for an adult.
3. No more than 300mg of cholesterol should be eaten in a day.
4. No more than 2,400mg of sodium should be eaten in a day.

Other options for controlling cholesterol levels include prescription medications that work in one of two ways. Medications can slow down the rate at which LDL is made and speed up the rate at which the liver destroys LDL. Or,

medications can help lower cholesterol levels by reducing how much fat and cholesterol gets absorbed by our intestines.

Cholesterol screening is recommended for both males and females 20 years of age and older every five years. For those individuals with identified risk factors, more frequent screenings are recommended. September is Cholesterol Education Month.

Community updates

- NFCU will be open Monday due to the military payday. However, it will be closed Saturday, Sept. 20. Normal hours will resume Tuesday, Sept. 23.

- The Community Bank will be open Monday for the military payday, but will be closed Tuesday.

- MWR is reducing their expenses. They now require all participants to sign up at the gym for any event offering T-shirts. The only exception will be the Full Moon Platoon runs.

Main Outdoor Theater	Officer's Club
Tonight at 10 - Reversal	<i>Tuesday at 7:30 p.m.-</i>
<i>Tonight at 10 - No Film</i>	View From the Top
Tomorrow at 8 p.m. - Lizzie McGuire Movie	<i>Thursday at 8 p.m.-</i>
<i>Tomorrow at 10 p.m.-</i>	XXX
Down With Love	CPO Club
<i>Sunday at 8 p.m.-</i>	<i>Tomorrow at 7 p.m.-</i>
Down With Love	Collateral Damage
<i>Monday at 8 p.m.-</i>	Osmosis Jones
XXX	Holes
<i>Tuesday at 8 p.m.-</i>	<i>Tuesday at 7:30 p.m.-</i>
K-19 The Widomaker	<i>Wednesday at 7:30 p.m.-</i>
<i>Wednesday at 8 p.m.-</i>	Catch-22
Kung Pow! Enter the Fist	<i>Thursday at 7:30 p.m.-</i>
<i>Thursday at 8 p.m.-</i>	View From the Top
Holes	Each movie that plays at the MOT will be replayed the following morning at 11 in the Turner Club.
The Lizzie McGuire Movie starring Hilary Duff and Adan Lamberg Lizzie McGuire and her friend pack their bags and plan to live "La Dolce Vita" while on a senior class trip to Italy. Once there, Lizzie is mistaken for an Italian pop music star and begins to fall in love with a hunky Italian singer. A whirlwind of surprising events forces Lizzie to discover the true meaning of friendship.	K-19 The Widomaker starring Harrison Ford and Liam Neeson This is the story of the USSR's first nuclear powered ballistic submarine, which suffered a major malfunction in its reactor on her maiden voyage in the North Atlantic Ocean in 1961. As the crew races to prevent a Chernobyl-style meltdown, their captain must prevent the disaster from evolving into a nuclear war between the super powers.
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.	Kung Pow! Enter the First starring Tad Horino and Steve Oedekerk In this parody of martial arts films, a young man known as "The Chosen One" has been wandering the countryside in search of the villain who killed his parents. Under constant attack, he seeks assistance and refuge at the Crane School where he discovers the story of a secret council and of a killer known as "Master Pain."
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.	Holes starring Sigourney Weaver and Jon Voight Stanley Yelnats is continually dogged by bad luck stemming from an ancient family curse. He is unfairly sentenced to a month of detention at Camp Green Lake for a crime he did not commit. Along with other campmates, he is forced by the menacing warden to dig holes to build character.
Reversal starring Danny Mousetis 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.	Down with Love starring Renee Zellweger and Ewan McGregor Set in the early 1960s, an advice columnist finds herself flustered by a playboy journalist.
XXX starring Asia Argento and Vin Diesel Xander Cage is an attitude-riddled adrenalin freak who is always looking for the next big adventure. His fun-loving days come to an abrupt end when his latest stunt catches the attention of the wrong person at the National Security Agency and Xander gets taken for a ride.	View From the Top starring Gwyneth Paltrow and Christina Applegate A young woman from meager beginnings, with highest hopes for her future, dreams of living the glamorous life of an international flight attendant. She will do anything to make her dream come true. The path to success is rarely smooth, and she soon encounters more turbulence than she ever expected.
Catch 22 starring Alan Arkin and Martin Balsam A bombardier tries to escape the insanity of World War II. Sometimes insanity is the only sane way to cope with a bizarre situation.	<i>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.</i>

Want Ads

■ For sale: pool stick, 19.5-oz. Schon STL-9 with moori-layered leather tip. Features birdeye maple, ebony and real elephant ivory and Guiseppi hard leather case. View this stick on the Internet to confirm quality. Retail is \$875 for stick, \$50 for case and \$35 for installed moori tip. Selling for \$725. Call Doug Jackson at 370-6909.

To submit ads, send an e-mail to newm@dg.navy.mil. Ads will be listed for two weeks unless extended.

Even par needed for win at golf tourney

Tournaments abound during busy weekend

By JOSN Heather Schory
Naval Media Center

Valerie Carnosek and James Courville won the Diego Garcia Golf Association double's tournament with a combined score of 60 Sunday at the Coral Sands Golf and Country Club.

The tournament started at 7:30 a.m. with teams teeing off throughout the morning.

The first nine holes were played in a best-ball format and the final nine were stroke play.

Tess Biam and Eric David shot a combined score of 64 earning them a

second place finish.

Joseph Jacob and Mitch Carlson earned a combined score of 65 putting them in third place.

Emil Toralba and David Carion had the longest drive of the day, and Ron Dizon and Robert Osis were closest to the pin.

On the softball scene, NSGD won the Sandlot Softball tournament Sunday morning. CE came in second and the Outsiders took third place.

Four teams headed to the fields to compete in the tournament. Teams pitched to their own players as the one-pitch rule was in effect. Each team played a total of five three-inning games.

Matt Barry from the Outsiders said, "It was fun to compete in the tournament

even in the bad weather. Our team came out to the tournament to have a good time and that's what we did." Barry also said the tournament gave them the opportunity to brush up on their skills and team unity.

The Marina hosted the second Windsurfing Regatta Sunday for the first island Windsurfing Cup.

After two races, Alvy Deguzman is in the lead in the beginner's class with 31 points. With 21 points, Neil Hinch is in second and Ernest Milton and Bud Lyda are tied for third with 21 points.

David Dalit is leading the way for the intermediate class with 21 points. Johnny Plastina and Ferdie Quilala are tied for second with 18 points and Rick Smith is in third with nine.

Hispanic Heritage month starts

By JO2 Jeffrey Fretland
Naval Media Center

Hispanic Heritage Month gets into full swing on Diego Garcia Monday. The NSF multicultural observance committee has many activities planned throughout the celebration.

Beginning Tuesday dance lessons featuring the salsa, meringue and bachata will be offered at the Fil-Mau Club. Air Force Senior Airman Michelle Cazares will be in charge of the dance instruction.

In addition to dance lessons, a dance contest will be held in the Island Room Friday, Oct. 3. It will feature the same three dances taught at the Fil-Mau Club. Judges for the event are Air Force 1st Lt. Kevin Brown, LCDR Ruth Goldberg of NSF and MA1 Natasha Mejia, also of NSF.

Other activities include a cultural display and exhibit at the Ship's Store Sept. 20, a dinner dance at the Island Room Saturday, Sept. 27, and a Fun Run Wednesday, Oct. 15. In addition, Hispanic luncheon meals will be featured every Wednesday at the Consolidated Dining Facility. Latin movies will also be shown at the fellowship hall of the Chapel in the Palms starting Wednesday and free pizza will be provided. The first feature film will be "Water for Chocolate." One hour of Latino music will be featured at least once a week on Power 99.

For more information contact Goldberg at the 370-4421, or AT1(AW) Benedict F. Tamayo at the 370-4127.

Freedom from page 4

and if America ever ceases to be good, America will cease to be great."

The challenge for us all is to take our freedom seriously. We must take the responsibility that history has clearly given us to be a "light in the world of darkness" and to lead with moral strength so that freedom can ring throughout our world.

DG's Sports Schedule

Softball

Tuesday

Field 1

DG Haters vs. CE 6 p.m.

Outsiders vs. Deadly Force 7 p.m.

Field 2

Bombers vs. AMXS 6 p.m.

Chiefs vs. Crew Chiefs 7 p.m.

Volleyball

Tuesday

Air Operations vs. HSD 6 p.m.

Fil-Mau vs. Fast Break 7 p.m.

VP-40 vs. Terror Squad 8 p.m.

This week's tides

Sept. 13 - 19

	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Saturday	4:16 a.m.	10:27 a.m.	4:34 p.m.	10:45 p.m.
Sunday	4:40 a.m.	10:51 a.m.	4:58 p.m.	11:09 p.m.
Monday	5:04 a.m.	11:15 a.m.	5:16 p.m.	11:39 p.m.
Tuesday	5:28 a.m.	11:39 a.m.	5:40 p.m.	12:03 a.m.
Wednesday	5:58 a.m.	12:03 p.m.	6:10 p.m.	12:33 a.m.
Thursday	6:28 a.m.	12:33p.m.	6:46 p.m.	-----
Friday	7:22 a.m.	1:15 a.m.	7:52 p.m.	13:27p.m.