

# Tropical Times

*Serving the Footprint of Freedom*



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

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## Hangar construction continues south of airfield

*Companies join effort to build two new bays*

By JO2 Jeffrey Fretland and PH1(AW) Eric Schwab  
*Naval Media Center*

Construction recently began on a new hangar bay, one of two that are scheduled to be operational the first of the year. The hangar bays are located south of the airfield passenger terminal, adjacent to the Pacific Air Force (PACAF) Headquarters and Camp Justice.

The hangar bay expansion has been in the works for more than five years, according to Air Force Master Sgt. George T. Jones IV,



*Cleto Arcangel, of Olongopo City, Philippines, prepares his equipment for aligning the surface slope for a new hangar bay. (Photo by JO2 Jeffrey Fretland, Naval Media Center)*

the project supervisor, with two hangars being completed last year. "These are semi-portable hangars," the Marshfield, Mo., native explained. "It takes approximately 33 days to put up, and about 15 to take down. We are going to move a couple of the newly-erected ones further south down the tarmac to make room for the new ones."

Jones is primarily concerned with safety and productivity issues.

"We have a lot of manpower to assist us with setting up and taking down the hangar bays," Jones said. "Personnel from San Juan Construction and J.L. Lang Associates assist us with installing the metal beams and pillars necessary to erect the hangar bay roof and walls. I have to be certain we do it right the first time. It costs us a lot of money and lost time if the hangar bay collapses and someone ends up getting injured or hurt. Safety is the big priority for us, of course."

Each portable bay is constructed with polyester fabric treated with a polyurethane vinyl coating fastened to aluminum poles. The fabric is designed to last 20 years, and is able to withstand extreme heat and cold, heavy rain and condensation.

When fully operational, the hangar bays stand 85 feet tall, 250 feet wide and 150 feet long.

Their purpose is to protect the B-2 Bombers that could arrive should operations require them. Each plane is valued at \$2.2 billion. The hangars will help maintain the integrity of the bomber's outer paint coatings, which deteriorate rapidly in humid, tropical climates. They will also be utilized as major repair facilities.

"Right now, the adjacent tarmac and landing ramps are too cluttered and congested," Jones said. "We can house these expensive planes adequately and protect them from the elements. It helps remove some of the traffic off the airfield aprons."

The new hangars cost a total of \$10 million, and construction of the concrete foundations to support them totals \$34 million.

## Air Force EOD conducts training

*Deployed element sharpens skills at long-arms range*

By JOSN Adam Stapleton  
*Naval Media Center*

The Air Force's 40th Engineering Explosive Ordnance Disposal (EOD) element conducted demolition training Tuesday morning at the British long-arms range.

Master Sgt. Chris Skelton, the 40th engineering EOD flight chief, said this exercise

was just one of the many tasks the element performs to fulfill their monthly demolition qualifications.

Skelton said since the group has been deployed here they have conducted training in many different scenarios from improvised explosive disposal exercises to training with a robot to aid in demolition disposal.

In Tuesday's exercise, EOD detonated eight blocks of C-4 explosive charges. Each

charge consisted of two blocks of C-4 explosive equaling about 1.2 pounds of explosive.

The charges were detonated on a hillside more than 200 meters away from personnel. "When dealing with explosives, safety is always paramount," said the Fresno, Calif., native.

Next month's training marks the final exercise for the elements deployment. Skelton said the group will detonate more explosives or use the Wolverine robot.

# New housing units to ease potential shortage



Leo Barbosa, of Manila, Philippines, installs a bit into an electric drill as he puts up wooden plates to strengthen the metal trussing for a new barracks-style housing unit being constructed at Splendidville Village.

Story and photo by JO2 Jeffrey Fretland  
Naval Media Center

The Splendidville housing area recently received an added boost with the construction of four new buildings. The 20-unit enclaves will each house 40 contract workers from San Juan Construction Company, of Montrose, Colo., and J.L. Lang enterprises from London, England. Both companies are involved in 11 island-wide construction projects. Once all the projects are completed, the units will be turned over to the Navy to house civilian employees, according to Bill Depontbriand, San Juan Construction site supervisor.

"We began work in July on the first of two structures, and cost of the four housing units will be about \$1.4 million to construct," the Grand Junction, Colo., native explained. "We'll be working on the other two buildings fairly soon. Once the buildings are completed, most of our guys will be living in them for the next eight to twelve months while we're working on other projects. After we leave, they will be given to the Navy."

The units are expected to ease a potential housing shortage as more civilian construction employees arrive next year, according to Steve M. Adams, San Juan Construction project manager. The 145-by-25-foot buildings will feature barracks style rooms designed for two. The housing units will also have an enlarged communal kitchen and laundry facilities.

## ***Tropical Times*** ***United States Navy*** ***Support Facility Diego Garcia***

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## Port call DG ...



USS Pasadena (SSN 752) crewmembers man the lines as the sub docks at A/B Wharf late Wednesday afternoon. The submarine is scheduled to be in port through Thursday as the crew performs local operations and routine maintenance. The Los Angeles Class attack submarine and crew of 130 are conducting missions in support of the Global War on Terrorism or possible contingencies elsewhere in the world. The Pasadena has been under way since March 2003. (Photo by JOSN Scott Torres, Naval Media Center)

## Pick a color, any color, and eat to your heart's content

### *Eat fruits and vegetables the 5-A-Day way*

By LT Billie Coley  
Health Services Department

**L**iving a healthy lifestyle involves making choices. The foods we eat and exercise are important keys. Eating low-fat meals that include five to nine servings of fruits and vegetables each day is a cornerstone of a healthy life plan. So lets get healthy Diego!

During the month of September, the Produce for Better Health Foundation, the National Cancer Institute and other 5-A-Day partners, conduct a nationwide effort to promote the consumption of colorful fruits and vegetables daily for better health. National 5-A-Day Month aims to stimulate a lasting commitment to consume up to nine colorful fruits and vegetables each day as the smart and easy way to get healthy.

The 5-A-Day for Better Health program was developed in 1991. It was the first national health promotion that focused on the importance of eating more fruits and vegetables. The idea is to increase both the awareness of health benefits of fruits and vegetables and the consumption.

It's all about the color and power of fruits and vegetables. Deeply-hued fruits and vegetables provide a wide range of vitamins, minerals, fiber and phytochemicals that your body needs to maintain good health and energy levels, protect against the effects of aging and reduce the risk of cancer and heart disease. So when you plan your meals or dining out, think color.

5-A-Day the color way:

**Blue/ Purple:** Helps lower the risk of some cancers and enhances urinary tract health, memory function, and aging. They contain health-promoting phytochemicals such as anthocyanins and phenolics, which are being studied for their antioxidant and anti-aging benefits.

**Green:** Also lowers the risk of some cancers, improves vision health, and strengthens bones and teeth. Green fruits and

vegetables contain varying amounts of potent phytochemicals like lutein and indoles, which interest researchers because of their potential antioxidant benefits.

**White:** Helps to maintain a healthy heart, cholesterol levels that are healthy, and to lower the risk of some cancers. White, tan and brown fruits and vegetables contain varying amounts of phytochemicals.

**Yellow/orange:** These fruits and vegetables help to maintain a healthy heart, vision, immune system and lower the risk of some cancers. Fruits and vegetables in this category contain antioxidants such as vitamin C, as well as carotenoids and bioflavonoids.

**Red:** Helps maintain a healthy heart and memory function and lowers the risk of some cancers and improves urinary tract health.

The USDA Food Guide Pyramid recommends five to nine servings of fruits and vegetables every day. So what is a serving size? A good measure is your fist. Consume a half-cup of fruits and vegetables or an amount that equals the size of your fist.

The recommended amount of fruits and vegetables consumed is based on sex and activity level. Most women are recommended to eat about 1,600 calories a day to maintain a healthy weight. This diet plan is most congruent with the five serving suggestion of two fruits and three vegetables a day.

Most men typically need about 2,200 calories to reach or maintain a healthy weight. They should eat seven servings a day and include three from the fruit family and four from the vegetable. Active men, who typically need about 2,800 calories to reach or maintain a healthy weight, should eat nine servings a day and include four fruits and five vegetables.

On Diego Garcia we can easily fulfill these requirements. Eating in the galley is a good start. There is always a wide selection of fresh fruits and vegetables available. Fresh fruits and vegetables are also available at the Diego Depot. There are many ways we can eat healthy and stay in top shape, both inside and out. Are you up for the 5-A-Day the color-way challenge?

## Galley Menu Sept. 27 - Oct. 3

	<u>Lunch</u>	<u>Dinner</u>		
<b>Saturday</b>	Beanie Weenies Honey Ginger Chicken Breast <i>Speedline:</i> Submarine Sandwich	Beans w/Bacon Soup Chicken Cacciatore Baked/Fried Fish	<b>Wednesday</b>	<i>South American</i> Tropical Baked Pork Chop Smothered Steak w/Onion <i>Speedline:</i> Grilled Frankfurters
<b>Sunday</b>	Creole Macaroni Minute Steak <i>Speedline:</i> Ham Salad Sandwich	Creole Soup Turkey Pot Pie Roast Fresh Ham w/Sauce	<b>Thursday</b>	<i>American Night</i> Corn Chowder Yankee Pot Roast w/Gravy Roast Turkey w/Chicken Gravy
<b>Monday</b>	Cajun Roast Beef w/Gravy Fish Florentine <i>Speedline:</i> Fried/Baked Burritos	Cream of Broccoli Soup Pork Adobo Cranberry Glazed Chicken Breast	<b>Friday</b>	Pepper Pot Soup Teriyaki Baked Chicken BBQ Beef Cubes
<b>Tuesday</b>	Boiled Spaghetti w/Meat Sauce Turkey Fajitas w/Salsa <i>Speedline:</i> Egg Salad Sandwich	Egg Drop Soup Swiss Steak w/Gravy New England Stuffed Clams	*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.	

# Look into the future to build a better tomorrow

*Ask serious questions and find direction*

By LTJG Jay Kersten  
*NSF Chapel*

The first of October is a big deal to many servicemembers. It is the first day of the new fiscal year.

For some, you start off the year by ordering items you couldn't afford last quarter. Others may have a new list of items. To be a good steward of the resources we have requires good planning and budgeting.

The first of October may also be a day of new beginnings for you in other areas of life. The new school year has started. You may be planning a marriage or changing duty stations. These all require planning and budgeting.

Mission success in the military requires forward thinking. Personal "mission success," whether at school, home or work, requires proper planning and budgeting of time and resources. Stephen Covey, author of "The Seven Habits of Highly Effective People Organizer," suggests that we begin with the end in mind. Covey writes, "To begin with the end in mind means to begin each day with a clear understanding of your desired direction and destination. By keeping that end in mind, you can make certain that whatever you do on any particular day does not violate the criteria you have defined as supremely important, and that each day of your life contributes in a meaningful way to the vision you have of your life as a whole."

It is incredibly easy to get caught up in an activity trap. To work harder and harder at climbing the ladder of success only to

discover, upon reaching the top rung, that the ladder is leaning against the wrong wall may be an eye opening experience. It is possible to be busy without being effective. People often find themselves achieving victories that are empty or successes have come at the expense of things they suddenly realize were far more valuable to them. If the ladder is not leaning against the right wall,

***“The Seven Habits of Highly Effective People Organizer’ suggests that we begin with the end in mind.”***

*LTJG Jay Kersten*

every step we take just gets us to the wrong place faster.

Do you have personal goals for your life? What do you do each day to achieve these goals? Are you caught up in the "rat race" and realize you are not going anywhere? If you do not have goals, where are you going, and what do you intend to do when you get there? These are serious questions. They serve to help us find our direction in life. We need to live less for the thrill of the moment and make each moment count for the good of our total personal development.

When we know where we want to be in life it's easier to plan a road to success, even if we choose to take a few creative turns along the way. If all we do is wander at the whim of our passions, then we can only blame ourselves when we find we are lost in a place called nowhere.

## 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.

# Low rounds take top honors at Coral Sands

## Menor, Agustin tie after shooting 4-over

By JOSN Heather Schory  
Naval Media Center

Mario Menor and Rick Agustin tied for first place for the men's low gross with a 4-over-par 34 at this month's MWR Golf Tournament at the Coral Sands Golf Course and Country Club last weekend.

The two-day tournament began Saturday morning at 7:30 a.m., with competitors teeing off at various times.

Rounding out the men's low gross division were Julius Diasnes with a score of 35 for third and Caloy Samonte with a round of 36 for fourth.

Joey Castro took first with a score of 22 for the men's low net, Art Mangayayan came in second with a five-under-par 25 and Bong Go carded a 27 for third.

For the women's low gross, Angie Custodio claimed the championship with 13-over-par 43, Valerie Cernosek shot a 45 for second, and Dory Viernes took third with a 48.

Tess Dian took first for the women's low net, with a 29. Cynthia Cabili was at 32 and Lydia Domingo claimed third with a round of 33.

The longest drive of the tournament went to Paul Cononizato for the men and Cernosek for the women.

Chito Munoz was closest to the pin on the ninth hole for the men and Elena Calauan was closest for the women.

The Coral Sands Golf Course and Country Club hosts many tournaments each month featuring various formats such as doubles, one club and best ball. For more information or to sign up contact the golf course at 370-4876.

Main Outdoor Theater	Officer's Club	
Tonight at 8 - Lord of the Rings II	Tuesday at 7:30 p.m.- Matrix Reloaded	
Tonight at 10 - Malibu's Most Wanted	Thursday at 8 p.m.- Two Weeks Notice	
Tomorrow at 8 p.m. - Malibu's Most Wanted	<b>CPO Club</b>	
Tomorrow at 10 p.m.- Fatal Attraction	Tomorrow at 7 p.m.- Rent Control	
Sunday at 8 p.m.- Fatal Attraction	Tomorrow at 9 p.m.- Ghost Ship	
Monday at 8 p.m.- Two Weeks Notice	Tuesday at 7:30 p.m.- League of Extraordinary Gentlemen	
Tuesday at 8 p.m.- Tomcats	Wednesday at 7:30 p.m.- Days of Thunder	
Wednesday at 8 p.m.- Charlie's Angels: Full Throttle	Thursday at 7:30 p.m.- Matrix Reloaded	
Thursday at 8 p.m.- League of Extraordinary Gentlemen	<b>Each movie that plays at the MOT will be replayed the following morning at 11 in the Turner Club.</b>	
<b>Days of Thunder</b> starring Tom Cruise and Robert Duval What a young, cocky hotshot stock car driver lacks in experience, he makes up for in raw talent. His uncanny ability to make the right moves attracts the attention of a NASCAR legend who sees his potential. Determined to make it to the top, a potential tragedy almost ends his career, but, ultimately makes him a better driver.	<b>Two Weeks Notice</b> starring Sandra Bullock and Hugh Grant Lucy is a brilliant lawyer with a sharp strategic mind and an ulcer. It's not the job that gets to her, it's her millionaire boss who treats her more like a nanny than a Harvard law grad. Now, after five long years of calling the shots on everything from his clothes to his divorce settlement, she's finally calling it quits.	
<b>Ghost Ship</b> starring Juliana Margulies and Gabriel Byrne In a remote region of the Bering Sea, a salvage crew discovers a grand passenger liner lost at sea more than 40 years ago. Once aboard, the crew must confront the ship's horrific past and face the ultimate fight of their lives.	<b>Interstate 60</b> starring James Marsden and Gary Oldman A young artist, whose father wants him to attend college, meets a magician who grants him one wish. The artist simply asks for "answers." He must now travel to a non-existent city, along a non-existent highway, to search for the girl of his dreams whose picture appears on the highway billboards he sees along the way.	
<b>Rent Control</b> starring Melissa Joan Hart and Ryan Browning In overcrowded New York City, it is almost impossible to find a cheap apartment. When two young actors move in with a relative they think they have it made, until she unexpectedly dies. The apartment will no longer be under rent control, unless the renters can fool their well-heeled neighbors and their landlord.	<b>Fatal Attraction</b> starring Michael Douglas and Glenn Close When a New York City lawyer finds himself attracted to a colleague at work, they both enjoy a weekend of passionate love while his wife and kids are away. What began as simple one-night-stand spirals out of control when the woman decides she wants more in the relationship. She will stop at nothing to get what she feels she needs and deserves.	
<b>Tomcats</b> starring Jerry O'Connell and Shannon Elizabeth Seven friends make a very simple bet. The last one to get married keeps all the money in the pool. Over the years, one by one they drop out and get married, until there are only two left. But now, thanks to the stock market, the pot is huge and Michael will do anything to get his hands on the money.	<b>Charlie's Angels: Full Throttle</b> starring Cameron Diaz and Drew Barrymore When the angels are summoned to Charlie's office, they are introduced to Bosley, his right hand man, and given a new assignment. Recover a pair of stolen rings that contain an FBI code that allow users to access a list of everyone in the witness protection program.	
<b>Matrix Reloaded</b> starring Keanu Reeves and Carrie-Anne Moss Neo and Trinity are summoned by Morpheus to join him on a journey to Zion, Earth's last outpost of free humans. But when Morpheus locks horns with a rival commander, the "Oracle" sends Neo on a quest to release the "keymaker," unlock the "source" and finally free mankind.	<b>Lord of the Rings II</b> starring Elijah Wood and Sean Astin With the breakup of the "Fellowship of the Ring," Frodo and Sam continue the journey to Mordor alone. The shadow of Sauron has grown long. Great battles will be fought in the middle of the earth. Those who fight the darkness have placed all their hopes and dreams in the hazardous quest of a simple hobbit.	
<b>League of Extraordinary Gentlemen</b> starring Sean Connery and Shane West In an alternate universe, where the principle characters of several literary classics actually exist, the queen has called an unusual summit - a league of super powered heroes brought together to combat a mysterious villain who wants to plunge the world into war.	<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>	

## Community updates

- The U.S. Postal Service has published the following recommended mailing dates for this year's Christmas season. To ensure letters, cards and packages destined for APO and FPO addresses overseas and to international addresses are delivered by Christmas, customers in the United States must mail items by the following dates/  
Nov. 13 Parcel Post  
Nov. 28 Space Available Mail  
Dec. 4 Parcel Airlift Mail  
Dec. 11 First-Class Mail Letters/Cards

- The Hispanic Heritage Committee will host its dinner dance Saturday night at the Island Room. Doors open at 6:30 p.m. Other events include dance lessons at the FilMau on Tuesday from 6:30 - 8 p.m. Come and learn how to dance salsa, merengue, bachata or the cha-cha-cha.

-October's E-6 and below Birthday Dinner at the CDF Galley will be Oct. 8 at 6:30 p.m. If your birthday is in October sign up with the food service cashier by Sunday.

-Command indoc will be Monday morning at 7:45 in the Acey-Duecey Room. Be in the uniform of the day.

-The DoD band "Flying Machine" will perform tonight in the Island Room from 8-10 (authorized patrons only) and Saturday night at Camp Justice from 8-10 (all hands).

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

# MLB 2003

## A look back

The pennant race is heating up and wouldn't you know the Tigers aren't in it. That's right, the Detroit Tigers don't have a chance. Mathematically out. Feels good to be a Devil Ray.

For the life of me I can't understand how a team of professionals can play *that* bad over the course of an entire season. Don't get me wrong; I understand a slump, but a seven-month slump? These are athletes. Paid to play a game. And, will pay to watch the playoffs.

Some might point out my Devil Rays are on the bottom of the AL East. True. But we're still young. We're slowly building a dynasty with a future Hall of Fame coach in the dugout. Just wait and see.

Now let me ask you this ...what about the teams who've been around for years, like the Padres, Mets and the above mentioned Tigers?

How horrible is it to boast this century's first 20-game loser? What a significant accomplishment. But on the wrong end of the spectrum. Not that Mike Morath pitched horribly, but his 5.73 ERA and 300-grr (thanks Rome) per year salary can buy some needed therapy.

But he isn't the only surprise of the 2003 MLB season. On a positive note, the Atlanta Braves became an offensive team. No, they didn't bring John Rocker back. They found some energized bats (not Sammy Sosa), and it helped power them to another division title and the pursuit of a 100-win season.

What ever happened to Darryl Strawberry?

Speaking of what-ever-happened-to ...remember Jose Canseco? He was released from jail in August after prosecutors dropped charges that he allegedly violated his probation by taking steroids. Was another comeback in the works for the lifetime .266 power hitter? With 462 home runs in the books he could still get the coveted 500. If he could only learn to play by



## Sports Shorts

with JO2  
Scott New

life's rules.

How about those Kansas City Royals? They sure gave it a run, huh? Starting the season off on fire, only to flicker out in the wind as the season comes to an end. It was still a feel-good season for baseball fans as they watched a team of no-names and a former all-star player-turned-coach. Let's see what they do in the off-season, and if they can build on this year's success.

Speaking of success ...that Dusty Baker character can flat out coach. He walked away from a Giants club still primed for playoff success to manage the lowly Chicago Cubs. If the season ended this week they would be division champs for just the seventh time in 30 years. However this one turns out, the image of the Cubs as sports' "lovable losers" will soon come to an end.

And, as this week's article too comes to an end, I hope everyone had the opportunity to participate in this month's Captains Cup. For the first time in months the Media Center is putting together a team ...maybe we can become sports' new "lovable losers."

*Sports Shorts is an editorial column. The views and opinions expressed are those of JO2 Scott New and do not necessarily reflect those of the Naval Media Center or Navy Support Facility, Diego Garcia. If you would like to respond, e-mail the editor at newm@dg.navy.mil.*

## DG's Sports

### Basketball

Tuesday

Fil Mau 44

HSD 47

### Championship Game

MWR vs. Visa

Tonight 7:30

### Softball

Tuesday

DG Haters 19

Crew Chiefs

Winner

Chiefs 4

AMXS

by forfeit

### Volleyball

Wednesday

Fil Mau

15/27/15

Get R' Done

25/25/9

*All scores are as reported by the base gym. For more current information, contact the gym at 370-2791.*

### NCAA on AFN

Tomorrow

Missouri vs. Kansas 10:30 p.m.

Minnesota vs. Penn State 10 p.m.

Northwestern vs. Ohio State

10:30 p.m.

Sunday

1:30 a.m. Wash. St. vs. Oregon

2 a.m. Pitt. vs. Texas A&M

5 a.m. Tulane vs. Texas

5:30 a.m. S. Carolina vs. Tenn.

### NFL on AFN

Sunday

Titans vs. Steelers 11 p.m.

49'ers vs. Vikings 11 p.m.

Tuesday

Packers vs. Bears 7 a.m.

Monday

Chiefs vs. Ravens 2 a.m.

Cowboys vs. Jets 2 a.m.

Colts vs. Saints 6:30 a.m.

*All games are subject to change.*

# This week's tides

## Sept. 27 - Oct. 3

	High	Low	High	Low
Saturday	3:28 a.m.	9:39 a.m.	3:46 p.m.	10:03 p.m.
Sunday	4:04 a.m.	10:15 a.m.	4:22 p.m.	10:39 p.m.
Monday	4:40 a.m.	10:51 a.m.	4:58 p.m.	11:21 p.m.
Tuesday	5:16 a.m.	11:27 a.m.	5:40 p.m.	11:57 p.m.
Wednesday	5:58 a.m.	12:09 p.m.	6:22 p.m.	12:39 a.m.
Thursday	6:46 a.m.	12:57 p.m.	7:10 p.m.	-----
Friday	7:58 a.m.	1:39 a.m.	8:40 p.m.	2:27 p.m.