

# Tropical Times

*Serving the Footprint of Freedom*



Volume 13, Number 40

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

October 10, 2003

## New Harbor Operations facility becomes a reality

Story and photo by JO2 Jeffrey Fretland  
*Naval Media Center*

Ground was broken Wednesday for a new 5,000 square-foot Harbor Operations building. The new facility will be located immediately west of the present building in a vacant field adjacent to the small boat basin.

The new facility will house a designated harbor operations of-

fice, pilot and tug master offices and administrative office spaces. In addition, there will be a conference room, library, break area, and shower facilities.

Building consultants for the joint venture project are San Juan Construction Company of Montrose, Colo., and J.L. Laing Associates from London, England. Construction on the \$2.96 million structure will begin later this month, according to LCDR Christopher H.

Rehkop, Diego Garcia Regional Officer in Charge of Construction.

"It's just one of several projects we have ongoing around the island," Rehkop said. "We should have a much more efficient Harbor Operations facility when it is finished."

Chief Warrant Officer David L. Freeman, harbor operations officer, is pleased construction will soon begin.

"Most of the administrative offices, including the MSCO (Military Sealift Command Operations) and Tug Operations, will be consolidated into the new facility," the Lillian, Ala., native said. "Several of the other port facility offices are scattered all over, and you have to walk or drive a long way to reach them. We'll have more room for office space and storage, and be able to maintain better communications between the various harbor tenant commands, by operating out of one building."

The new building will significantly increase the quality of services by providing a state of the art facility for military and personnel assigned to the Harbor Operations, according to Rehkop. The facility is expected to be completed in February 2005.



(From left) Harbor Operations Officer CWO3 David L. Freeman, British Representative Executive Officer Maj. Aaron Fisher, NSF Commanding Officer CAPT Gary Cooper, LT Jay Kersten of the NSF Chapel, Project Manager Steve Adams and NSF Public Works Officer CDR Mary Helinski break ground for the new harbor operations building.

## Branch Clinic offers EVOC class

*Week-long session teaches the art of ambulance safety*

By JO2 Jeffrey Fretland  
*Naval Media Center*

An Emergency Vehicle Operator's Certification course is scheduled for Oct. 20. The weeklong class is designed to teach military ambulance safety, according to HM2 Mark Slingerland, Branch Medical Clinic Diego Garcia.

"This course is instrumental in familiarizing Sailors with the vehicles," Slingerland, the Twenty-Nine Palms, Calif., native said. "We show them how to drive aggressively

yet defensively in an emergency situation. We also educate them in the operation of sirens, lights and other fundamental equipment.

They receive instruction on an ambulance's center of gravity, and the concept of driving a vehicle when it's loaded with patients and equipment and how it affects the driver's reaction time."

The study of vehicles colliding with moving and stationary objects, referred to as impact selection, is also emphasized, as emergency vehicles are not immune from accidents.

"Sailors are required to certify for several

reasons," Slingerland said. "Emergency vehicle operators have to constantly watch out for everyone else, such as drivers gawking over their shoulders when an ambulance or other emergency vehicle goes past."

***"This course is instrumental in familiarizing Sailors with the vehicles."***

*HM2 Mark Slingerland*

Slingerland noted each ambulance weighs one-and-a-half tons empty. When an ambu-

See "EVOC" page 3

# Brit Club renovations closer to completion

By JO2 Jeffrey Fretland  
Naval Media Center

As electric saws and mallets clattered, Seabees from the Naval Mobile Construction Battalion 40, of Port Hueneme, Calif., erected poles and beams for the Brit Club's new covered outdoor pavilion.



CE3(SCW) Joseph R. Quinonez, of Naval Construction Battalion 40, Port Hueneme, Calif., prepares to cut a two-by-four pine board for use as a bracing beam for the new Brit Club pavilion currently under construction.

The Seabees first began the project in August, according to BU3 (SCW) Matthew P. Dion, from Livermore, Maine, construction foreman.

"With this new overhead awning, the Brit Club will be able to stay open longer because the patrons will have a dry place where they can enjoy themselves, and not worry about rain shutting down the club," Dion said. "They can remain open longer hours, especially during stormy weather."

The new structure will provide a partially enclosed area where patrons can socialize. Mahogany and pine pillars and roofing beams are constructed and covered with sheet metal. A sloping roof will allow for rain water to drain off rapidly.

Royal Marine Commando Sgt. Lee Weatherall, Brit Club manager, explained the pavilion is part of an ongoing renovation project to enhance the facilities.

"We'll be able to have more activities," said Weatherall, a native of Exmouth, England. "New interior and exterior lighting will eventually be added. With the new stage completed, we'll have a larger area for bands to perform. We'll have a much bigger place to put more tables and chairs so people can hang out and relax."

Total cost for the 4,000 square-foot building is \$42,000 to construct. The awning is scheduled to be completed by mid-October.

## Tropical Times

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## Hispanic Heritage Month Profile



HM2 Ozzie C. Pomales, from New York City, checks vital signs of CTOC(SW/AW) Lisa M. Albrecht of Cambria, Wis., during a routine sick call appointment.

### HM2 Ozzie Pomales

Story and photo by  
JO2 Jeffrey Fretland  
Naval Media Center

The 10-year veteran and New York City native works as a pharmacy technician at Branch Medical Clinic, Diego Garcia.

As his family hails from Puerto Rico, Hispanic Heritage Month is a very special time for Pomales.

"It's vital to share the customs, traditions, and food of your ancestral homeland," Pomales said. "Knowing your background gives you a sense

of identity that you can share with others. You respect other people and yourself more, too."

Pomales appreciates having strong family connections in relation to his heritage.

"We're our own support group," he added. "We're very close, and we help each other out physically and emotionally, through good and bad times."

Pomales greatly admires his grandfather, and views him as a role model.

"My grandfather was a laborer, and he instilled in us the value of education," Pomales said. "He let us live our own lives, but he always encouraged us to remember where we came from, and to work hard and excel at whatever we accomplished, just as he did. He is my hero."

## Knowing your body is key to breast health

*Self exams can detect early signs of cancer*

By LT Billie Coley

Branch Medical Clinic Diego Garcia

**B**reast health is an important subject for both men and women. Statistics show that one-in-eight women will be diagnosed with breast cancer. It is the most common form of cancer among women and the second leading cancer-killer of American women.

According to the American Cancer Society, approximately 40,800 women died from breast cancer in 2000.

For women, risk factors include early onset of puberty, late onset of menopause, first full-term pregnancy after age 30 or a history of family members developing breast cancer before menopause.

These risk factors can help identify individuals with a high probability of developing the cancer. Unfortunately, over 70-percent of people diagnosed with breast cancer have no family history of it.

For men, risk factors include having one or more family members, maternal or paternal, with a history of breast or prostate cancer.

What is breast health?

Breast health means knowing your breast, and what is normal for you. The goal is early identification of change. For breast cancer, early detection and treatment is key to the cure. Survival

rates are as high as 97-percent when the cancer is found early.

Getting to know what is normal for you and your body is done through monthly breast self exams. A big misconception is that monthly breast exams are done to find lumps in the breast tissue. In reality, the goal of a monthly breast exam is to become familiar with your body and the ability to identify any abnormalities.

Breast tissue changes throughout your life, with pregnancies, age and each menstrual cycle.

Monthly self breast exams should be conducted five to 10 days after the first day of each menstrual cycle. This is when the breasts are likely to be less swollen and tender. After menopause, women should set a day out of each month to examine their breasts.

Another form of breast health includes clinical breast exams and mammograms. Health care providers perform breast exams and recommend mammograms based on the individual needs of their patients.

Generally, women between the ages of 20 and 40 should have their provider perform an exam at least every three years. After 40, yearly clinical breast exams are recommended with an annual mammogram. For those with risk factors, annual mammograms may be recommended at an earlier age.

October is National Breast Cancer Awareness Month. If you would like more information on breast cancer or would like instruction on how to conduct a proper breast self exam, contact the BMC Diego Garcia at 370-4211/4212.

### EVOC from page 1

lance is fully-loaded, it does not stop as fast as a conventional vehicle. The driver must adequately compensate for sudden traffic hazards.

The class is offered once a quarter. Anyone may participate in the course, but preference is given to clinic staff personnel.

Several important documents are required for participation in the course, including a command-sponsored chit, a clean driving record (no felonies for the past five years), a valid state driver's license and a physical examination. A government driver's license is highly encouraged but not required.

"We want the people we train to feel con-

fident driving an ambulance," Slingerland said. "We also want them to understand all the different preventive maintenance procedures, and handle radio communications competently. They should come away with a great deal of satisfaction being able to drive an ambulance or other emergency vehicle safely."

## Galley Menu Oct. 11 - 17

|  | <u>Lunch</u>   | <u>Dinner</u>  |   |
|--|--|--|---|
| <b>Saturday</b>  | New England Clam Chowder<br>Assorted Cold Cuts<br><b>Speedline:</b> Submarine Sandwich | Beef Rice Soup<br>Hungarian Goulash<br>Mexican Baked Chicken             | <b>Wednesday</b><br><i>Hispanic Heritage Lunch</i><br>Beef Apritada<br>Fried Catfish<br><b>Speedline:</b> Baked/Fried Burrito |
| <b>Sunday</b>  | Chicken Filet Sandwich<br>Minute Steak<br><b>Speedline:</b> Ham Salad Sandwich         | Closed<br>Columbus Day Picnic<br>Meatloaf                                | <b>Thursday</b><br>Beef & Bean Tostadas<br>Cranberry Glazed Chicken Breast<br><b>Speedline:</b> BLT Sandwich                  |
| <b>Monday</b>  | Minute Steak<br>Creole Spaghetti<br><b>Speedline:</b> Grilled Frankfurters             | Cream of Broccoli Soup<br>Italian Style Veal Steak<br>Baked Fish Scandia | <b>Friday</b><br>Sweet & Sour Pork Spareribs<br>Cajun Roast Beef<br><b>Speedline:</b> Tacos                                   |
| <b>Tuesday</b>   | Steamship Round of Beef<br>Turkey Curry<br><b>Speedline:</b> BBQ Beef Sandwich         | Chicken Gumbo Soup<br>Glazed Ham<br>Chicken Ala King                     | <b>Hawaiian Night</b><br>Cream of Potato Soup<br>Teriyaki Pork Steak<br>Hawaiian Baked Duck                                   |
| <p><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></p> |  |  |   |



# The not-so-scary facts about All Hallows Eve

By LT Jay Kersten  
NSF Chapel

Halloween is an annual celebration, but just what is it a celebration of? And how did this peculiar custom originate? Is it, as some claim, a type of demon worship? Is it just a harmless vestige of some ancient pagan ritual?

The word itself, "Halloween," began in the Catholic Church. It comes from a contracted corruption of All Hallows Eve. November 1st, "All Hollows Day" (All Saints Day) is now a day many Christians observe in honor of saints. In 5th Century BC, in Celtic Ireland, summer officially ended on October 31st. The holiday was called Samhain (Sow-en), the Celtic New year. It's still the New Year celebrated today by Wiccans, Wittans, and others of the pagan Craft traditions.

There are two different stories in regard to the night of the pagan world. One tradition shared by Wiccans and Wittans says, all the dead could, if they wished, return to the land of the living for this one night, to celebrate with their family, tribe or clan.

The great burial mounds of Ireland (Sidh Mounds) were opened, and torches lined the walls, creating a pathway for the dead. Extra places were set at the table and food offered to those who had died that year.

The Druid tradition states on that day, the disembodied spirits of those who had died throughout the preceding year would walk the earth in search of living bodies to possess. It was believed to be their only hope for the afterlife. The Celts believed all laws of space and time were suspended during this period, allowing the

spirit world to intermingle with the living.

Naturally, the living wanted no part of the possessions. On the night of October 31st, villagers would extinguish fires in their homes, creating cold and undesirable living conditions. They would then dress in ghoulish costumes and noisily parade around the neighborhood, being as destructive as possible, to frighten away spirits looking for bodies to possess.

Maybe a better explanation of why the Celts extinguished their fires was not to discourage spirit possession, but so that the Celtic tribes could relight their fires from a common source. The Druidic fire was kept burning at Usinach, in the middle of Ireland.

Some accounts tell of how the Druid Celts would burn people at the stake, if they were thought to be possessed. This was to be a lesson to the spirits. Other accounts of Celtic history debunk these stories as myth.

The custom of trick-or-treating is thought to have originated not with the Irish Celts, but with a ninth-century European custom called souling. On November 2nd, All Souls Day, early Christians would walk from village to village, begging for "soul cakes," made of square pieces of bread with currants. The more soul cakes they collected, the more prayers they would promise to say on behalf of the donors dead relatives. At the time, it was believed that the dead remained in limbo after death, and that prayer, even by strangers, could expedite a soul's passage to heaven.

The Jack-O-Lantern custom probably comes from Irish folklore.

As one tale is told, a man named Jack, fooled Satan into

See "Halloween" 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.  
**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.  
**Palmsville 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.

# Filmau defeats Terror Squad, moves on to championship

By JOSN Scott Torres  
Naval Media Center

Filmau took on Terror Squad in the B-League basketball championship semi-finals Tuesday night at the Base Gym. The squad jumped out to an early lead and at halftime, led by eight,

26 to 18, thanks to a strong effort by Sarmiento.

Terror Squad came out firing on all cylinders in the second half. They took a brief lead late in the game, but Filmau was too strong and took control of the game and secured squeezed

out a 49-45 victory.

Sarmiento led the way for Filmau with a game-high 19 points, and Nacee led Terror Squad with 16 points. Filmau earns the right to advance on to meet All Net in the B-league championship game, Thursday, 7 p.m., at the Base Gym.

## Want Ads

Musical instruments for sale: MicroKORG synthesizer/vocoder - \$280.00; KORG N5 - \$400.00; Alesis ION 49-Key DSP Synthesizer - \$650.00; Korg Electribe EM-1 - \$275.00; Roland keyboard amplifier - \$300.00; Three keyboard stands - \$150.00, or buy as package. Call DT1 Lotman at 370-4213/6505.

## 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

-Due to conflicting schedules and events, the SafetyFest (Fire, Health and Safety Fair) will be rescheduled. Stay tuned to Channel 8 News, FM 99.1, the Tropical Times and e-mail updates from NSF Safety for further information.

-Join the island-wide clean up, Friday, Oct. 24 from 7:30-11 a.m. To sign up, contact your department or command representative.

-Central Texas College is seeking a qualified instructor in English, Computer Science and Speech for a paid part-time teaching position. Call 370-4320/4321 for information.

-Due to unseen circumstances, Biology 1308 scheduled for CTC term II has been cancelled. Call the ESO at 370-4321 to find out more.

-Sexual Assault Victim Intervention (SAVI) volunteers are needed. Interested individuals must be at least 21 years of age. Prospective advocates are required to complete an application and interview. Training will be Oct. 20-23. Contact LCDR Goldberg at 370-4421 or send her an email.

| Main Outdoor Theater   | Officer's Club   |
|--|--|
| Tonight at 8 - <b>Italian Job</b>  | Tuesday at 7:30 p.m.- <b>K2</b>  |
| Tonight at 10 - <b>Chinatown</b>   | Thursday at 8 p.m.- <b>The World is Not Enough</b>   |
| Tomorrow at 8 p.m. - <b>Chinatown</b>  | <b>CPO Club</b>  |
| Tomorrow at 10 p.m.- <b>The Fly</b>  | Tomorrow at 7 p.m.- <b>The Man from Elysian Fields</b>   |
| Sunday at 8 p.m.- <b>The Fly</b>   | Tomorrow at 9 p.m.- <b>Wrong Turn</b>  |
| Monday at 8 p.m.- <b>The World is Not Enough</b>   | Tuesday at 7:30 p.m.- <b>Air Force One</b>   |
| Tuesday at 8 p.m.- <b>The Transporter</b>  | Wednesday at 7:30 p.m.- <b>Grease</b>  |
| Wednesday at 8 p.m.- <b>That Girl from Rio</b>   | Thursday at 7:30 p.m.- <b>K2</b>   |
| Thursday at 8 p.m.- <b>Air Force One</b>   | <b>Each movie that plays at the MOT will be replayed the following morning at 11 in the Turner Club.</b>   |
| <b>K2</b> Michael Biehn and Matt Craven When a pair of novice mountain climbers meet a group of professional mountaineers training to climb the world's second highest peak, they will do anything to go with them. Obsessed with the climb and scornful of the risk involved, they join the team to take on the challenges, both physical and natural, of the mountain known as K2. | <b>The Man from Elysian Fields</b> starring Andy Garcia and Mick Jagger Though happily married with a young child, Byron Tiller is struggling to make ends meet as a novelist. He is approached by a dapper Brit named Luther Fox who actually read Tiller's last opus. Luther runs an escort agency named Elysian Fields, which caters to rich women looking for intelligent companionship. Desperate for any kind of income, Tiller takes the job while keeping the whole thing a secret from his loving wife. |
| <b>That Girl from Rio</b> starring Hugh Laurie and Santiago Segurra Discovering that your wife is sleeping with your boss can make a man do strange things. For an obsessed clerk in London, robbing a bank and hopping the first flight to Rio are just the beginning.  | <b>Wrong Turn</b> starring Eliza Dushku and Jeremy Sisto A carload of six teens find themselves trapped in the woods of West Virginia. Grossly disfigured cannibalistic mountain men soon hunt them.   |
| <b>Air Force One</b> starring Harrison Ford and Gary Oldman United States policy states is that it will not negotiate with terrorists. Even if it involves the president's family. But when Russian neo-nationalists hijack Air Force One, with the first family aboard, the free world is plunged into crisis and the president's beliefs and courage becomes the ultimate test.    | <b>Italian Job</b> starring Mark Wahlberg and Ed Norton In this remake, a mastermind pulls off an amazing gold bullion heist from a heavily-guarded palazzo in Venice. He gets double crossed by one of his crew and travels to California with his former gang to re-steal the gold by manipulating traffic signals.  |
| <b>The Transporter</b> starring Jason Statham and Qi Shu Dangerous complications ensue when a former U.S. special forces soldier, turned freelance mercenary driver, is forced to break his own rules and becomes involved in the kidnapping of the daughter of a Chinese businessman who is smuggling his fellow countrymen in the France.  | <b>Chinatown</b> starring Jack Nicholson and Faye Dunaway Jake is a private investigator that makes his living by following unfaithful spouses. When a woman asks him to get the goods on her husband, it's easy money. But when the husband is found dead, Jake decides to look a little closer, and what he finds will lead him through a world of shady characters.   |
| <b>The Fly</b> starring Jeff Goldblum and Gena Davis A nerdy, self-involved research scientist working on a project to teleport matter decides to take the next step and transport a living creature. When his plans go awry, he attempts to transport himself and is unaware that a fly has also entered the transport chamber.   | <b>The World is Not Enough</b> starring Pierce Brosnan and Judy Dench Bond tries to protect a dead friends' beautiful daughter from a crazed terrorist influence and at the same time finds the world's oil supply in jeopardy when she double-crosses him. With the help of a scientist, he must take on a dangerous villain who feels no pain.   |
| <b>Grease</b> starring John Travolta and Olivia Newton-John A small-town Australian girl moves to the states in the late 1950's and tries to fit in with the local high school crowd in one of the most celebrated musicals of all time.   | <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>  |

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



## Sports Shorts

with JO2  
Scott New

### And my sports world came crashing down ...

You could see this coming. The sweat. The exhaustion. The knockout blow was delivered, and his homecoming complete.

Tony Dungy returned to Tampa for the first time since his 2002 firing ...and the defensive-minded coach was armed with an explosive offense. Peyton Manning directed a miracle comeback Monday night as the Colts lit up the scoreboard in the final four minutes of the game, scoring 21 points and sending the game

into overtime.

It's there, in overtime, that has me seeing red. As in a red flag. How come the league wouldn't allow the Buccaneers to challenge, what was obvious to everyone in attendance (at the stadium and in front of their televisions) was a horrendous call?

Still, to be fair and biased, since I am a journalist, the reason Tampa lost the game was precision passing by Manning, an inept pass rush by the Buccaneer front four and a pass coverage unit that was missing in action.

What was billed by many as a Super Bowl preview, truly lived up to the hype. Congrats to Indianapolis, hope to see you again in February.

Ready for some *Random Thoughts*? It's all about respect this week, so let's go ...

...Much respect to LeBron James in his professional debut. His stats were of a mortal man, with eight points, three rebounds and seven assists, but more importantly, he led *his* team to victory, 100-96.

...I just read something off the national wire service concerning my Florida Gators. Believe me, I wasn't going to touch the Gators after losing last weekend to the Rebels of Ole Miss, but I can't resist (remember now, these are my boys). Following Monday night's practice, members of the team spoke with the media and insisted they still have a shot at the SEC championship. It must be the youth ...very optimistic ...but misplaced? Either way, again, much respects.

## This week's tides Oct. 11 - 17

|           | High      | Low        | High      | Low        |
|-----------|-----------|------------|-----------|------------|
| Saturday  | 3:22 a.m. | 9:27 a.m.  | 3:34 p.m. | 9:45 p.m.  |
| Sunday    | 3:46 a.m. | 9:51 a.m.  | 3:58 p.m. | 10:09 p.m. |
| Monday    | 4:10 a.m. | 10:15 a.m. | 4:16 p.m. | 10:33 p.m. |
| Tuesday   | 4:34 a.m. | 10:39 a.m. | 4:40 p.m. | 10:57 p.m. |
| Wednesday | 4:58 a.m. | 11:03 a.m. | 5:04 p.m. | 11:21 p.m. |
| Thursday  | 5:22 a.m. | 11:27 a.m. | 5:34 p.m. | 11:51 p.m. |
| Friday    | 5:58 a.m. | 11:57 a.m. | 6:10 p.m. | 12:27 a.m. |

...Much, much love and respect for the Red Sox and Cubs. Two teams deep in tradition, and now deep in the 2003 post season. Here's to the two of them, meeting in the World Series. Beantown and the Windy City will never be the same.

... And finally, to our DG warriors – I'll see you out this weekend, enjoying the Columbus Day festivities and games. Week in and week out, much love to our island athletes.

*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.*

### Halloween from page 4

climbing a tree. Jack then carved an image of a cross in the tree's trunk, trapping the devil in the tree. Jack made a deal with the Satan, and released him. According to the folk tale, after Jack died, he was denied entrance to Heaven because of his evil ways, but was also denied access to Hell because he tricked the devil. Instead, the devil gave him a single ember to light his way through the frigid darkness.

The ember was placed inside a hollowed-out turnip to keep it glowing longer. The Irish used turnips as their "Jack's lanterns," but when immigrants came to America, they found pumpkins were more plentiful than turnips. So the Jack-O-Lantern in America became a hollowed-out pumpkin, lit with an ember.

### DG's Sports

#### Basketball

|                |    |                 |    |
|----------------|----|-----------------|----|
| <i>Tuesday</i> |    | <i>Thursday</i> |    |
| Filmau         | 49 | All Net         | 57 |
| Terror Squad   | 45 | Filmau          | 47 |

#### Volleyball

|                  |       |
|------------------|-------|
| <i>Wednesday</i> |       |
| PSN              | 12/16 |
| Filmau           | 25/25 |

#### Softball

|                |            |             |    |
|----------------|------------|-------------|----|
| <i>Tuesday</i> |            |             |    |
| CE             | 17         | Chiefs      | 15 |
| Ammo Dawgs     | 9          | Crew Chiefs | 9  |
| NSGD           | Won        | DG Haters   | 9  |
| Deadly Force   | by forfeit | Outsiders   | 9  |

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

### Live NCAA on AFN

#### *Saturday*

Miami vs. Florida St. 10 p.m. Syracuse vs. Va. Tech 10 p.m.

#### *Sunday*

Florida vs. LSU 1:30 a.m.

### Live NFL on AFN

#### *Sunday*

K.C. vs. Green Bay 11 p.m. Pittsburgh vs. Denver 2 a.m.  
Philly vs. Dallas 11 p.m. Buffalo vs. NY Jets 2 a.m.  
Carolina vs. Indy 11 p.m.

#### *Monday*

S.F. vs. Seattle 6:30 a.m. Atlanta vs. St. Louis 7 a.m.

#### *Tuesday*

*All games are subject to change.*