

Tropical Times

Serving the Footprint of Freedom



Volume 14, Number 9

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

February 27, 2004



A look inside this week's edition of *your* Tropical Times



Make note of the Lenten-Easter Services schedule for times and locations, inside the Chaplain's Corner. *Page 4*



The Chemical, Biological, Radioactive Response Team holds an exercise for readiness. *Page 9*

Sailors, Marines Now Eligible for FAA A&P License

*Courtesy of Center for Naval Aviation
Technical Training Public Affairs*

The Department of Defense (DoD) partnered with the Federal Aviation Administration (FAA) to give enlisted mechanics in the military the same credentials as their civilian counterparts. For Sailors and Marines, the Navy and Marine Corps Airframes and Powerplant Program (NMCAPP) has been established at the Center for Naval Aviation Technical Training (CNATT), to ensure all aviation technicians are given the opportunity to earn the federal agency's industry standard certification.

In the past, military experience was not widely recognized by the FAA,

significantly decreasing Sailor and Marine marketability in the civilian sector.

"Trying to get a civilian job without an A&P License is similar to trying to gain access to a military base without the proper credentials—almost impossible," said CNATT NMCAPP Officer, LCDR Gabe Castro. "Well, that time is gone.

There are now certifications in place for Sailors and Marines which allow our mechanics to enroll in the A&P [airframes and power plants] licensing program."

In order to enroll, participants must meet basic eligibility requirements, being 18 years of age, an E-4, and having 36 months or more in service.

It will take about 30 months to complete the entire program, which includes

completing a Qualification Training Package and passing a series of written and oral exams, as well as passing a practical test. After successful completion of the program and required exams, each participant will receive the airframes and powerplants certification from the FAA.

The benefits to Sailors and Marines include no out-of-pocket expenses, as well as the ability to use their military experience and on-the-job training toward certification.

Many non-military universities and vocational technical schools offer FAA-approved classes, but the cost associated with these courses can be overwhelming, even with tuition assistance and assistance from the GI Bill.

Tropical Times

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Submissions are due to the editor by noon every Wednesday.

Inputs may be submitted via guard mail, in person, or e-mail at torresd@dg.navy.mil. All submissions are subject to editing for.



*Front Cover:
AG2 Charles Neese
of METOC joins
Marjorie Scheker of
the Lieutenant Dan
Band on stage
during Thursday
night's free concert.
(Photo by PH2(SS)
Michael Hight)*

The Presidential preference primary elections are underway. U.S. citizens can register to vote by absentee ballot request in the NSF Legal Office, building 136, room 226. The following is a list of state primary election dates: Mar. 2 – California, Connecticut, Georgia, Maryland, Massachusetts, New York, Ohio, Rhode Island, Vermont, Washington; Mar. 9 – Florida, Texas, Louisiana, Mississippi, Illinois. For more information contact the legal office at 370-2922.

Community Updates

- > The AMC Flight Schedule is available on the DG IntraNet. Flights and times are scheduled to change. For flight updates call 370-2745.
- > PREVENT classes: Second Class February/March: 26, 27 and 1st; Third Class March: 2, 3 and 4th. For more information, contact QM1 Trevino at 370-3738
- > The Community Bank will be open Monday, March 1 and closed on Saturday, March 6. The bank will also be open on Monday, March 15 and closed on Saturday, March 20.
- > There have been reports of people smoking in the common areas of the barracks (i.e. passage ways outside rooms). Smoking is allowed in OUTER stairways of the BQ's in order that smokers may have a place to smoke that has some protection from the elements. Non-smokers are encouraged accordingly to use inner stairways as points of entry or egress. Please remind your people that smoking is authorized in designated areas only.
- > Tickets for the African American/ Black History Month Dinner on Saturday, February 28 are sold out, but be sure to see your Multicultural Observance Committee Representative for details regarding the continued celebration in the Island Room after the Dinner.

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

The right diet, an additional factor to good health

By LT Billie Coley
Branch Medical Clinic Diego Garcia

Last week, we mentioned Exercise is the central ingredient for good health. Well, diet is the second major factor for a healthy life.

Many people decide to start eating right, then make drastic changes in order to accomplish this. These sudden radical changes don't last and eventually they go back to their bad eating habits. The U.S. Food and Drug Administration has developed dietary guidelines for a healthy diet.

Fat Intake: The worst food habit is excessive total fat and saturated fat intake. Excessive fat intake is the major cause of atherosclerosis (hardening of the arteries' inner lining.) Atherosclerosis is a key risk factor for heart attacks and strokes. The dietary guideline for fat intake is to limit your total fat intake to less than 30 percent of your total daily caloric intake.

Cholesterol: Cholesterol is a white, waxy substance required by our bodies for normal functioning. Our liver manufactures about 80 percent of the cholesterol in our bodies from the dietary fat we eat. The rest of our cholesterol comes from the foods we eat as dietary cholesterol. Recommended daily Dietary Cholesterol intake should be limited to 300mg a day.

To reduce dietary fat and cholesterol you should:

-Limit meat to six ounces a day. Choose lean, less marbled meats. Prepare them by baking, broiling, or roasting. Trim the fat and remove poultry skin.

-Dairy products: Use skim or low-fat milk, low-fat yogurt, or low-fat cottage cheese. Use low-fat cheese as meat substitutes. Substitute sherbet, frozen yogurt or ice milk for ice cream.

-Eggs: Limit eggs to three per week. Use egg substitutes or egg whites in baking and food preparations.

-Processed foods and deserts: Choose low fat snack foods instead of deep-fried snacks. Use smaller servings of all desserts. Substitute fruit for other desserts.

Protein: What's the best source of protein for your diet? Fish

is an excellent source of protein. Plan at least two fish meals a week. Chicken and other poultry are good neutral foods.

Salt Intake: The recommended amount of salt intake is four grams a day. The average person takes in about 12 grams a day. Too much sodium in your system tends to cause your body to retain fluid. This puts a strain on your heart. Controlling the amount of salt in your diet can help control/prevent high blood pressure, heart failure, swollen hands and feet, plus some other undesirable side effects.

Fiber: The average person eats about 15 grams of fiber daily. The recommendation for good health is to eat 25-35 grams of fiber daily. Fiber is the indigestible residue of food that passes through the entire bowel and is eliminated in the stool. Fiber attracts water and provides consistency to the stool leading to regularity. It is found in unrefined grains, cereals, vegetables and most fruits.

Calcium: With the trend of better eating habits, the intake of calcium-containing foods such as milk and cheese has decreased. Hence, calcium intake has dropped below what is desirable. The typical daily intake of calcium is around 500mg a day. Desirable calcium intake is different for women and men. Women should have at least 1500mg of calcium a day. Men should have at least 1,000 mg of calcium a day.

Diet Supplements: The best way to get all of the vitamins, minerals, and other nutrients that you need is through choosing the appropriate number of food servings for your body and by eating a variety of foods. Your eating habits should include the "Five a Day" program. The "Five a Day" campaign has been accepted and promoted by all military services. The purpose of this campaign is to encourage service members to eat at least five servings from the fruits and vegetables food group every day, and to take a vitamin.

After looking at these guidelines you may think you can never again eat the foods you enjoy. That simply is not true. The best way to eat is by balancing your choices. You should be able to treat yourself occasionally. The key is to not over do it.

Galley Menu Feb 27 - Mar 5

	<u>Lunch</u>	<u>Dinner</u>	<u>Wednesday</u>	<u>Lunch</u>	<u>Dinner</u>
Saturday	Stuffed Cabbage Rolls Spicy Chicken Wings <i>Speedline: Italian Pepper Beef</i>	French Onion Soup Pasta Primavera Grilled Ham Steak		Sukiyaki Southern Fried Catfish Baked Macaroni and Cheese	American Night Corn Chowder BBQ Spareribs Roast Turkey
Sunday	Minute Steak Grilled Ham Slices <i>Speedline: Ham Salad Sandwich</i>	Navy Bean Soup Stuffed Beef Rolls Baked Fish	Thursday	Tostadas Veal Cubes Parmesan Boiled Pasta	Tomato Soup Hungarian Goulash Thick Crust Pizza
Monday	Teriyaki Pork Steak Fried Fish Scalloped Potatoes	Chicken Gumbo Soup Beef Stew Phillippine Pancit	Friday	Fish Portions Meat Loaf Fluffy Steamed Rice	Navy Bean Soup Chicken Fiesta Lemon Baked Fish
Tuesday	Fish Chowder BBQ Chicken Roast Beef w/ Gravy	Chicken Rice Soup Beef Cordon Blue Baked Tuna and Noodles	<i>Due to unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock, or to permit the timely use of perishable foods.</i>		

Using simple language to answer life's tougher questions

By Chaplain Alfonso Concha
NSF Chapel

In real life, we find a lot of meaningful things. However, it is not only what we see, but also how we explain it to others that really counts. We find this process in young people, teenagers, adults and everyone else. So, how do you explain things?

I would like to use a simple language setting. It is the language of children. It can be an amazing, yet very important one. I have asked young children a lot of questions. Some times their answers make us think to ourselves what we know or believe. One time I asked a young audience, "How do you explain God?" One child said: "One of God's main jobs is making people. He makes them to replace the ones who die, so there will be enough people to take care of other people and of things of the earth." Another one said: "God doesn't make grownups, just babies. I think because they are smaller and easier to make. That way He doesn't have to take up His valuable time teaching them to talk and walk. He just leaves that to mothers and fathers."

Continuing this dialogue with an audience of young people, I asked what do you think is the second most important job that God would do. Some responded, "His second most important job is listening to prayers. An awful lot of this goes on, since some people, like preachers and things, pray at times before bedtime. So, God doesn't have time to listen to the radio or TV because of this."

I hope this initial thought of how to explain things may help you to explain major personal questions. It is not only where you

are now but also where are you going next. It is not only the change of stations, but also how you can explain "important things" in your life. Enjoy Diego Garcia and take advantage of opportunities to enrich your personal life every day.

Lenten-Easter Services Schedule 2004

Holy Thursday Mass, Apr. 8

11 a.m. Catholic Chrism Mass*
6 p.m. Catholic Mass+
7:30 p.m. Catholic Mass of the Lord's Supper*
7:30 p.m. Protestant Service**

Good Friday Services, Apr. 9

6 p.m. Catholic Communion Service+
7 p.m. Catholic Communion Service*

Easter Vigil Mass, Apr. 10

10-11 a.m. Confession*
8 p.m. Catholic Mass*

Easter Sunday Apr. 11

6:30 a.m. Island-wide Sunrise Service++
8:30 a.m. Catholic Mass*
10:30 a.m. Contemporary Christian Service*
1:30 p.m. Gospel Service*



* Chapel in the Palms ** Fellowship Hall
+ Justice Chapel ++ United Seamen's Service Center

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.
RCIA
Monday 7 p.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

General Liturgical Service
Sunday 7:30 a.m.
Sunday Bible Study
9:15 a.m.
Contemporary Service
Sunday 10:30 a.m.
Gospel Service
Sunday 1:30 p.m.
Christian Bible Study
Tuesday 7 p.m.
Ladies Bible Study
Wednesday 7:30 p.m.
**Fellowship, 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 and Thursday 7 p.m.

Chapel Movie Night
Monday 7 p.m.

General Protestant Service
Sunday 9 a.m.

ROMAN CATHOLIC

Catholic Mass
Sunday 10:30 a.m.

Hindu Temple

Fellowship Service
Thursday 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Daily Rosary
5:45 p.m.
Theological Formation
Weekdays 7 p.m.
Evening Mass
Weekdays 6 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.
Confession After Mass
Palmsville Mass
Every First Friday 7:30 p.m.
Prayer Meeting
Wednesday 8 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.



Sports Shorts

with Scott New

It's that pre-draft craziness again. Those Redskins from Washington are back at it. First they get a new head coach, Joe Gibbs, to help bring back the glory days.

Then they pay an absurd amount of money (\$43 million) for a has-been quarterback (Mark Brunell). Now they are trying to pull off a trade that makes me ask, "What in the hell are they thinking?"

Enter the possibility of Clinton Portis in Burgundy and Gold. Oh, and say goodbye to the best cover man in football (Champ Bailey).

I understand the need to replace former Redskin and now Carolina Panther Stephen Davis, but giving up a player of Bailey's caliber is ridiculous.

A strong defensive front and linebacking corps is in place but there's still a need for coverage on the ends. Plus, he's a 99 on my PlayStation 2 (Madden 2003).

Yes, Portis is arguably one of the best young runners in the league. Yes, he is young (22) and in his third season. At the same time though, what in the heck is Denver thinking?

I guess the best thing to do is sit back and watch ...we'll see if Gibbs is a genius or a madman.

With pigskin on the mind, after scouring the Internet for breaking NFL news, I've found a topic for my inaugural JackAss of the Week (JAW) award ...Eric Crouch.

Yes, the former Heisman Trophy Winner out of Nebraska is attempting an NFL comeback ...again.

Originally drafted by St. Louis in the third round of the 2001 draft, the former Big Red quarterback quit the team during training camp (injuries) after the Rams tried to turn him into a receiver.

Green Bay was nice enough to offer him a shot at his natural position and as a kick returner, but failed miserably.

This time, according to Crouch, will be different as he is making a comeback as a defensive back.

"It's a position I played in high school," said Crouch.

Hey Eric ...I played fullback and linebacker in high school. Can you put a good word in for me? As soon as this hamstring pull heals, I'm sure I could compete, like you, for a job.

Differences between us are:

You have a better understanding of the game, the way it's played and the speed in which it's played ...but I want it more.

Hey, if it doesn't work out, come to Tampa. The Bucs could use a new mascot.

On a positive note, Gatorade has made a deal with the NFL. They will be the official sports drink of the NFL (to go

along with the NBA, MLB and MLS).

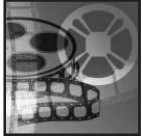
The PepsiCo Company did this for the discounted price of \$45 million per season – for the next eight years. Yes, that's almost \$500 million dollars.

With that said, it's time for me to balance my checkbook, shed a few tears and hope to be attacked by an orange plastic bucket filled with an artificially-flavored fruit-carbohydrate sports drink. I know a good attorney.

Sports Shorts is an editorial column. The views and opinions expressed are those of JO2 Scott New and do not necessarily reflect those of NSF, Diego Garcia. To respond, e-mail the editor at newm@dg.navy.mil.



George Day, Corporal of the British Royal Marines, takes a break from coaching a beginning windsurfing class in the marina on Saturday afternoon. (Photo by JOSN Scott Torres)



Video Rewind with Krishna Jackson

It's a movie about an underdog horse that comes out on top and changes the lives of those around him. That's the gist of this true story set in the 1930's, about a small race horse with an attitude, a beat-up half starved jockey, an estranged horse trainer and the man who brings them together.

It might not sound all that interesting, but "Seabiscuit" draws you into a time when life in America brought many a man to his knees and most were searching for something to believe in during the depression.

The movie starts out slow with a brief history of the development of the car and assembly line which lends itself to the life of Charles Howard (Jeff Bridges), the multi-millionaire who loses everything but his money and finds hope in a horse named Seabiscuit and two unlikely men, down on their luck.

After Howard seeks out and hires Tom Smith, (Chris Cooper) the odd horse trainer, Smith comes across Red Pollard, (Tobey Maguire) fighting everyone

around him. Smith concludes that the unruly horse needs an unruly jockey to tame his wild ways and Red would be just the jockey to take Seabiscuit to the winner's circle.

This is when the movie picks up the pace with the two passionate athletes fending off just about every challenger the horse racing community has to offer. Seabiscuit's popularity soars among a depressed nation looking for an unlikely hero to lift their spirits. Howard seeks to challenge Seabiscuit's ultimate rival and distant cousin, Triple Crown Winner War Admiral, to a match race. After many failed attempts to challenge War Admiral, Seabiscuit finally gets his chance to prove he's the best of the best.

I loved this movie, partly because I'm a horse lover and mostly because it's like visiting another time and another way of life. It's an intimate story about life's ups and downs, and finding a way to come out on top. I'd rate it a four out of five stars.

Video Rewind and H & B are editorial columns. The views and opinions expressed are those of JO1 Krishna Jackson and JO2 Allison Dunn 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.



Health & Beauty with Allison Dunn

Welcome to a brand new month of health and beauty fun! Now that we know the do's and do not's for great skin, it's time to move on. This month's topic is hair care and styling tips. This week's tips are all about home made mixtures you can use to make your hair healthy and beautiful.

Rinse your hair with a quarter cup of vinegar mixed with three quarters of a cup of warm water to restore the natural acid balance upset by alkaline shampoos. Your hair will be soft and shiny.

Always wash and rinse your hair in water as cool as is comfortable. Hot or overly warm water can damage and dry hair.

Mix a half a cup of plain old dish detergent with a cup (or more) of water to clean your hair and put it in a bottle with a squirt lid. There's nothing magical or special about those ingredients in most shampoo, except the pronunciation.

Don't wash your hair every day! You'll be washing the living daylight out of it -

literally.

A natural bristle brush will tame your hair and distribute natural oils, so if you don't over wash, you don't often need a conditioner.

If you must use hairspray, use sugar water or a lemon or orange simmered in water, strained, and put in a spray bottle.

For deep treatment for dry or damaged hair, use mayonnaise like you would a hot oil treatment. After applying generously to hair and scalp, wrap in a warm towel for 15 minutes or more. Shampoo in warm (not hot) water.

Really need gel for that style? Try unflavored gelatin, mixed with half as much water as the instructions call for.

Don't spend money on those fancy dyes for temporary streaking and coloring. Use food coloring or powdered drink mix. You can get hues of everything from mahogany to neon orange with the right mixture.

Beautiful, healthy hair doesn't have to cost a fortune! You can find almost all of these items right here on the island, so go wild and take care of your hair. Next week, find out the best styles for long hair, bangs or no bangs, and much more.

Main Outdoor Theater

Tonight at 8 -	Patton
Tonight at 10 -	Patton
Tomorrow at 8 p.m. -	Radio
Tomorrow at 10 p.m.-	The Fighting Temptations
Sunday at 8 p.m. -	School of Rock
Monday at 8 p.m. -	Art of War
Tuesday at 8 p.m. -	The Bachelor
Wednesday at 8 p.m. -	Duplex
Thursday at 8 p.m. -	The Rundown

Officer's Club

Tuesday at 7:30 p.m.-	Fighting Seabees
Thursday at 8 p.m.-	Art of War

CPO Club

Tomorrow at 7 p.m.-	Men of Honor
Tomorrow at 9 p.m.-	Antibody
Tuesday at 7:30 p.m.-	The Rundown
Wednesday at 7:30 p.m.-	Intolerable Cruelty
Thursday at 7:30 p.m.-	Fighting Seabees

Each movie that plays at the MOT will be replayed the following morning at 11 in the Turner Club.



Beck (The Rock) is a "retrieval specialist" in hock to a powerful and not particularly nice gentleman named Walker (William Lucking). Beck is anxious to retire from his dangerous work and open a small restaurant. Walker tells Beck he'll be free and clear with enough cash to fulfill his dream if he does one more job. He sends Beck into the Brazilian rainforest to bring back his wayward son, Travis (Seann William Scott). Travis is down there looking for a legendary idol, *El Gato Diablo* which he could sell for millions if he found it.



Joel and Ethan Coen take on the classic battle-of-the-sexes screwball comedy with *Intolerable Cruelty*. Clooney plays Miles Massey, a high-powered Los Angeles divorce lawyer nearing a midlife crisis. While representing wealthy client Rex Rexroth (Edward Herrmann), Miles meets his match in Rex's gold-digging wife, Marilyn Rexroth (Catherine Zeta-Jones). He's impressed by her similarly heartless ways of using marriage to fuel an expensive lifestyle.



Just how far would you go to have the home of your dreams all to yourself? A couple start asking themselves that very question in this dark comedy directed by Danny DeVito. Alex (Ben Stiller) and Nancy (Drew Barrymore) are a young couple who are happy and successful, but lack one thing that they truly want — the perfect home in Manhattan. Alex and Nancy think they may have found just the place they've been looking for when they discover the bottom half of a beautiful old duplex has opened up.



**Channel
12**

All games are subject to change. For more information log on to: <http://www.myafn.net>.

NCAA Basketball

Today - Judgement Week

San Diego vs. Gonzaga 5:30 p.m.
Oregon vs. California 8:30 p.m.

Tomorrow

St. Joes vs. Rhode Island 11 p.m.

Sunday

UCONN vs. Villanova 1 a.m.
Notre Dame vs. UCLA 3 a.m.
Cincy vs. Charlotte 4 a.m.
Santa Clara vs. Gonzaga 8 a.m.



Sports Misc.



Sunday

St. Louis vs. Vancouver 9 a.m.

Monday

Philadelphia vs. Detroit 6 a.m.

Wednesday

Tampa Bay vs. Colorado 1:30 a.m.
(Tape Delayed)



Tomorrow

Toronto vs. Boston 6 a.m.
Phoenix vs. Seattle 8:30 a.m.

Thursday

LA Lakers vs. Houston 8 a.m.

PGA Tour

Monday

PGA Tour Accenture Match Play Championship 1 a.m.

Softball this week:

Tonight:

6 p.m. AMMO vs. OneHitters

Don't miss the exciting post-season Softball Championship action starting this week !

Look for the monthly MWR Recreation Catalog coming soon to your favorite facility.

Today

Powerboat Class Marina 4:30 p.m.

5K RollerBlade Competition Base Gym 5 p.m.

Tomorrow

50K Bike Race Beach House 7:30 a.m.

Sunday

2 Person Beach Volleyball Short Pier 10:30 a.m.

Entertainment this Week

Tonight

Band@Work
CPO Club

Tomorrow

Band@Work
Island Room

Sunday

Concert At The Park
Cummins Park
Featuring Band@Work

Showtimes TBD

This week's tides Feb 28 - Mar 5

	High	Low	High	Low
Saturday	7:09 a.m.	1:38 p.m.	7:27 p.m.	-----
Sunday	8:03 a.m.	1:48 a.m.	9:21 p.m.	3:32 p.m.
Monday	11:33 a.m.	4:50 a.m.	12:33 a.m.	6:14 p.m.
Tuesday	12:57 p.m.	6:44 a.m.	-----	7:14 p.m.
Wednesday	1:21 a.m.	7:32 a.m.	1:33 p.m.	7:50 p.m.
Thursday	2:51 a.m.	8:02 a.m.	2:03 p.m.	8:20 p.m.
Friday	3:21 a.m.	9:32 a.m.	2:33 p.m.	8:50 p.m.

Fun and Games

Across

- 1 Roman apparel
6 Holy terror
10 Say for sure
14 __ Island
15 Skinny
16 Capital of Togo
17 American Fur Company founder
18 Canvas cover
19 Cape of Good Hope explorer
20 Least affluent
22 Drowned girl in "Hamlet"
24 Continental prefix
26 Solitary
27 Foe of the Sioux
30 Tape deck button
32 Border river
34 Two-master
38 Bruins Bobby
39 Ore deposits
41 Indian prime minister 1991-6
42 Church council
45 Get back
48 Roman poet born in Spain
50 Bidding
51 More daring
54 Saint Catherine's birthplace
56 Springy
58 Questioned relentlessly
62 Goya's "The Duchess of __"
63 Make dirty

- 65 Antipasto morsel
66 Clock face
67 Dorothy's dog
68 Valentine's Day gift
69 Shipped
70 __ buco
71 Unpleasant smell

Down

- 1 Snare
2 Very
3 Attend
4 Like fans

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18					19				
20					21			22		23					
			24				25		26						
27	28	29					30	31							
32						33				34		35	36	37	
38					39				40			41			
42			43	44		45				46	47				
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51	52	53					54	55							
56							57		58				59	60	61
62						63		64			65				
66						67					68				
69						70					71				

- 5 Comparatively calm
6 Please in Potsdam
7 Genetic material
8 Kinky coif
9 Push over
10 How spaghetti should be
11 Curtain material
12 Internet messages
13 Express again
21 Purloin
23 Pawn
25 Flushes

- 27 Paid athletes
28 Open to breezes
29 Frayed
31 Versatile vehicle
33 Mrs. Charles
35 Maple, e.g.
36 Elliot, of the Mamas and Papas
37 Multitude
40 Abstemious
43 Sea veteran
44 Piece for two
46 Final year students

- 47 Mild-flavored onion
49 "The Count of Monte __"
51 Things to worry over
52 Stan's pal
53 Biblical father of Rachel and Leah
55 Inuit home
57 Murmurs tenderly
59 Actress Virna
60 Uniform
61 Escritoire
64 " __ My Party"

Aries

This is a time when you could hear some good news concerning work & career. If there was an idea of yours that got shelved, now would be a good time to dust it off.

Taurus

Your dance card is full Taurus. Romance is also in the air-get out and socialize. Venus moves into Taurus on the 5th, where it will remain for the rest of the month. Others are attracted to you. You are particularly charming, and can get your way with others.

Gemini

Great news could be heading your way regarding career opportunities. A home business is a definite possibility. You could be inspired to write or do something creative. An old love coming back is another possibility.

Cancer

Dealing with foreigners could be very beneficial. Also the internet could connect you with something wonderful. Friends and associates are highlighted. With Venus being involved it's got to be good. Get out of the house. Fun romance, and possibly money awaits you.

Leo

If seeking an investor, now is the time to do it. Venus moves into Taurus on the 5th, where it will remain for the rest of the month. Venus will attract all sorts of benefits to you including money.

Virgo

Remember Jupiter's in your sign, so the balls in your court. A mysterious foreigner could enter your life now. Others dream of far off and exotic places.

Libra

An old money opportunity could re-emerge now. For those of you seeking employment, try some call backs on those days. It is a great time for financial wheeling and dealing.

Scorpio

Single Scorpios could meet someone new. It's a lucky day on all counts. If not attached, you could definitely meet some one now. If already involved, you should be getting along well. You stand out in a crowd. Unexpected help comes from a friend or associate.

Sagittarius

News could be heading your way about a major career opportunity. Your work environment should be pleasant at this time. Coworkers are easy to get along with. Again career matters are coming to the forefront.

Capricorn

You're busy now Capricorn, but you're also getting a lot done. This is activating your 5th house of creativity and romance. If you are of an artistic nature, you may feel particularly inspired now. Many suitors will take notice of you now also.

Aquarius

This all spells money for you Aquarius. Financial wheeling and dealing is on the agenda. You may feel like making your home more beautiful and inviting. Take a good look at your finances; don't take things at face value. Saturn turns direct on the 7th making your work flow more smoothly.

Pisces

Speak your mind now Pisces. Others will hear what you have to say. If creative, you may

be inspired now. Others could find love in your own neighborhood. You may have to put a partners needs first. Saturn turns direct on the 7th opening up creative blockages.

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Below: Members of a Chemical, Biological, Radioactive(CBR) Response Team wash down a victim during a drill last Thursday. The CBR Drill tested the readiness and response time of personnel stationed at Diego Garcia in case of a chemical or biological attack. Right: HM3 Melissa McIntyre checks the pulse of a victim during the CBR Drill. Bottom: Members of the CBR Response Team transfer a victim from one stretcher to another to be washed down. (Photos by PH2(SS) Michael Hight)



Answers to last week's Crossword Puzzle:

1	W	2	A	3	K	4	E	5	S		6	M	7	A	8	T	9	A		10	C	11	L	12	A	13	P	
14	I	R	I	S	H						15	I	V	E	S						16	H	E	M	I			
17	D	E	L	T	A						18	T	E	N	S						19	L	O	B	E			
20	E	S	T	E	V						21	E	Z							22	T	I	23	T	A	N	I	C
24	F	E	R	I																								
25	A																											
26	G	A	M	E	T	E																						
27	K	28	D	29	L	A	N	G																				
30	N	31	A	N	C	Y																						
32	L	O	I	N																								
33	O	34	R	G	Y																							
35	I	S	36	U	37	Z	38	U																				
39	E	W	A																									
40	S	T	A	L	E																							
41	S	T																										
42	K	O	S																									
43	E	N	R																									
44	O	L																										
45	J	E	S	T																								
46	F	E	N	S																								
47	B	I	H	A	R																							
48	H	A	R																									
49	E	50	R	A	S	E	R																					
51	T	52	A	53	C	O	M	A																				
54	S	55	P	A	I	N																						
56	U	G	L	I	E	S																						
57	T																											
58	A	M	A	Z	59	I	60	N	61	G																		
62	B	O	A	S																								
63	S	W	64	A	N																							
65	T	I	R	O	L																							
66	B	R	I	T																								
67	L	I	L	T																								
68	A	N	O	D	E																							
69	Y	A	M	S																								
70	E	G	G	S																								
71	S	E	N	S	E																							



Gary Sinise addresses the crowd before a free concert held last Thursday night. (Photo by PH2(SS) Michael Hight)



Kimo Williams, vocalist/guitarist for the Lieutenant Dan Band, performs "Purple Haze" by Jimi Hendrix during Friday night's show. (Photo by JOSN Scott Torres)



Matt Lewis, a vocalist for the Lieutenant Dan Band, performs a song during the concert on Thursday night. (Photo by PH2(SS) Michael Hight)

The Lieutenant Dan Band featuring Gary Sinise rocks DG

By JOSN Scott Torres
NSF Public Affairs

Lieutenant Dan Band featuring Gary Sinise performed in front of a packed T-Shed audience near the Harbor Operations building last Thursday and Friday evening.

With a large American flag draped behind the stage, the band opened with Don Henley's *Boys of Summer*, and kept the crowd

rocking with *You Really Got Me*, *Sweet Home Chicago* and Aretha Franklin's *Respect*. Then it was time to pull a volunteer onstage and Branch Medical Clinic's LT Billie Coley joined the band for a rendition of *Chain of Fools*.

The band awarded the audience with four encores, including a sentimental rendition of *God Bless the U.S.A.* The entire band treated those who stayed on Friday with an autograph and picture session, that lasted into the early morning hours.