

# Tropical Times

*Serving the Footprint of Freedom*



Volume 14, Number 24

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

June 11, 2004



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



Check out Allison Dunn's eye care tips in this week's Health and Beauty section. *Page 6*



Be sure to keep track of all the 106th Philippine Independence Day activities this weekend. *Page 9*

# Advancement exam profiles now available on NKO

*Courtesy of  
Navy NewsStand*

Thanks to the revolution in Navy training, Navy enlisted advancement exam profiles are being posted to Navy Knowledge Online (NKO).

The service allows Sailors to view their current profiles and track their profile history through the Navy's personnel development portal. Results began being posted to NKO following the Spring exam cycle.

The Naval Education and Training Professional Development and Technology Center (NETPDTC) in Pensacola, Florida, is responsible for writing, scoring and returning results to the biannual exam cycles. In 1949, exam results were mailed to Sailors. Recently, results have been posted to the Bureau of Naval Personnel (now Naval Personnel Command) WebSite. Today, with results being accessible through NKO, Sailors receive speedier response times and access to results.

According to NETPDTC Examination Administration Branch Head Jim Hawthorne, as little as three years ago, the advancement

notification process would take ten weeks or more. Both technology and the improved processes from delivery to tabulating advancement exams have enabled NETPDTC to get results back to Sailors faster than ever.

Not only are Sailors getting faster access to results, they're now able to track previous results, going back four cycles.

Sailors' command leadership will continue to have access to the E-4/5/6 advancement exam results on BUPERS Online 48 hours before the results are available to individual Sailors on NKO.

To access exam results via NKO, Sailors can log on at [www.nko.navy.mil](http://www.nko.navy.mil) and go to the "My Announcements" channel, then click on the exam profile sheet link, which will take the Sailor directly to his or her advancement exam profile sheet.

Sailors can also access individual advancement exam profile sheets through the advancement exam profile sheet link on the "My Career" page.

For further details, visit the Naval Personnel Development Command/Task Force EXCEL Navy NewsStand page at [www.news.navy.mil/local/tfe](http://www.news.navy.mil/local/tfe).

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

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*Front Cover:*

*J.R. Richards, Lead Vocalist for the band Dishwalla, acknowledges the crowd before performing a free concert at the T-Shed on Wednesday evening. (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: June 22 - Utah; July 20 - Georgia; July 27 - Oklahoma; August 3 - Kansas, Michigan, Missouri; August 5 - Tennessee; August 10 - Colorado, Connecticut; August 17 - Wyoming; August 24 - Alaska; August 31 - Florida; September 4 - Guam; September 7 - Arizona, Nevada; September 11 - Delaware, Virgin Islands; September 14 - District of Columbia, Massachusetts, Minnesota, New Hampshire, New York, Rhode Island, Vermont, Washington, Wisconsin. For more information contact the Legal office at 370-2922, or go to [www.fvap.gov](http://www.fvap.gov).**

## Community Updates

- > Tomorrow from 6 a.m. to 5:59 p.m., in celebration of Philippine Independence Day, Cable and Wireless will discount all calling card calls to the Philippines to half price. C&W will also extend this discount to all calling card calls to Mauritius during this same time. This discount is only for calls made to the Philippines or Mauritius.
- > Due to the Philippine Independence Day holiday, the following Ship's Store service outlets will be closed on Saturday, June 12: The Barber Shop (Downtown and Tent City), Beauty Shop and Tailor Shop. All retail outlets and the Laundry Drop-off (Downtown and Tent City) will maintain normal business hours.
- > The 2004 Navy Ball Committee will be having a fundraiser tonight at the Brit Club from 11 p.m. to 2 a.m. The Committee members will also be selling hot dogs and sausages every Tuesday and Thursday at the softball fields from 6 - 8 p.m. All donations will go to fund your 2004 Navy Ball this October.
- > The Tropical Times is looking for *your* submissions. All hands are welcome to submit want-ads, written stories, features and/or cartoon artwork. Submissions are due to the editor by noon every Wednesday, and may be submitted via guard mail, in person, or e-mail at [torresd@dg.navy.mil](mailto:torresd@dg.navy.mil).
- > The AMC Flight Schedule is available on the DG IntraNet. Flights and times are subject to change. For flight updates call 370-2745.

*To submit ads of updates, send e-mail to [torresd@dg.navy.mil](mailto:torresd@dg.navy.mil). Items will be listed for two weeks unless extended.*

## Know the science and risks associated with Trans Fats

By LTJG Accursia Baldassano  
*Branch Medical Clinic*

What exactly are trans fats? How are they made? How bad are they, *really*? And just how solid is the science that the U.S. Food and Drug Administration consulted when they voted to list trans fats on nutrition labels? To get to the bottom of these and other pressing questions about trans fats, WebMD spoke to leading nutritionists and gathered the answers that you need - now.

### *What exactly are trans fats?*

Trans fatty acids, or trans fats, are formed when manufacturers turn liquid oils into solid fats. Think shortening and hard margarine. Manufacturers create trans fats via a process called hydrogenation. In a nutshell, hydrogenation is a process by which vegetable oils are converted to solid fats simply by adding hydrogen atoms. All fatty acids are chains of carbon atoms with hydrogen atoms attached. With trans fats, hydrogen atoms are on opposite sides of the chain of carbon atoms at the carbon-carbon double bond. Trans means across in Latin, thus trans fats.

Why hydrogenate? Hydrogenation increases the shelf life and flavor stability of foods. Indeed, trans fats can be found in a laundry list of foods including vegetable shortening, margarine, crackers (even healthy sounding ones like Nabisco Wheat Thins!), cereals, candies, baked goods, cookies, granola bars, chips, snack foods, salad dressings, fats, fried foods and many other processed foods.

Trans fatty acids are found naturally in small quantities in some foods including beef, pork, lamb, butter and milk, but most trans fatty acids in the diet come from hydrogenated foods. So there is good news. When the new nutrition labels go into effect January 1, 2006, it will be easier to screen these fats out of your diet. But until then, look at the package's list of ingredients. Products that contain partially hydrogenated oils or vegetable shortening may contain trans fats.

### *Where did trans fats come from?*

Trans fats were developed during the backlash against saturated fat - the artery-clogging animal fats found in butter, cream and meats. Then food manufacturers realized that trans fats lasted longer than butter without going rancid. The result: Today trans fats are found in forty percent of the products on your supermarket shelves.

"We used to use animal fats and people said 'Oh my god saturated fats are bad,' so we switched to trans fats," says Ruth Kava, PhD, RD, Director of Nutrition at the New York City-based American Council on Science and Health. "This kind of gives us an unfortunate focus on ingredients rather than the whole diet when the problem isn't this fat or that fat, it's too many calories."

"Anything was good if it decreased saturated fat consumption in the 1950s through the 1980s," agrees Alice H. Lichtenstein, Professor of Nutrition at Tufts University in Boston. "But then studies began to question trans fats, too."

Finally, in the 1990s, the evidence became clear: When vegetable oil is turned into a solid, like butter, it acts like butter inside the body.

Next, learn about the risks.

### *What do trans fats do inside the body?*

Like saturated or animal fats, trans fats contribute to clogged arteries. Clogged arteries are a sign of heart disease, they increase your risk of both heart attack and stroke. Here's how it works. Trans fats raise low-density lipoprotein (LDL) or "bad" cholesterol levels. This contributes to the build up of fatty plaque in arteries.

"The science that shows that trans fats increase LDL cholesterol levels is outstanding and very strong. All evidence is pointing in the same direction," Lichtenstein tells WebMD.

In the Nurse's Health Study, women who consumed the greatest amounts of trans fats in their diet had a fifty percent higher risk of heart attack compared to women who consumed the least amount of trans fatty acids.

See "Science" page 10

## Galley Menu June 12 - June 18

	<u>Lunch</u>	<u>Dinner</u>		<u>Lunch</u>	<u>Dinner</u>
<b>Saturday</b>	Philippine Independence Day Celebration Island Wide Picnic	Chicken Noodle Soup Lemon Chicken Breast Pork Adobo	<b>Wednesday</b>	Philippine Pancit BBQ Spareribs Potato Bar	<b>British Night</b> Beef Noodle Soup Turkey Curry London Broiled Beef
<b>Sunday</b>	<b>Brunch</b> Minute Steak Creole Macaroni Chicken Fillet Sandwich	Beef Rice Soup Steak Ranchero Fish Tempura	<b>Thursday</b>	Enchiladas Hawaiian Baked Duck Mashed Potatoes	Chicken Rice Soup Grilled Tuna Sandwich Pork Adobo
<b>Monday</b>	Tacos Simmered Franks Chili con Carne	Chicken Gumbo Soup Swiss Steak Turkey Fingers	<b>Friday</b>	Steamship Round of Beef White Fish Mashed Potatoes	Corn Chowder Soup Chili Macaroni Baked Yogurt Chicken
<b>Tuesday</b>	Beef Cordon Blue Chicken Ala King Texas Spaghetti	Split Pea Soup Herb Baked Fish Creole Pork Steak	<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>		

# Chapel in the Palms sponsors CREDO Workshop

By Chaplain Alfonso Concha  
NSF Chapel

**W**hat did you do today? Maybe this is a typical question we ask everyone. In fact, this is a question that we all can answer without any inconvenience. Our response is quite simple. We describe the things we do on a normal day, thus our responses are related to what we really do in our daily (working) lives.

Have you ever considered a new kind of question? This question is not related to what you do, but rather who you really are. This is a question that deals with personal issues. It may require personal answers as well. Everyone may have unique ways to respond to these questions. It conveys a message that it isn't what you do but who you are that really counts.

Let me present to you a new, and perhaps an *old* program sponsored by the Navy Chief of Chaplain's office called CREDO. This program has been in existence for several years and it is still effectively working in the Navy and Marine Corps Commands all over the world. The word CREDO stands for **C**haplains **R**eligious **E**nrichment **D**evelopment **O**peration.

A first class petty officer wearing his Dolphins and various marks of successful Navy tours reached the mid-point of his career. He received several highly attractive offers from the private sector, including defense contractors and the nuclear power industry. He was not sure where to go. At that time, he attended a CREDO Personal Growth Retreat to resolve several issues from the past, and to validate his current course. With the deck cleared in his personal life, he was able to freely evaluate his path, desires and plans.

Another case, a Sailor had been an Eagle Scout prior to his enlistment. He was successful in the Navy, advancing to second class Petty Officer in three years. However, his personal life did not go nearly so well resulting in difficulties at home and at work including an AWOL incident. A CREDO personal growth program allowed him to look at his life in-depth following years of intense change, and encouraged him to make wise decisions and actions that have prevented these problems.

CREDO is the premier, transformational program beyond Boot Camp for the Sea Services. CREDO provides military personnel and family members an opportunity to gain self-understanding, learn to respect themselves and others, accept responsibility for their lives, and develop a healthy spirituality.

This year's CREDO retreat, sponsored by DG's Chapel in the Palms, will take place from July 15- 18.

Have you tried to find out who you really are rather than what you do in life? This may be an excellent opportunity to have fun and learn something new in your personal life.

For more information, feel free to contact us at 370-4601.

## Upcoming Activity Schedule Fellowship Hall - Chapel in the Palms

Movie Night  
Thursday June 17  
*Religions of the World*  
*Islam*  
8 p.m.

Special Father's Day  
Worship Services  
Sunday June 20  
Catholic - 8:30 a.m.  
Protestant - 10:30 a.m.

# DG Island 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 Worship

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.

## 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.

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

## 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

### Confession After Mass

7:30 p.m.

### 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 ENS Steve Green

As we near the summer solstice, I'm reminded of the greatest baseball game that I ever saw. It's hard to believe that it has been twenty years since that magical Saturday in 1984.

The Cubs hadn't won their division since 1945, but there was a genuine sense in Wrigleyville that this might be the year that the curse would be broken.

The Cubs had their archrivals, the St. Louis Cardinals, in town, and the game was being televised as the NBC "Game of the Week."

The day after the game, I cut the article from our local newspaper on the game and had it thumbtacked up in my bedroom for several years. I suppose that it is in some box in my parents' basement, yellowed and tattered.

Before Michael Jordan, there was the original Number 23 in Chicago, Ryne Sandberg. Sandberg went 5-for-6 on that day in '84 and had seven RBIs. The Cardinals Willie McGee had nearly as an amazing game driving in six runs while hitting for the cycle with a single, double, triple, and a homer.

The Cards had jumped to a commanding 7-1 lead early in the game, and had a 9-8 lead going into the ninth inning. As the ninth inning began Bob Costas announced that McGee had been named the games MVP.

Sandberg opened the ninth with a solo shot against Cardinal ace closer Bruce Sutter that tied the game at nine runs each.

Behind McGee's hitting, the Cards put two more runs up on Wrigley's manual scoreboard in the top of the 10<sup>th</sup> inning. With two out in the bottom of the tenth and their backs against the wall, speedy Cubs center-fielder Bobby Denier drew a walk that brought Sandberg back up to

the plate. He hit another homer to tie the game. Utility infielder Davey Owen would hit a bases-loaded single later in the inning to lift the Cubs to a 12-11 victory.

Over the course of a 162-game regular season, rarely do individual games stand out. At the beginning of the day on June 23<sup>rd</sup>, 1984, the Cubs were in third place, two-and-a-half games behind the Mets. By August the Cubs would be in first place to stay.

On the morning of the historic game, Sandberg was third in the All-Star balloting for second basemen with the mid-season classic fast approaching. He trailed the Dodgers' Steve Sax and the Padres' Alan Wiggins by significant margins.

After the game, he quickly passed both in the balloting to start in the first of his nine career appearances in the All-Star game. Sandberg finished the season hitting .314 with 19 homeruns, 84 RBIs, 32 stolen bases, 114 runs scored, 200 hits, and 19 triples. He became the first Cubs MVP since Ernie Banks in 1959.

Cardinals manager Whitey Herzog said after the game, "One day I think he was one of the best players in the National League. The next day I think he's one of the best players I've ever seen."

Literally overnight, Sandberg had become a sports hero and household name.

Cubs' fans have always been fanatics.

Somehow, however, that single game was a turning point in the number of Cubs' fans worldwide.

Long hailed as the loveable losers, that game began a new tradition of division contenders and impressive MVPs. New Cubs stars such as Mark Grace, Andre Dawson, and Sammy Sosa would tantalize the Cubs' faithful.

Sandberg ended his career with 282 home runs, and he hit 277 of them as a second baseman the most by any at that position. He works as a station expert for Chicago's ESPN Radio 1000 and has worked as a spring-training instructor and as a coach for the Cubs occasionally during the regular season.

Baseball and other sports are often about special nostalgic moments like these. Thinking of this game reminds me of a long ago point in my life filled with cornfields, close college friends, and my first taste of Cubs' victories.

Sometimes there are moments that you will never forget.

Perhaps, one day you'll find a clipping of some game stuck away somewhere in a book or drawer or in a box in your parents' basement.

*Sports Shorts is an editorial column. The views and opinions expressed are those of ENS Steve Green and do not necessarily reflect those of Navy Support Facility, Diego Garcia. To respond, e-mail the Tropical Times Editor at [torresd@dg.navy.mil](mailto:torresd@dg.navy.mil).*



AC2 DeAndre Byrd, of the NSF Air Operations Department, takes a pitch during a softball game between Air OPS and the PATWING Sharks on Tuesday night. The Sharks defeated the Air OPS team by the final score of 12-4. (Photo by PH2(SS) Michael Hight)



## Health & Beauty with Allison Dunn

Everyone knows the old saying, "The eyes are the window to the soul." That's why this week's article is all about making those eyes pop. Follow these tips and find out which color is perfect for you. Have fun!

### Things to Consider:

- the shade of your eyes. This will effect how the colors work for you.
- the tools that you use to apply the shadow
- how much shadow you use (the more layers, the more intense the color)
- the shape of your eyes
- your age group

### Here's How:

1. Eye Shadow: Pale pink... think pink quartz. The lightness of this color should open up the eye if yours tend to be small.
2. Contour Color: shades of heather (lavender/smokey plum)  
This shade will lift the orbital bone and

give more definition to the eye. (Won't look droopy)

3. Eye Liner: Smokey violet worked into the lash area. No messy line should be visible.

4. Mascara: Black if not too dark for your coloring. Plum would work well.

5. Blush: Look for something in the mauve-pink family. If it doesn't seem to work for you, add a touch of peach and it will all come together.

6. Lipstick: For these colors, I would choose a pale strawberry shade but feel free to mix in bit of a darker berry shade if it does not suit your skin tone.

If you have an allergy to the red dyes that can be found in pink shadows, you might opt for a yellow/gold shadow. Simply change the colors to a brown palette instead of the plum and lavender shades used above.

Stop by next week for more helpful tips.

*Health & Beauty and Video Rewind are editorial columns. The views and opinions expressed are those of JO2 Allison Dunn and JO3 Scott Torres, 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 torresd@dg.navy.mil.*



## Video Rewind with Scott Torres

This week's *Video Rewind* is on the movie *Dragonfly*. It's an older movie (2002), but one that I felt was worth taking a look at.

In this supernatural thriller, Kevin Costner plays Joe Darrow, a physician mourning the death of his wife Emily (Susannah Thompson) in a bus accident in South America, where she was providing medical outreach.

Wracked by grief, Joe works extra shifts at the hospital to take his mind off the tragedy, but the intense workload triggers his short temper and some careless mistakes.

His intrusive boss (Joe Morton) forces Joe to take time off, but Joe feels obligated to check in on his wife's pediatric patients, fulfilling a promise he made before she left.

Visiting the children's ward, he starts to believe that Emily is using the near-death experiences of her terminal patients to communicate with him, through images the children report seeing in their dreams, and symbols they are inexplicably compelled to draw.

While the children see Joe as a kindred spirit, the hospital staff begins to worry about how the children are reacting to these interactions.

At home, Joe begins finding other unearthly evidence of his wife's attempt to contact him from beyond the grave, some of it featuring the image of a dragonfly, which was the shape of the birthmark on her shoulder. His friends and a caring neighbor (Kathy Bates) worry that Joe is losing his marbles, especially as his quest becomes more frantic, putting his job in jeopardy.

I give this movie five stars, as I thought it was one of Costner's best, unsung performances. I enjoyed this film because it made you contemplate with anticipation, and it wasn't filled with violence, nudity, or strong language. I thought this was a good story of faith and listening to your inner voice, even when in jeopardy of everyone around you believing that you have lost your sanity. This movie actually makes you question whether those who have contact with the beyond *are* really crazy.

*Dragonfly* keeps your attention throughout, and really sets you thinking about the after-life and beyond. Plus, it keeps you in suspense until its great, very surprising, emotional ending.

## Main Outdoor Theater

Tonight at 8 -	Cold Mountain
Tonight at 10 -	City Heat
Tomorrow at 8 p.m. -	City Heat
Tomorrow at 10 p.m. -	The Perfect Score
Sunday at 8 p.m. -	The Perfect Score
Monday at 8 p.m. -	Norma Rae
Tuesday at 8 p.m. -	Boyz 'N The Hood
Wednesday at 8 p.m. -	Hang 'em High
Thursday at 8 p.m. -	Spaceballs

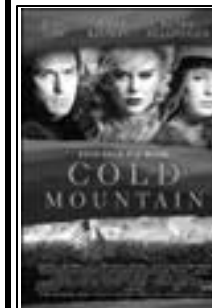
## Officer's Club

Tuesday at 7:30 p.m. -	Navy Seals
Thursday at 8 p.m. -	Norma Rae

## CPO Club

Tomorrow at 7 p.m. -	Against The Ropes
Tomorrow at 9 p.m. -	Eurotrip
Tuesday at 7:30 p.m. -	Spaceballs
Wednesday at 7:30 p.m. -	The Three Musketeers
Thursday at 7:30 p.m. -	Navy Seals

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



Based on the novel by Charles Frazier, Anthony Minghella's star-studded *Cold Mountain* is a sweeping tale set in the final days of the American Civil War. Jude Law stars as Inman, a young soldier who, despite an injury, is struggling to make his way home to Cold Mountain, NC, where his beloved Ada (Nicole Kidman) awaits. In Inman's absence, Ada befriends Ruby (Renée Zellweger), who helps her keep up her late father's farm.



Dumped by his girlfriend on the very same day that he is graduating high school, Scotty, a teenager, decides to take a summer trip to Europe to find Mieke — his German pen-pal who translates all of his German homework for him, which helps him to graduate. When he finds out that his pen-pal is an attractive young German woman, he convinces three of his pals to trek through Europe on a quest for true love. But the low budget trip soon gets complicated with detours.



Director John Singleton's debut chronicles the trials and tribulations of three young African-American males growing up in South Central Los Angeles. When young Tre (Cuba Gooding Jr.), a bright underachiever, begins to show signs of trouble, his struggling professional mother (Angela Bassett) sends him to live with his father (Lawrence Fishburne), a hard-nosed, non-sense disciplinarian.





**Channel  
12**

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

## NBA Basketball - Finals

### Monday (Detroit leads series 2-1)

Los Angeles Lakers vs. Detroit Pistons  
Finals (Game 4) 7 a.m.

### Wednesday

Los Angeles Lakers vs. Detroit Pistons  
Finals (Game 5) 7 a.m.

### Friday

Detroit Pistons vs. Los Angeles Lakers  
Finals (Game 6 - if necessary) 7 a.m.



## Major League Baseball

Don't miss any of the exciting Interleague action!

### Today

Mets vs. Twins 1 p.m.

### Saturday

Dodgers vs. Red Sox 5 a.m.  
Cubs vs. Angels 8 a.m.  
Cardinals vs. Rangers 5 p.m.

### Sunday

Dodgers vs. Red Sox 1 a.m.  
Braves vs. White Sox 5 a.m.  
Cubs vs. Angels 8 a.m.

### Tuesday

Cubs vs. Astros 6 a.m.



## Sports Misc.



### Sunday

Nascar Busch Series:  
Federated Auto Parts 300  
Nashville Superspeedway  
Lebanon, TN  
5:30 a.m.

Nascar Nextel Cup Series:  
Pocono Raceway  
Pocono 500  
Long Pond, PA  
11 p.m.



### Sunday

The Buick Classic - Third Round  
Westchester Country Club  
Harrison, NY  
1 a.m.

### Monday

The Buick Classic - Final Round  
Westchester Country Club  
Harrison, NY  
1 a.m.

## Entertainment this Week

MWR Presents:

### Family Cruz

Tonight

Island Room  
8 PM- 1 AM

Tomorrow

### Philippine Independence Day

Fleet Rec Area  
12 - 3 PM

Island Room  
8 PM - 1 AM

## MWR events this Week

Today

Bike Race  
Beach House  
5:30 p.m.

Tomorrow

Windsurfing Class  
Marina  
1 p.m.

Sunday

Bowling Tourney  
Bowling Center  
12/3/6 p.m.

Monday

Spades Tourney  
Half Time Sports Bar  
5 p.m.

## MWR results from last week's Duathlon

### Males Under 30

1st Place - Charles Pennington  
2nd Place - Charles Baucom  
3rd Place - Stan Lam

### Males 30 - 39

1st Place - Paul Knight  
2nd Place - Dave Correll  
3rd Place - Jay Chapman

### Males 40 and Over

1st Place - Ernest Milton  
2nd Place - Tim Laughmer  
3rd Place - Arviola

### Females Under 30

1st Place - CJ Lenzmeier

### Females 30 - 39

1st Place - Jennifer Bolin  
2nd Place - Mary Jo Corwell

# Fun and Games

## Across

- 1 Obstruct
- 5 Rend
- 9 Fender-bender cause
- 13 Name of eight English kings
- 15 Level
- 16 Bird bill part
- 17 Inuit home
- 18 Acreage
- 19 Milky white stone
- 20 Nutria
- 21 Olden days
- 23 Holm oak
- 25 Hospital employees
- 26 Eye part
- 29 Actress Dickinson
- 31 Government by a few
- 33 Kid's claim
- 37 Wicked
- 38 Infant's enclosure
- 41 Rock-and-Roll Hall of Fame architect
- 42 Cinematographer Nykvist
- 44 Set right
- 46 Kick up \_\_
- 49 Pakistani city
- 50 Biblical strongman
- 53 "The Way We \_\_"
- 54 Reproduce
- 57 City on the Ganges

- 61 Unthinking repetition
- 62 Cain's victim
- 63 Direction indicator
- 64 Poker declaration
- 65 Blinds crosspiece
- 66 One of Chaucer's pilgrims
- 67 27th U.S. president
- 68 Hard to hold
- 69 Pair

## Down

- 1 Stylish
- 2 Building block company

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	48				49					
50	51	52						53						
54						55	56			57		58	59	60
61						62				63				
64						65				66				
67						68					69			

- 3 Just
- 4 Fumbling
- 5 Loosen up
- 6 Lendl of tennis
- 7 Outlet
- 8 Terminating
- 9 Washed abrasively
- 10 French soldiers' hats
- 11 Enraged
- 12 Fleur-\_\_
- 14 Look before \_\_
- 22 Sauve \_\_ peut
- 24 Jazzman Hines

- 26 Male swans
- 27 Norse king
- 28 Harrass
- 29 Words of recognition
- 30 Big Apple law enforcers
- 32 Automobiles
- 34 \_\_ facto
- 35 Malty brew
- 36 Flank
- 39 First name in courtroom fiction
- 40 Like some stock prices
- 43 Coming into being

- 45 Cut off
- 47 Pro
- 48 Discomfort
- 50 Sail spar
- 51 Fragrance
- 52 Artist's theme
- 53 1973 Pulitzer prizewinner
- 55 Competent
- 56 Wild duck
- 58 Low card
- 59 Exploding star
- 60 Dazzled

### Aries

You are the "go-to" person on the job. Be careful what you say. Things could get blown out of proportion. Your creativity is flowing now. A good week for meeting a romantic partner is a social setting.

### Taurus

An opportunity could come out of the blue, that spells big money for you, possibly through a friend or associate. Don't fret what's not in your ability to control, everything will work out OK.

### Gemini

You are irresistible now. Everybody wants you, in all walks of life. Conflicts are likely. Use up the energy through physical activity. Others are viewing you through rose colored glasses. And things should go your way.

### Cancer

People from your past are making contact. It seems everyone has been thinking of you lately. Phones, e-mails, letters may all get a little mixed up. Not a good week to send important messages.

### Leo

A chance meeting could lead to a cherished dream coming true. Still a good week for Leos to make contacts. Don't be afraid to approach a mysterious stranger, you have more in common than you know.

### Virgo

Your career is clicking along all month. A partner may be wanting more attention now. An issue with a love one may come back to the surface. Another stellar week for career moves. Be creative, put your ideas out there.

### Libra

You may find what you're looking for. Don't be surprised if it's not what you expected. Mix-ups at work are likely. Be the voice of reason, don't over react. Again you need to watch what you say.

### Scorpio

A stroke of luck is here, play a lotto ticket. It could also be in the form of a lucky encounter. Electronic things may go a little haywire. Check over bills, someone may be trying to overcharge you.

### Sagittarius

If unattached, you may meet someone suddenly this week. There seems to be tension everywhere you turn. Try to keep a low profile. Another week when people may be argumentive, and want to turn their frustration toward you.

### Capricorn

All your hard work is finally starting to pay off. You can see your way clear to make some big move. An e-mail or telephone mix-up is likely. A nagging health issue needs to be addressed.

### Aquarius

You are flooded with creative ideas now. Make them real, don't let them just fly out of your head. Another week when you could meet someone out of the blue. Be sure to put your best foot forward.

### Pisces

You want to make your home a beautiful place. Others are willing to help now. You may feel a little off kilter, but it will even out. Another week when conflicts between home and family could arise. You can have a great time at home alone with a book.

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**Don't miss out on the  
106th Philippine  
Independence Day  
Celebration**

**This weekend's Schedule of Events:**

**Tonight**

Cultural Night - Filmau Club - 8:30 p.m.

**Tomorrow**

Ecumental Service - The MOT - 7 a.m.

Parade - Base Gym - 9 a.m.

Island Wide Picnic  
Fleet Rec Area - 11 a.m.

Picnic Food Line  
Fleet Rec Area - 11 a.m. - 2 p.m.

Entertainment/Parlor Games  
Fleet Rec Area 11 a.m. - 4 p.m.

**BIOT POLICE NOTICE**

**Criminal Damage**

Property damage on the island is becoming more prevalent. We see it more and more each day. Damage to supplied accommodation fixtures and fittings, property owned by individuals, and even public property such as road signs. Damage can be caused in many ways and it may not always be criminal. If you cause damage to anything accidentally, you must report the fact to the owner of that property. If it is to your accommodation, report it to billeting. Failure to do so automatically gives the perception that it was a deliberate act, not accidental, and will result in a time-consuming, expensive investigation. Accidents happen, everyone makes mistakes at one time or another, we just have to live and learn by those mistakes not ignore them.

**According to Section 266(1) of the BIOT Penal Code**, Criminal Damage is committed if:

- a. A person who without lawful excuse destroys or damages any property, whether belonging to himself or another.
- b. Intending to destroy or damage any property or being reckless as to whether any property would be destroyed or damaged and:
- c. Intending by the destruction or damage to endanger the life of another or being reckless as to whether the life of another would thereby be endangered.

As you see from the explanation given above, if the property does not belong to you or you do not have the owner's permission to use any such property, leave it alone. Damage caused to property need not be permanent and can include graffiti. You are reminded self-induced intoxication is no defence for reckless criminal damage.

If you are found guilty of an offence for criminal damage, the penalty may be **Imprisonment for a term of up to ten years.**

**This week's tides**  
**June 12 - June 18**

	<b>High</b>	<b>Low</b>	<b>High</b>	<b>Low</b>
Saturday	11:41 a.m.	5:22 a.m.	11:57 p.m.	5:47 p.m.
Sunday	12:36 p.m.	6:19 a.m.	-----	6:38 p.m.
Monday	12:44 a.m.	7:05 a.m.	1:20 p.m.	7:19 p.m.
Tuesday	1:23 a.m.	7:43 a.m.	1:58 p.m.	7:56 p.m.
Wednesday	1:59 a.m.	8:18 a.m.	2:31 p.m.	8:29 p.m.
Thursday	2:31 a.m.	8:50 a.m.	3:03 p.m.	9:00 p.m.
Friday	3:03 a.m.	9:21 a.m.	3:34 p.m.	9:31 p.m.

## Science *from page 3*

Some researchers suspect that trans fats also increase blood levels of two other artery-clogging compounds — a fat-protein particle called lipoprotein (a) and blood fats called triglycerides.

Equally worrisome, population studies indicate that trans fats may up the risk of diabetes. Researchers at the Harvard School of Public Health in Boston suggest that replacing trans fats in the diet with polyunsaturated fats (such as vegetable oils, salmon, etc.) can reduce diabetes risk by as much as forty percent.

How much trans fat is safe? No one really knows. Kava says that the prestigious Institute of Medicine reported that there isn't enough research yet to recommend a safe amount of trans fats. "We know that like saturated fats, trans fats can raise bad cholesterol but there is conflicting data about what it does to good cholesterol," she says. "I wish the data were stronger."

The FDA, while requiring manufacturers to put the amount of trans fats on nutrition labels, will not require a percent daily value (PDV) for trans fat because there is not enough information at this time to establish a such a value, she says. Food labels do offer such information about saturated fats.

How do trans fats compare to saturated fats?

"Trans fats raise (bad) LDL cholesterol levels slightly less than do saturated fats," says Lichtenstein. "But saturated fats also raise levels of high density lipoprotein (HDL) or good cholesterol, and trans fatty acids don't."

Thus, some researchers say trans fats are worse. However,

Lichtenstein figures the two fats probably cause equal harm in our diets because we eat far more saturated fat than trans fats.

The FDA estimates that Americans aged 20 and older consume 5.8 grams of trans fats per day, that's about 2.6 percent of our daily calories. By comparison, we consume four to five times more saturated fat per day. About forty percent of our trans fat intake comes from cakes, cookies, cracker, pies and bread, while 17 percent comes from margarine.

*Who should be concerned about trans fats?*

Of course, everyone should try to limit their consumption of trans fats and saturated fats. "Individuals who are told by their physicians that they have elevated LDL cholesterol should be most concerned," Lichtenstein says. "They should minimize their intake of both trans fats and saturated fats."

Kava adds, "The most important thing is looking at the number of calories and then serving size. Then check out saturated fat and trans fat on the label. It might help some people make smarter decisions."

*Are all fats bad?*

Not at all. Polyunsaturated and monounsaturated fats — found mainly in canola, olive and peanut oils — can result in less LDL and more HDL production in the body, says Boston-based community nutritionist Dana Greene, MS.

"That's a good thing," Greene says. "But we should still limit our daily fat intake to thirty percent or less of our daily calories," she stresses. Her advice? Choose heart healthy fats including nuts, avocado, peanut butter and trans fat free margarines such as Promise and Smart Beat.

# Major League Baseball Standings

- Courtesy of MLB.com as of June 10 -

## American League

<u>East</u>	W	L	PCT	GB
New York	37	20	.649	-
Boston	34	24	.586	3.5
Baltimore	26	28	.481	9.5
Toronto	27	32	.458	11.0
Tampa Bay	22	34	.393	14.5
<u>CENTRAL</u>	W	L	PCT	GB
Chicago	31	25	.554	-
Minnesota	32	26	.552	-
Cleveland	26	30	.464	5.0
Detroit	26	32	.448	6.0
Kansas City	21	34	.382	9.5
<u>WEST</u>	W	L	PCT	GB
Oakland	34	24	.586	-
Anaheim	33	25	.569	1.0
Texas	31	24	.564	1.5
Seattle	22	36	.379	12.0

## National League

<u>EAST</u>	W	L	PCT	GB
Florida	33	26	.559	-
Philadelphia	30	27	.526	2.0
Atlanta	29	29	.500	3.5
New York	28	30	.483	4.5
Montreal	18	38	.321	13.5
<u>CENTRAL</u>	W	L	PCT	GB
Cincinnati	34	25	.576	-
St. Louis	34	25	.576	-
Houston	32	26	.552	1.5
Milwaukee	29	27	.518	3.5
<b>Chicago</b>	<b>30</b>	<b>28</b>	<b>.517</b>	<b>3.5</b>
Pittsburgh	24	30	.444	7.5
<u>WEST</u>	W	L	PCT	GB
San Diego	32	26	.552	-
Los Angeles	30	26	.536	1.0
San Francisco	30	29	.508	2.5
Arizona	23	36	.390	9.5
Colorado	21	37	.362	11.0

# Filipinos and Fil-Ams in the news, making a Difference

By Mabi L. Aluning

*Religious Ministry Department*

**D**uring the past few weeks we have seen a flurry of events that involved Filipinos, or Americans of Filipino decent (Fil-Ams), who have done well in their respective fields.

Filipinos in the Sports field are numerous. For instance, Pancho Villa, Gabriel "Flash" Elorde, Paeng Nepomuceno, Efren "Bata" Reyes, and lately, Manny Pacquiao.

There isn't a Filipino who hasn't seen the last fight of Manny Pacquiao. It was unfortunate that bad officiating and judging robbed him of two world boxing titles. Many Filipinos were touched by his statement in post-fight interviews here and abroad that the one thing that kept him going, despite the injuries that he suffered in his left hand and right foot after the first round, was the thought that he was fighting for the prestige of his country.

And so are those in the Beauty and Entertainment business: Gloria Diaz, Lea Salonga and lately Jasmine Trias.

Jasmine Trias had millions of Filipinos and Filipino-Americans rooting for her every time she sang on the *American Idol* show on U.S. television. She made her countrymen proud that she reached the Final Three. I remember Jasmine because of the flower she wore on her hair when she sang. She's still young and may have a great future ahead of her, if not in the U.S., then in her home country where she will be embraced with much love and admiration if she decides to visit it.

In the scientific field, we also have Dr. Gregorio Y. Zara, who introduced the TV-phone in the Philippines in the mid-50s, long before commercial computers were used. In his TV-phone, a caller can see and hear the person he is calling using

ordinary telephone lines, in much the same way as what instant messaging now does. Although Dr. Zara is famous for his TV-phone, he was also behind the inventions of the propeller-cutting machine, induction compass, the alcohol-based aircraft engine in 1955, the solar water heater, which can produce temperatures up to 4,000°F, the robot Marex X-10 that drew attention at the 1961 Science Fair, the cloud chamber made from ordinary drinking glasses which demonstrated the Brownian Movement theory, and the first Philippine-made microscope.

In the knowledge-based area, a Fil-Am and a young Filipino hugged the limelight, Cheryl Diaz Meyer and Patricia Evangelista.

Cheryl Diaz Meyer is a Senior Staff Photographer at *The Dallas Morning News* since 2000. She won the 2004 Pulitzer Prize for Breaking News Photography, with a fellow staff photographer, for covering the Iraqi War as an embedded journalist attached to the Second Tank Battalion of the U.S. First Marine Division. She also spent the aftermath of the war with Iraqis in Baghdad.

She has also won other major awards such as the Daily Press Award last year but when asked about winning the Pulitzer, she says, "Winning the Daily Press Award was a big thrill for me but winning the Pulitzer is the dream I've never even dared to dream. Because it is the highest award a journalist can attain, it somehow makes me feel like all the choices I've made thus far have been meaningful and that the values I have embraced are somehow right."

Cheryl also writes. She has a journal of the time she spent in Iraq as an embedded reporter. Browse the Internet and read her fascinating journal entitled *They Call Me the Reporter*.

Cheryl was born and raised in the Philippines, but she and her parents

immigrated to Minnesota in 1981.

Patricia Evangelista, a 19-year-old Mass Communications sophomore at the University of the Philippines-Diliman, did the Philippines proud by besting 59 other student contestants from 37 countries in the 2004 International Public Speaking competition conducted by the English Speaking Union (ESU) in London.

She triumphed over a field of 60 speakers from all over the English-speaking world, including the United States, United Kingdom and Australia. The board of judges' decision was unanimous, according to the contest chairman Brian Hanharan of the British Broadcasting Corporation.

Ambassador Ed Espiritu and other Philippine Embassy officials that went to the final event, said that the judges and audience were mesmerized by Patricia's confident delivery and responses to the questions posed after her five-minute talk on this year's theme, "A Borderless World."

In the U.S. military, we have Antonio Taguba, a the major general in the US Army. He is the second Fil-Am General in the history of the U.S. Army.

Antonio Taguba was born in 1950, in Sampaloc, Manila. His family moved from the Philippines to Hawaii when he was eleven. After graduating from Leilehua, Taguba enrolled at Idaho State University where he graduated in 1972. He joined the Army soon after graduating.

The first Fil-Am general in the U.S. military is Brigadier General Edward Soriano, who is the Director of Operations, Readiness, and Mobilization, at the Office of the Deputy Chief of Staff for Operations and Plans at the Pentagon.

We have the worst and best of Filipinos out there. Lets hear more from the best.

## A Message from the Safety Department:

**Watch out for other drivers who are weaving, going too fast or too slow and ignoring signals. If someone like this is behind you, turn off as soon as you can and let him or her move on. If you have to turn and getting on or off the main road, always use your signals; don't wait until the last minute. When passing, check your mirrors and look over your shoulder, too.**



## How to outsmart a Terrorist

By MA1 (SW) Francisco Gacuya  
NSF Security

The terrorists are well equipped both with intelligence information as well as sophisticated equipment. However, they are ordinary human beings. They also follow rigid patterns and commit mistakes. It is the individual's mindset that will eventually evade any terrorist threat to him. The following are recommended actions based on anti-terrorism protective measures.

### Home Security - Be prepared for the Unexpected.

1. Always brief family members on your residential security and safety procedures.
2. Ensure that family members learn a duress code, or word, and it is on file at your office.
3. When traveling, advise friends, associates, and family members of your destination and anticipated time of arrival.
4. Don't open the door for strangers.
5. Be alert to strangers who are on government property for no apparent reason.
6. Ensure sufficient lighting exists around your house.
7. Don't meet with strangers outside your work place.
8. Advise your children to refuse any favors from strangers.

Next week, we will tackle Telephone Security.

Answers to last week's Crossword Puzzle:

		34	И	И	Е	А	Г	Т	О	Б	О								
30	И	И	В	О	Е		33	Е	И	И	Е	У							
13	У	Г	М	А		18	Б	П	Б		10	О	В	И					
14	Г	У	Б	М		12	Т	И	С		18	Т	Б	О					
1	3	У	Е	А	2		0	А	И	К	8	Н		10	А	17	А	12	Б
		40	Б	О	И	Е	Е		40	У	Б	О	30	У	Г	У			
43	И	О	К	43	С	Н		44	Г	И	Р	Д		40	Н	С	И		
38	Б	Е		30	У	Д	С	И	У	И	2		41	М	О	Е			
31	У	В	Е		35		33	А	О	В		3	8	Т	30	30	33	3	
33	30	Е	О	И	У	Г		50	30	О	В	О	Е	3					
08	3	Е	Т	Д		03	И	А	И	Г		35	Е	С	Г	А	Т		
10	И	Г	И	Е		02	О	Т	2	О		10	Т	И	А	В	А		
18	<	И	В	К		05	2	С	А	В		02	А	И		К	Е		
20	А	М	Е	И	Д	Е	С		18	В	О	Г	Г	-	20	30	Б		
21	Л	С	М	У	-			24	Л	С	И	С	А	В					



Anna Liza Lozano, of the San Juan Construction Company, receives the sceptor and title of Binibining Pilipinas during the 2004 Pageant at the Filmau Club on Saturday Evening. (Photo by PH2(SS) Michael Hight)



Karen Dizon, of the United Seamen's Service Center, receives the crown and title of Second Runner-Up in the Binibining Pilipinas 2004 Beauty Pageant at the Filmau Club on Saturday evening. (Photo by PH2(SS) Michael Hight)



## ***Dishwalla Rocks Diego Garcia as part of Tour***

*Above left: Rodney Browning, Lead Guitarist for the band Dishwalla, performs during the free concert at the T-Shed on Wednesday night. The Santa Barbara, CA, band made a stop in Diego Garcia as part of their three-week long, SouthEast Asia tour.*

*Above: J.R. Richards, Lead Singer for Dishwalla, leaps from the drum set at the end of the song during Wednesday night's concert.*

*Left: Navy Journalist Second Class Petty Officer(JO2) Allison Dunn conducts an on-air interview with drummer Pete Mahoney of the band Dishwalla on Wednesday afternoon.*

*Below left: The band Dishwalla hands out free CD's and autographs to concert goers after the free concert at the T-Shed on Wednesday night.*

*Below: Captain Gary Cooper, Commanding Officer of Navy Support Facility Diego Garcia, joins the band on guitar during the concert.*

*(All photography by PH2(SS) Michael Hight)*





