

Tropical Times

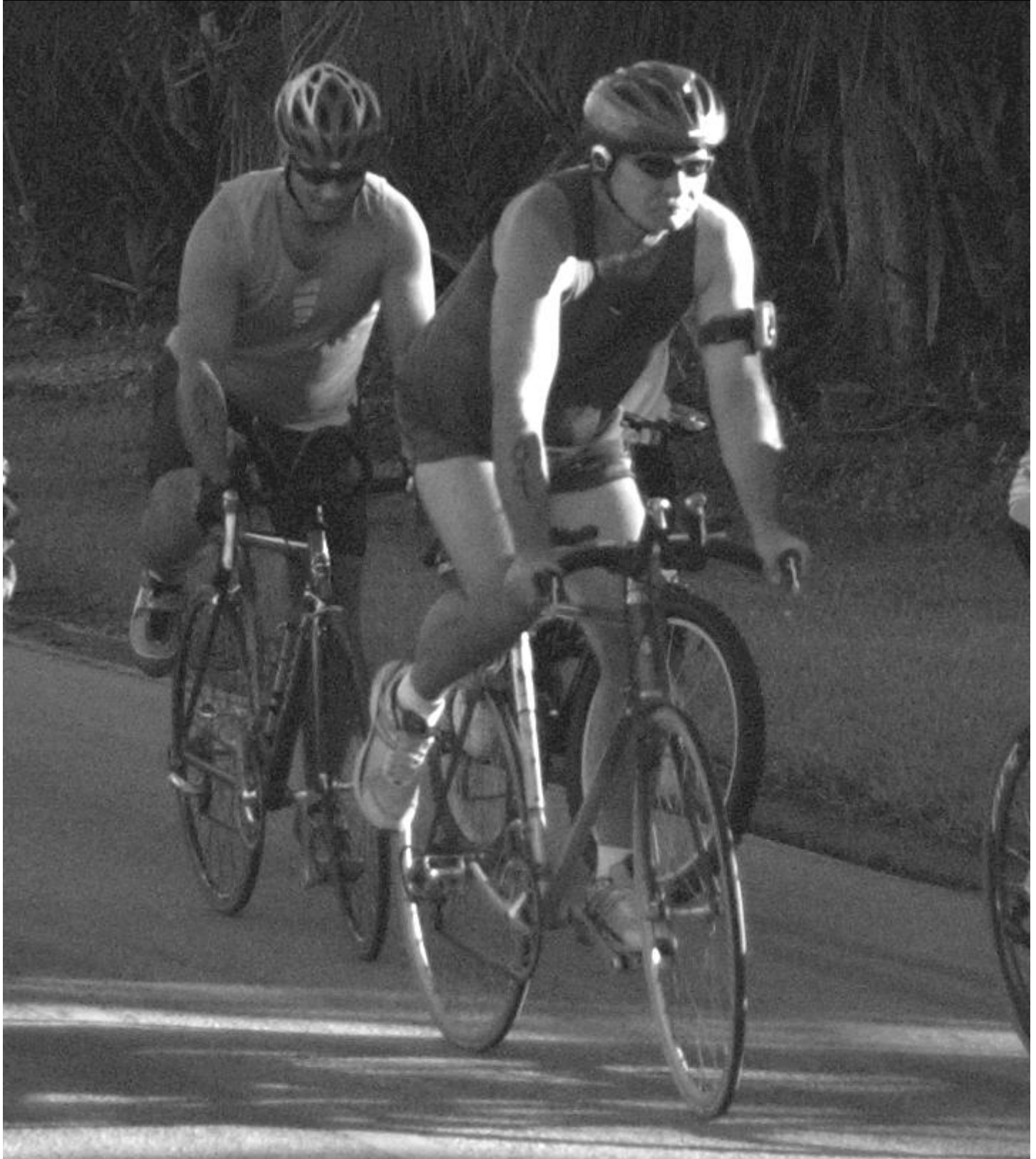
Serving the Footprint of Freedom



Volume 15, Number 20

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

May 20, 2005





A Message from the Commanding Officer, Capt. E.J. Martin, Jr.



Photo courtesy of personal1.iddeo.es

WELCOME ABOARD TO THE NEW MEMBERS OF THE 40th AEG!

If you haven't noticed already, there's a new airplane in town. The B-52s came thundering in to Diego Garcia earlier this month and it's great to have them here. I'd like to enthusiastically welcome all the recently arrived members of the 40th Air Expeditionary Group. Colonel Single and his team flew all the way from Minot Air Force Base in North Dakota and immediately went to work accomplishing their mission. They've already established their reputation as an extremely professional band of aviators, maintainers, and support personnel. They are focused on their job and we at NSF DG

will do our best to provide top-notch support to help facilitate the accomplishment of their mission. That's why we're here.

While welcoming the Group, I'd also like to encourage them to take advantage of the many fun opportunities available here on Diego Garcia. The Navy Support Facility Morale Welfare and Recreation Department offers countless activities for all hands - everything from deep-sea fishing and sailing to 5K runs and triathlons. So, come out and join the fun during your time off. Again, welcome aboard!

Tropical Times

United States Navy Support Facility, Diego Garcia

Commanding Officer
Capt. Edward Martin, Jr.

Executive Officer
Cmdr. Richard Strickland

Command Master Chief
CMDRCM(SW/FMF) Gustavo Beltra

Public Affairs Officer
Ensign Jennifer Johnson

Editor
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This funded newspaper is an authorized publication for members of the U.S. military services. Contents of the Tropical Times are not necessarily the official views of, or are endorsed by, the U.S. Government, Department of Defense or Department of the Navy. The editorial content is prepared and provided by U.S. Navy Support Facility, Public Affairs, Diego Garcia. The Tropical Times is published every Friday.

Submissions are due to the editor by end of day every Tuesday. Inputs may be submitted via guard mail, in person, or e-mail at HaleJ@dg.navy.mil. All submissions are subject to editing for length, content and to conform to Associated Press and local style guidelines. Submission of information does not guarantee it will be published.

Diego Garcia Community Updates

- > The AMC Flight Schedule is available on the DG IntraNet. Flights and times are subject to change. For flight updates call 370-2745.
- > MWR sponsorship of events and equipment requests for special command function shall be submitted to NSF MWR office seven (7) days in advance for review, approval and arrangements.
- > The Tropical Times is looking for *your* submissions. All hands are welcome to submit advertisements, written stories, features and/or cartoon artwork. Submissions are due to the editor by COB every Tuesday, and may be submitted via guard mail, in person, or e-mail at HaleJ@dg.navy.mil.
- > Food items should not be removed from the Combined Dining Facility. NSF CDF can not allow fruit or any other food items to be taken out. Consume all you desire while enjoying your dining experience. All personnel who have Rations in Kind (RIK) Chow passes issued by PSD must show them to the cashier prior to signing in to eat. Those who would like to request picnic rations must do so 72 hours in advance.
- > Any HazMat that personnel have checked out that has been in your workstation for over seven days, please turn it in to the Consolidated Hazardous Reutilization Issue Management Program (CHRIMP). POC: SK1 Cajusay - 370-3410.

The top eight stretches for runners

Assorted sources compiled by Lt. Jessica Bain
Flight Nurse, Branch Medical Clinic

Hold each stretch to the point of relaxation, approximately 10 to 15 seconds, then rest for five to ten seconds. Repeat for a total of three times. If stretching right and left sides, simply alternate between the two during the stretch and rest

Quadriceps (front of thigh): Stand up straight. Bend one knee and bring the heel toward your buttocks. Reach your hand back and grab your foot or ankle. If you can't reach either, loop a towel around your ankle and hold the towel. Maintain a neutral pelvic tilt (hips are neither forward nor backward) and keep your knees side by side, with your hips squared off. Repeat with other leg.

Hamstrings (back of thigh): Stand about an arm's length away from a fence or other stationary object - choose an object where the height is consistent with the current level of your hamstring flexibility. Place your foot on the object and lean forward from your hips, trying not to round your upper back. Slightly bend the knee of the supporting leg. Repeat on other side. To increase the intensity of the stretch, flex your foot and push through your heel.

Iliotibial Band (hip/thigh): Lean toward a wall or fence, with your arm extended. Place the foot closest to the wall behind the other foot. Gently bend the knee of the leg in front and lean closer to the wall. You should feel the stretch in the hip closest to the wall. Repeat on other side.

Calves: Place your hands against a wall or fence (about two steps away). To stretch the upper part of the calf, step forward with one leg and keep your heels flat on the ground. Lean your hips toward the wall while keeping your back straight. Repeat with the back leg slightly bent to stretch the lower part of your calf muscle. Repeat with other leg. A device, such as the FootFlex, can increase the effectiveness of this stretch by placing the foot in a more biomechanically efficient position to target the muscles.

Inner Thigh/Groin: While sitting, place the soles of your feet together with your heels a comfortable distance from your groin. Hold your feet, place your elbows on your legs, and slowly bend forward from your hips (try not to round your upper back) until you feel a mild pull in the groin area. If this stretch feels easier over time, gently add pressure to the legs with your elbows to increase the intensity of the stretch.

Upper Back: Place your hands shoulder width apart on a fence, or something of similar height. Slowly lower your upper body, while keeping your knees slightly bent and your feet shoulder width apart. Focus on the ground and keep your neck relaxed. Different areas of the upper back can be targeted by varying the height of the supporting object. Be sure to always bend your knees

see **Stretches**, page 6

GALLEY MENU *May 21 - May 27*

Saturday	<u>Lunch</u>	<u>Dinner</u>	Wednesday	<u>Lunch</u>	<u>Dinner</u>
	Cream of Mushroom Soup Beef Pot Pie Teriyaki Chicken	Beef Rice Soup Meat Loaf Barbecue Ham Steak		French Onion Soup Syrian Beef Stew Blackened Catfish	French Onion Soup Barbecued Spareribs Roast Turkey
Sunday	<u>Brunch</u>	Vegetable with Beef Soup Braised Beef Cubes Blackened Fish	Thursday	Indonesian Chicken Egg Drop Soup Hawaiian Pork Luau Fried Egg Rolls	New England Clam Chowder Meat Loaf Chicken Fiesta
Monday	Chicken Gumbo Soup Seafood Newburg Alfredo Grilled Marinated Pork Steak	Chicken Gumbo Soup Simmered Beef Philippine Pancit	Friday	Minestrone Soup Beef Caldereta Cheddar Chicken & Broccoli	Minestrone Soup Turkey Curry Lemon Baked Fish
Tuesday	Chicken Rice Soup Beef & Beans Tostadas Chicken Szechwan	Chicken Rice Soup Lasagna Grilled Polish Sausage	<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>		

Another reason to celebrate

By Petty Officer 2nd Class Ida Oganessian
NSF Chapel

Over 50 years ago each branch of the military services had their very own day; the Army had Army day, the Navy had Navy Day, the Air Force had Air Force day, and the Marine Corps had Marine Corps day. However, on August 31, 1949 the first Secretary of Defense, Louis Johnson, announced the creation of Armed Forces Day. The very first Armed Forces Day was celebrated on May 20, 1950. The reason for this is because all the different branches had recently united under one department - the Department of Defense.

All of us who protect our country by serving in the Armed Forces can know that we are very appreciated by people around the world for doing our duties day in and day out, as well as night in and night out, to protect freedom around the globe. One of the ways we know this throughout the year is by all the people back in CONUS who continuously send us lovely care packages to tell us how much we are appreciated. One particular organization is OPMAL (Operation Make A Life Enriched) who sends us all kinds of goodies and cards on days such as Christmas, Valentine's Day, Easter, as well as random days.

This Saturday is a particular Holiday set aside completely for us. This Saturday, May 21, is the 55th celebration of Armed Forces Day. So, as you head to the beach this Saturday or report for duty, remember there are many people rendering us all a salute for a job well done.



Photo courtesy of www.defenselink.mil/afd/

Diego Garcia 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

Informal Protestant Worship
Sunday 8:30 a.m., Short Pier
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.

Sacred Heart of Jesus Chapel 370-2956

Daily Rosary
5:45 p.m.

Theological Formation
Weekdays 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

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.

Palmville 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.

Ship's Store remodeling

By Ensign Trent Walker
NSF Supply

The Ship's Store will be undergoing a major renovation beginning in June 2005. What exactly does this mean to you, the customer? In order to remodel the Ship's Store a few steps need to be taken to make the renovation as painless as possible. During the renovation, there may be some inconvenience and a reduction in the quality of the facilities you are accustomed to. The Ship's Store staff is committed to providing the same level of service and quality merchandise that has been available in the past throughout this period.

The first step in the process will be to move out of the Ship's Store and consolidate it with the Coral Reef Market (CRM) by utilizing the warehouse space adjacent to the CRM. Similar products, such as toiletries, beer and soda, and chips will be consolidated at the one outlet, allowing us to offer all of the items that are currently available to the consumer. An air-conditioned military van (container) will be provided for the Video Rental and the Site and Sound

will be relocated into the mobile Ship's Store; both of which will be located near the CRM. By consolidating into one location, the CRM will temporarily be the island's one-stop shop for all of your needs.

The renovation project will open up the retail space in the Ship's Store so that the new store will serve as the island's one-stop shopping location upon completion of the project. The storeroom space and office space will become retail space, changing the layout of the store slightly, however it will be a significant improvement over what is currently provided. New shelving, refrigerators, and freezers will be installed in order to make your shopping experience more convenient. After the renovation, CRM and Ship's Store will move back into the new Ship's Store permanently.

We ask for your patience and understanding during this long overdue Quality of Life initiative and appreciate your continued patronage as we look forward to seeing you at the new and improved Ship's Store Grand Opening this fall.

Are you able to draw and have a sense of humor?
We would like you to draw the Lagoon Cartoon!

The Tropical Times is looking for an artistic
genius with a knack for making us laugh!

Contact YN3 Hale at 370-2922 or HaleJ@dg.navy.mil.



The Diego Garcia Bike Club
is looking for new members.

The club is open to all hands, all ages, and
all skill levels. Rides are non-competitive
and social in nature. The club meets
and rides every Sunday at the
DG Bike Club House at 4:30 p.m.



DRINKING WATER NOTICE

1. This is to inform the public that the water from the tap (distribution water faucets) exceeds the maximum contaminant level requirements for TRIHALOMETHANE and is therefore **STRICTLY NOT SUITABLE FOR DRINKING PURPOSES.**

2. Drinking Water (Potable Water) is regularly distributed in:

- A. White water tanks situated close to your barracks.
- B. 5-gallon bottled water coolers in offices and other areas.
- C. Hydro-pneumatic tanks located in all clubs and dining facilities.

3. For more information, please call the NSF Environmental Office at 370-4540.

continued from Stretches, page 3

when coming out of the stretch to avoid lower back strain.

Chest: Stand straight, relax your shoulders, and reach behind your back with both arms. Interlock your fingers and squeeze your shoulder blades together. If you cannot bring the hands together, hold a towel between your hands.

Piriformis (lower back): Lie flat on your back. Grab behind one knee and pull toward your chest. Using your hands, move your knee over the opposite hip, rotating the hip inward. As you move your knee, gently straighten the leg and point the toes toward the floor (D).

Stretching tips:

Never stretch a "cold" muscle. Imagine trying to stretch a cold piece of taffy, you can't. But if you warm up the taffy, it becomes easier to stretch. Muscles behave the same way. When you warm up with light activity such as walking or jogging, the muscles are less susceptible to injury from stretching. Muscles also warm up when you take a shower, get a massage, or do gentle movements. However, the intensity of the stretch should be altered depending on the degree of muscle warmth.

Stretch before and after you run. Following your warm up, stop and do the stretches in this article. After your run, cool down and stretch again.

Stretch until you feel a mild pull on the muscle, but never to the point of pain, then hold. This is called a static stretch. Other effective stretching methods can be more time-consuming or are best learned through one-on-one instruction.

Stretch, don't bounce. This can injure your muscle. And if you feel numbness or quivering when stretching, change the angle or intensity of the stretch.

Breathe steadily. This helps deliver oxygen-rich blood to the muscles and allows you to relax.

The American Running Association is a nonprofit educational organization dedicated to encouraging more people to run and be fit. Their mission is to provide information on proper training techniques, a healthful diet, and injury prevention and treatment. For more information about the Association, please contact American Running at 4405 East West Highway, Suite 405, Bethesda, MD 20814; 1-800-776-2732; or visit our Web site at www.americanrunning.org.



Stop by the Branch Health Clinic Pharmacy for complimentary Sunscreen, Aloe Vera After Care lotion, and ChapStick

In honor of National Melanoma/
Skin Cancer Detection and Prevention Month



The concept of Smart Web Move (SWM) is to enhance the life of the service member. When a service member needs to perform a household goods move, instead of physically going to a Personal Property Office, the service member can simply use a web-enabled computer to access SWM. Utilizing this system will eliminate the need for a service member to spend substantial time at the PPO setting up their move with a counselor. Using SWM general takes less than an hour, making moving a more convenient experience for our servicemen. You might think you don't need this option stationed here on Diego Garcia, but you'd be wrong. Personal Property is equipped and ready to handle your online applications to make your transfer from Diego Garcia go as smoothly as possible, and to ensure that your HHG get to your new duty station.

A military member will use this address: <https://www.smartwebmove.navsup.navy.mil>.



Entertainment this Week

MWR Presents:
Major Impact

Friday

Island Room
9 p.m. - 2 a.m.

Tuesday

Officer's Club
7 p.m. - 10:45 p.m.

Saturday

Camp Justice
8 p.m. - 12:45 a.m.

Wednesday

CPO Club
7 p.m. - 10:45 p.m.

Hector's Revenge

Friday, Officer's Club, 9 p.m. - 2 a.m.
Saturday, Island Room, 8 p.m. - 11 p.m.

MWR events this Week

Friday

2 Person Relay Run
Fitness Center
7 p.m.

Monday

Memorial Day
Fullmoon Platoon
Fitness Center
8 p.m.

Sunday

Diego Garcia
Half Ironman
Marina
7:30 a.m.

Thursday

50M Heat
Swim Race
Base Pool
5 p.m.



**Channel
12**

All games are subject to change. For more information log on to: myafn.dodmedia.osd.mil

Main Outdoor Theater

Friday at 8 p.m. -	Freaky Friday
Friday at 10 p.m. -	-----
Saturday at 8 p.m. -	The Italian Job
Saturday at 10 p.m. -	How to Lose a Guy...
Sunday at 8 p.m. -	How to Lose a Guy...
Monday at 8 p.m. -	Meet the Frockers
Tuesday at 8 p.m. -	Mona Lisa Smile
Wednesday at 8 p.m. -	Jersey Girl
Thursday at 8 p.m. -	Dirty Dancing: Havana...

Officer's Club

Tuesday at 7:30 p.m. -	8 Crazy Nights
Thursday at 7:30 p.m. -	Meet the Frockers

CPO Club

Saturday at 7 p.m. -	Mr. Bones
Saturday at 9 p.m. -	13 Ghosts
Tuesday at 7:30 p.m. -	Dirty Dancing: Havana...
Wednesday at 7:30 p.m. -	My Baby's Daddy
Thursday at 7:30 p.m. -	8 Crazy Nights

Each movie that plays at the M.O.T. will be replayed the following morning at 11 a.m. in the Turner Club.

Major League Baseball

Friday

Arizona Diamondbacks vs. Houston Astros 1 p.m.

Saturday

New York Yankees vs. New York Mets 11 p.m.

Sunday

Los Angeles Angels vs. Los Angeles Dodgers 2 a.m.

Tuesday

Minnesota Twins vs. Cleveland Indians 5 a.m.

NBA Playoffs

Friday

Detroit Pistons vs. Indiana Pacers 5 p.m.

Saturday

Phoenix Suns vs. Dallas Mavericks 7 a.m.

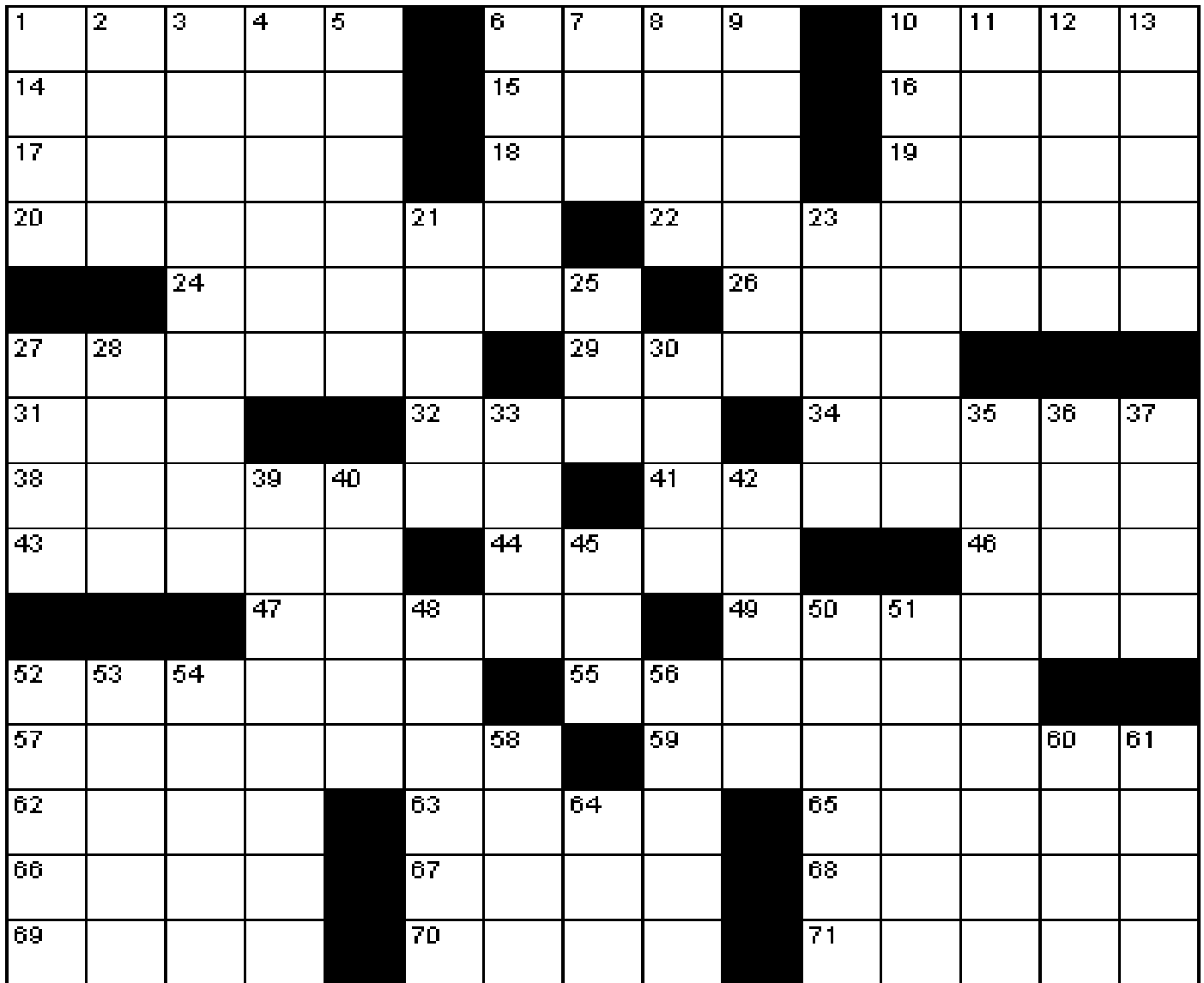
Tuesday

Teams TBD 6:15 a.m.

Wednesday

Western Conference Finals, Game 1: Teams TBD 7 a.m.

Fun & Games

**Across**

- 1 Beta follower
6 Sticks around a stake
10 Bounding site?
14 Bypass
15 Endless years
16 Arsenal stock
17 As such
18 Wilde's "The Ballad of Reading ___"
19 Alpine elevator
20 "Great Expectations" girl
22 High degree
24 French satellite launcher
26 "My ___ Amour"
27 Raring to go

- 29 Clip
31 Commuter vehicle
32 Small, reddish monkey
34 Earthenware from Holland
38 Ouzo flavoring
41 More disreputable
43 Trite
44 "Friends" actress Kudrow
46 Compass reading
47 Outmoded copier
49 Polluted, in a way
52 Awoke
55 New Orleans cuisine
57 Finished
59 Beau
62 Classification

- 63 Amazon valley people
65 1996 Madonna role
66 Army offs.
67 Dost own
68 Beethoven's "Choral" Symphony
69 Lemon and lime, e.g.
70 Aperture
71 Lisbon's river

Down

- 1 Drop one's jaw
2 Birds, to biologists
3 Subject for St. Thomas Aquinas
4 Penny pinchers
5 Antarctica's ___ Coast
6 Heathen

- 7 Pro vote
8 Board's partner
9 Intertwine
10 Was important
11 Fossil resin
12 Elaborate Japanese porcelain
13 Like Vikings
21 Cappuccino cousin
23 Ghost
25 Superlative suffix
27 Basic rhyme scheme
28 Moon goddess
30 Blow off steam?
33 Aimless
35 Not transitory
36 ___ Shui
37 Deuce beater
39 Lack of variety

- 40 Best of the best
42 Abated
45 Important sports org.
48 Calendar pages
50 Brief time
51 Singer Newton-John
52 Capture
53 "Here's looking ___!"
54 Sap source
56 Country singer Bonnie
58 In two parts
60 "___, Brute!"
61 Cheerleaders' cheers
64 "___ Love You" (Beatles tune)

Communicating as a couple (Part Two)

By Lt. Cmdr. Kevin Bradshaw
Fleet and Family Support Office

Last week we reviewed some general communication skills for couples. This week we will review what you can do when communication breaks down or arguments take the place of good communication. Here are a few things to consider when communication breaks down.

Take a break if needed. Take a break of about 15 minutes if your conversation becomes so overheated that either or both of you are on the verge of saying things you'll regret. You might go for a walk or just spend a few minutes apart before you tackle the subject again.

Helpful things to say when you're having trouble communicating. Sometimes making a few small changes in what you say can make a big difference in how well you communicate as a couple. Here are some ideas using "I" statements:

Instead of saying: "You never call when were home or call too late." Try: "I'd like you to call when you know we will be home, or let me know when you are going to call so I can adjust my schedule." Instead of saying: "How many times do I have to ask you to pay the phone bill?" Try: "I'm very concerned that if we do not pay the phone bill our service will be cut off and we will not be able to communicate." Instead of saying: "Why did you buy a DVD player without telling me first?" Try: "When you buy expensive things without consulting me, I feel that my opinion doesn't matter to you." Instead of saying: "You're not making any sense." Try: "I don't understand what you mean. Are you saying that..."

When your partner won't communicate, you may want to take some additional steps if your partner frequently won't open up or seems to tune you out when you try to communicate.

Avoid making assumptions. At times you may think your partner doesn't want to talk because she's angry or upset with you. But she may be angry or upset about something else, such as an incident at work, or her actions may have a different cause altogether. You may be able to ease the situation by making a comment about what you've observed, such as, "I noticed that you've been quiet over the past couple of days. I've wondered if something is bothering you."

Think about the history of your relationship. At first, many couples enjoy spending a lot of time saying little or nothing - it's enough to hold hands, gaze into each other's eyes, or listen to music together. But the needs of one or both members may change. If this has happened, it's important to say so. Otherwise, your partner may think the old pattern is still working. Explain how your needs

have changed and what you would like your partner to do now - for example, that you'd like her to say, "I love you" or that you'd like to have fifteen minutes of private conversation with her every day.

Consider your partner's family background. In some families, serious conversations turn into major arguments quickly. If your partner comes from this kind of family, she may worry that you'll become very angry or even walk out if she speaks honestly - especially if one of her parents often acted in this way. You can help by setting a good example. Stay calm and reassure her that you love her even when you disagree. If a discussion turns into an argument, give her an extra hug or show your affection in another way afterward. Or your partner may come from a family in which people show their feelings through actions, such as giving gifts, instead of words. If so, you may need to explain that although you appreciate all the things she does for you, words are important to you, too.

Remember that some people find it hard to open up because they are afraid of rejection. Think about a time when it was difficult for you to bring up a new idea at work or to say what you thought at a meeting. Even if you liked and respected your manager and co-workers a lot, you may have wondered what they would think if you expressed your views honestly. Your partner may sometimes have a similar reaction when you try to get her to open up. You can help by making an effort to really listen and not make judgments about what she says, especially if children or others might overhear. Make a habit of always showing respect for what she says even if you disagree. If your partner still won't open up, and this is affecting your relationship, you may want look into couples counseling. A therapist or other counselor may be able to show you new ways of communicating that will make it easier for both of you to express your feelings honestly. Some couples need only a few sessions to begin seeing improvements in how they relate to each other.

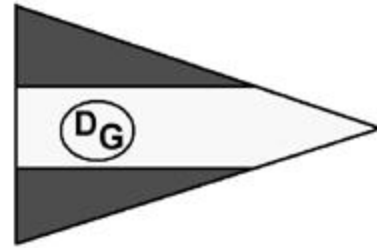
Establishing good communication can take a lot of patience and hard work. Try not to get upset if you or your partner slips back into old habits. The important thing is making a commitment to changing the way you communicate and working toward this goal.

FFSO services are a benefit free to all service members; single or married, including activated Reservists, retirees, and Department of Defense civilians in overseas locations. For more information contact LCDR Kevin Bradshaw at 370-4421.



Cdr. Strickland, the NSF Executive Officer, participates in the 40K Bike Race last Saturday.

Want to see your picture in the paper? We're looking for action shots of you and your friends playing sports, catching that prized fish, or running in the next 5K. Submit your photos with the information who, what, where, and when to YN3 Hale at HaleJ@dg.navy.mil.



The DG Yacht Club is looking for new members! No prior sailing experience necessary! Meetings are held the first Wednesday of every month at 5:00 p.m. Come by for food and fun!

Answers to Last Week's Crossword:

1	O	S	H	E	A		P	E	S	T		S	O	A	R					
14	F	L	A	P	S		15	H	O	H	O	16	T	A	L	E				
17	F	O	L	I	C		18	A	N	O	N	19	E	R	D	A				
20	S	E	S	T	E	21	T	S		22	D	E	23	C	R	E	E	D		
			24	O	T	O	E	25	S		26	R	U	N	D	R	Y			
27	M	I	29	A	M	I	S	30	E	A	S	E	L							
32	A	L	G	E	C	I	R	A	S		34	S	Y	35	L	36	P	37	H	
38	A	I	R			39	R	O	N	E	40	E			41	O	U	I		
42	M	E	A	43	T	H		45	S	C	A	R	46	S	D	A	L	E		
			48	H	E	49	S	S	E		50	R	A	I	N	E	D			
51	C	52	E	53	R	I	S	E		54	S	L	O	T	S					
56	A	L	E	R	T	E	57	D		58	T	R	I	P	59	O	60	D	61	S
62	D	E	G	S			63	D	I	S	C		65	N	O	S	E	Y		
66	G	N	A	T			67	E	C	H	O		68	E	S	S	E	N		
69	E	I	N	S			70	D	E	A	L		71	T	E	A	S	E		

Tide Report

May 21 - May 27

	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Saturday	1:16 a.m.	7:31 a.m.	1:44 p.m.	7:46 p.m.
Sunday	1:50 a.m.	8:05 a.m.	2:19 p.m.	8:20 p.m.
Monday	2:23 a.m.	8:40 a.m.	2:54 p.m.	8:54 p.m.
Tuesday	2:58 a.m.	9:16 a.m.	3:30 p.m.	9:29 p.m.
Wednesday	3:34 a.m.	9:53 a.m.	4:07 p.m.	10:06 p.m.
Thursday	4:13 a.m.	10:34 a.m.	4:48 p.m.	10:47 p.m.
Friday	4:55 a.m.	11:18 a.m.	5:32 p.m.	11:33 p.m.



...caters to the astronomy interests of our island community. The purpose of this club is to establish a common interest association for amateur astronomers and encourage non-amateur astronomers to observe the universe, to educate the general public about the universe around us, to provide an educational and intellectual avenue for all people, while bringing diverse astronomical experiences together for mutual benefit, and lastly to promote events and establish a friendship with all island residents.

If you are interested in becoming a member please contact Bruce Bookout, currently the Site Manager at GEODSS at 370-2026 ext. 219, or 370-6960 after 5 p.m. If you wish, email him at bruce.bookout@diego.af.mil.

Historical threat

By Petty Officer 1st Class Francisco Gacuya
NSF Security

On December 17, 1981 terrorists of the Italian Red Brigades kidnapped US Army Brigadier General James Dozier from his residence in Verona, Italy. The terrorists entered the Dozier apartment posing as plumbers, and then jumped him. He struggled until he saw the terrorists holding his wife with a pistol to her head.

The terrorists transported him in a large trunk to an apartment in Padua where they held him until his rescue by Italian police after 42 days. The terrorists had performed surveillance on the Dozier residence for at least 30 days while planning their attack. Red

Brigade terrorists decided Brigadier General Dozier was a desirable target because he was a senior U.S. official and his routines made it possible to plan an attack.

Last week's answer:

The INCORRECT action was to prominently display your name on your house or mailbox. This may be a common practice in some communities, but it is generally best not to identify yourself needlessly. It is a good idea to get to know your neighbors and look out for the property and safety of others. The other responses were all good ideas for residential security.



B.I.O.T. POLICE NOTICE



TEMPORARY CLOSURE OF THE B.I.O.T. POLICE STATION

The B.I.O.T. Police Station is temporarily operating from the north end of BEQ 5 due to an ongoing renovation project.

The telephone numbers for the Police Station will remain the same, 370-2938 and 370-2939.

The emergency number, 911, will also remain unchanged.

Business will be carried out as usual from the temporary Police Station.



U.S. Navy Support Facility *Diego Garcia*



Meeting Your Needs. At Home. At Sea.

New uniform policies

By Petty Officer 3rd Class John Hale

NSF Legal

New policies were recently announced regarding Navy uniforms and grooming. The purpose of the Navy Grooming and Personal Appearance Policy is to set and maintain the highest standards of professional appearance while in uniform. The policy is being revised to provide a clearly defined guidance due to the increasing popularity of body art and ornamentation. The new guidelines include changes regarding Navy policy on tattoos, intentional mutilation and scarring, dental ornamentation, and jewelry.

There are to be no tattoos or body art on the head, face, neck, or scalp. Any tattoos elsewhere on the body that are prejudicial to good order, discipline, morale, or tend to bring discredit upon the U.S. Navy are prohibited. Tattoos that are excessive, obscene, sexually explicit, or advocate discrimination based on sex, gender, racial, religious, or ethnic backgrounds are prohibited as well. In addition, tattoos that symbolize gang affiliation, supremacist or extremist groups, or drug use are also prohibited. Tattoos should not be visible through your uniform clothing.

Intentional mutilation, piercing, branding, and intentional scarring are prohibited. Some examples are a split or forked tongue, enlarged or stretched holes in ears beyond that of a normal piercing, foreign objects inserted under the skin to create a design or pattern, or intentional scarring that appears on the face, neck, and scalp.

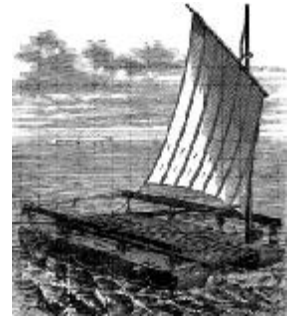
The use of gold, platinum, or other veneers or caps for purposes of dental ornamentation are prohibited. Teeth, whether natural, capped, or veneer, will not be ornamented with designs, jewels, initials, etc.

Conservative jewelry is authorized for all personnel and shall be in good taste. Eccentricities or faddishness are not permitted. The plastic cancer research and organizational support wristbands are not authorized while in uniform. Only one bracelet and one wristwatch may be worn while in uniform. Ankle bracelets are not authorized.

Waivers for prior service or for any existing body art, mutilation, or dental ornamentation listed above may be requested from the Chief of Naval Operations.



Escape the Rock, Part III Build Your Own Raft Race! May 29th, 12 p.m. Marina



Come see if it can be done. Can four people, with some scrap material and a dream, build a sea-worthy craft and make it off the rock? If so, there's hope for us all; if not, at least it'll be fun.

Come to the Marina and have a good time and some food on behalf of MWR and the Diego Garcia Yacht Club.

Prizes await for: 1st place finish, 2nd place finish, Best raft design, Best costume, Best story (150 words or less), and Best pennant and figurehead



Do You Know Sports?? The Tropical Times is Looking for YOU!



The Tropical Times is looking for a hard-hitting sports guru to write a weekly sports article!

If you are interested, please contact YN3 Hale at 370-2922 or HaleJ@dg.navy.mil.

