

Tropical Times

Serving the Footprint of Freedom



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

August 15, 2003

Island recognizes outstanding volunteers

American Red Cross holds annual recognition luncheon

Story and photo

by JO2 Jeffrey Fretland

Naval Media Center

With today's hectic, frenzied pace of life, people often forget about others in need. For one particular group of people on Diego Garcia, the call to compassion never stops being answered. The island chapter of the American Red Cross recognized the efforts of its hard-charging volunteers with an awards luncheon at the Fil-Mau Club Sunday.

"You're truly an inspirational team of personnel," said Wilfredo R. Solis, American Red Cross station manager. "I've never been more proud to work with such a distinguished group of VIPs. You're so committed to serving the Diego Garcia community. Your tireless effort to serve people in need never ceases to amaze me."

Solis noted the volunteers participated in several projects this year, from clean up of the plantation area to assisting with CPR classes. He emphasized the volunteers contributed a total of 3,136 hours of service the past year.

"You're a premier, selfless group of individuals committed to excellence in service to others," Solis added.

NSF Commanding Officer CAPT Gary T. Cooper was the guest speaker. Cooper said that while his job as commanding officer is to ensure an excellent quality of life, the Red Cross volunteers are to continue working as tireless promoters of human kindness and caring.

"You all are an absolutely amazing group of people. To quote the words of Helen Keller, 'You are the people who provided me with more than barren kindness in my hour of need. You inspired me to a life of service to others, and I am proud and humbled to be in your great company,'" Cooper said.

Volunteers who contributed at least five hours of service per month were presented certificates of appreciation, while volunteers and organizations who improved morale on



Red Cross volunteers and advisory board members display their certificates during the annual Volunteer Appreciation Day luncheon at the Fil-Mau Club Sunday. Volunteers were recognized for donating their time and talents.

the island received honor awards.

British Representative CMDR Neil Hinch helped present the Good Neighbor Award to Colin Thomas of Cable & Wireless, for the company's outstanding service to the community. Cable & Wireless was recognized for providing phone cards to service members and civilian personnel in times of crisis during medical evacuations and other emergency situations.

Many of the volunteers realize the importance of selflessly giving back to the community, especially during times of crisis.

Sylvain Nookiah, an employee of the Peacekeeper Inn, gains a great deal of per-

sonal satisfaction working as a volunteer.

"I'm just glad to be able to do something for someone in need," the native of Port Louis, Mauritius explained. "When you can openly give of your time and yourself to someone who is less fortunate or is having some type of difficulty, then I know I have done something worthwhile to make that particular person's life a little bit better."

The American Red Cross provides support services to military and civilian personnel in times of emergency or need. The Red Cross also supports many community service-related projects.

NSF graduates new ASF class

By JOSN David Olson
Naval Media Center

NSF's Security Department recently completed an Auxiliary Security Force, or ASF, academy as island Sailors participated in the two-week training.

Students were taught how to properly use small arms and a variety of self-defense tac-

tics, said MA1 Harold Smalls, leading petty officer for ASF training. Members of security gave the training.

ASF training began with classroom instruction held at the CDF Galley, where students learn about such subjects as when to use deadly force and how to interact with

See "ASF Academy" page 2

DoD program assists disabled veterans

Information exchange leads to improvements in application

By JO2 Jeffrey Fretland
Naval Media Center

The Department of Defense initiated a new program recently designed to provide extra financial support to disabled veterans. The Combat-Related Special Compensation Update (CRSC) began June 1.

The DoD and Department of Veterans Affairs have collaborated to exchange information needed to operate the CRSC program.

DoD recommends three suggestions to improve the quality of the application, which will aid in better managing individual requests.

First, be careful to classify disabilities as determined and awarded by the VA. A retiree who does not have this information should contact the nearest VA regional office and request a listing of their disabilities according to the VA Schedule of Rating Disabilities code. The VA has notified its regional offices to

accept and support requests.

Second, especially for post-traumatic stress disorder, a retiree should try to locate and submit a copy of the first VA rating decision on the disability that indicates the basis for the award. More recent ratings may show only the disability has increased in percentage, with no information concerning the origin of the disability or the basis for the award.

Third, retirees should avoid submission of unrelated documents, especially medical records. Supporting documents that show qualifying conditions should be provided for consideration. The medical review board will find it difficult to document a combat disability and may disqualify the member.

Eligible members include those with 20 years or more service for retired pay computations and who have disabilities because of combat injuries for which they have received the Purple Heart. Members who are rated at least 60-percent disabled because of armed conflict, hazardous duty, training exercises or military equipment mishaps are also eligible to receive compensation.

Members must apply to their own branch of service using DD form 2860, Application for Combat-Related Special Compensation. More information is available at <http://dod.mil/prhome/crsc.html>.

Tropical Times

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ASF Academy from page 1

individuals while performing their ASF duties.

The next training evolution involved small arms training at the gun range. Security personnel taught students how to properly operate the 12-gauge shotgun and 9-mm pistol. Safety was the most important facet of this training.

"Safety is paramount when out on the range," Smalls said. "I can't stress that enough."

During small arms training students had a chance to qualify with a pistol.

The final portions of ASF training occurred at the base gym. The instructors issued handcuffs to each student to learn proper handcuffing techniques. Teaming up with other students, they practiced their newly learned skills on each other from a variety of positions. Students also learned ways to search and escort individuals.

Once students complete the initial training they will receive specialized training once a month, said Smalls.

The importance of the training was not overlooked by the students.

"We're learning all sorts of useful skills," said ITSN Travis Coleman, an ASF student from Patrol Wing One.

Sailors from different departments and commands on island make up the students in the academy. After initial training they

will be called up by security when needed to assist with patrols and security watches.

"The purpose of ASF is to augment NSF's Security Department in the event of an increased force protection condition," Smalls said.

This week in Naval history

- Aug. 18, 1974 - After flooding in the Philippines, Navy helicopters begin six days of operations to rescue people and bring supplies (244 flights).
- Aug. 19, 1812 - USS Constitution captures HMS Guerriere
- Aug. 20, 1952 - In interservice air operations at Chang Pyong-ni, Korea, U.S. Navy, Marine and Air Force aircraft destroy 80 percent of assigned area.
- Aug. 21, 1800 - U.S. Marine Corps Band gave its first concert in Washington, D.C.
- Aug. 21, 1883 - Installation of the first electric lighting on a U.S. Navy ship completed on USS Trenton.
- Aug. 22, 1912 - Birthday of Dental Corps.
- Aug. 22, 1945 - First surrender of Japanese garrison at end of World War II; USS Levy receives surrender of Mille Atoll in Marshall Islands.

From pumps to sneakers, choosing the right footwear

By LT Billie Coley

Health Services Department

Last week I talked about some of the most common problems that involve the feet. Now, we'll discuss ways to properly care for our feet to prevent those problems.

Proper foot care dates back to ancient Egyptian times. Even in ancient Egypt, footwear was designed to meet mankind's needs of protection, support, comfort, sturdiness and stylishness.

Remember, your feet are subject to more injury than any other part of your body. They are in constant use from the moment you get up in the morning to the moment you go to bed at night.

Good foot care begins with proper footwear. Shoes should be bought for work, leisure and special activities, matching the shoe with the activity.

Office workers should designate three to five pairs of shoes for business wear. If you spend most of the day on your feet, you should wear cushioned-soled shoes that give good support. For men, general oxfords or loafers are recommended. For women, pumps and oxfords are preferred.

Women seem to be the worst when it comes to mistreating the feet. Improper footwear leads to unnecessary foot problems. The primary culprit is the high-heeled shoe (pumps with heels of more than two inches). High-heeled shoes are considered to be medically unsound, and attribute postural and even safety problems to their use. If you insist on wearing high-heeled shoes, you can limit their abusive effects by limiting the amount of time you wear them.

The recommendation is to alternate your high-heeled shoes with good quality sneakers or flats for part of the day. Also, consider varying the heel height. The market has identified the need for comfortable and attractive walking pumps that blend fashion considerations and comfort. These pumps have athletic shoe-derived construction, reinforced heels and more toe room.

Perhaps the best shoe for women is a walking shoe with laces,

no more than three-quarters of an inch in height.

For men the best shoe is a good quality oxford. Also suitable are slip-ons, dressy loafers and low dress boots. Safety shoes and boots help prevent injuries to the feet, and reduce severity of injuries that do occur.

Depending on your job, hazards to your feet may vary. For example, if you work where there is a hazard of falling and rolling objects, cuts and punctures, protect your feet with steel-toe safety shoes, metal foot guards, puncture-proof inserts and or shin guards. If you work where there is a hazard of electrical current, wear shoes or boots with rubber soles and heels, no metal parts or insulated steel toes.

Protect your feet from extreme cold with shoes or boots with moisture- or oil-resistant insulation and that can repel water. For extreme heat and direct-flame hazards, wear overshoes or boots of fire-resistant materials with wooden soles. Slips and skids can be prevented with non-slip rubber or neoprene soles. If you work in a wet environment, wear lined-rubber shoes or boots.

Matching the shoe to the activity applies to work and play. Different sports activities call for specific footwear to protect your feet and ankles. For serious athletes, sport-specific athletic shoes are a wise investment. If you're a jogger, running shoes are ideal. Running shoes are built to accommodate impact, while a tennis shoe is made to give relatively more support and permit for sudden stops and turns.

The "cross trainer" is a general athletic shoe. If you are involved heavily in any single sport, you should have a shoe that is specifically designed for that sport.

It is important to take good care of your shoes so you can get the most out of them. Keep your shoes clean and dry. Avoid excess wear on the heels and soles. It is also important to give your shoes a chance to breathe. Don't wear the same pair of

See "Foot Protection" page 5

Galley Menu Aug. 15-22

<u>Lunch</u>		<u>Dinner</u>	
Saturday	Beanie Weenies Honey Ginger Chicken Breast <i>Speedline:</i> Submarine Sandwich	Chicken Cacciatore Baked/Fried Fish	
Sunday	Minute Steak Creole Macaroni <i>Speedline:</i> Ham Salad Sandwich	Turkey Pot Pie Roast Fresh Ham	
Monday	Cajun Roast Beef Fish Floretine* <i>Speedline:</i> Burritos	Tomato Bisque Soup* Pork Adobo	
Tuesday	New England Clam Chowder* Turkey Fajitas w/ Salsa <i>Speedline:</i> BBQ Beef on Bun	New England Clams Swiss Steak	
		Wednesday	
		Pork Chop Suey Philippine Pancit <i>Speedline:</i> Grilled Frankfurters	AMERICAN NIGHT Yankee Pot Roast Cornish Hen
		Thursday	
		Honey Ginger Chicken Breast Salisbury Steak <i>Speedline:</i> BLT Sandwich	Lemon Baked Fish Pork Schnitzel
		Friday	
		Chili Con Carne* Simmered Franks <i>Speedline:</i> Tacos	Teriyaki Baked Chicken BBW Beef Cubes
*Heart healthy items. Reminder to CDF patrons: meal pass must be visually sighted at the sign-in desk. No smoking areas will be enforced. Due to unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock or to permit the use of perishables.			

Chaplain's Corner

Building an effective relationship

Learning to manage your emotional bank account

By LTJG Jay Kersten
NSF Chapel

One of my seminary professors once stated that there are two things we need to seek, "Relationships that last and a life that matters."

Steven Covey, the author of *Seven Habits of Highly Effective People*, informs us that, "Relationships with people should be effective, not efficient." Far too often we have relationships with people we flippantly term friendships, but what they really are, are utilitarian relationships where we utilize the other for personal needs of varying sorts, but we never really make any emotional investment in this person. Some utilitarian friendships are good and even necessary - business acquaintances are always helpful as well as many co-worker acquaintances. However, we need real friends to share our lives for us to be free in living our lives fully.

With each new friendship, we open what could be termed an "emotional bank

account." Much like a financial bank account, deposits are made and withdrawals are taken. When withdrawals exceed deposits, the account is overdrawn. One difference between the two kinds of accounts is that the emotional bank account requires continual small deposits to maintain its balance. Deposits are made in the form of courtesy, respect, kindness, patience, service and honesty. Withdrawals come in the form of fear, overreactions, ego trips, an absence of apologies for mistakes and neglect of the human relationship. Our motives for making deposits should be sincere. By maintaining a large emotional bank account, we will operate from a high level of trust with our family, friends and shipmates.

The Christian scriptures teach that there are three primary relationships we need to focus on: Our personal and practical love relationships with God, others and self. Often we get so overwhelmed by life events that we overlook the necessity to nurture our relationships. With God such care is taken by the time we devote in prayer and reflection, and also in the care we give to the others. The

devotion we give to others around us is always an opportunity for them and us to grow personally.

Our loving social behaviors are opportunities that allow all concerned members to be free to be themselves, which gives us all the ability to exercise our talents and gifts in a non-threatening and receptive atmosphere. If we do not feel like we can be ourselves then it is not a friendship, but a utilitarian relationship. When we are free to act and express ourselves freely then we know we are loved, and then are able to develop ourselves to the fullest of our potential without fear of disapproval or abandonment.

The last relationship that requires our attention is the one we have with ourselves. In fact, if we do not love and appreciate ourselves properly, then we will never actually allow another to love us because we will never show them who we really are. They will never know whom they are really seeing. Why would we show someone else what we dislike about ourselves and risk losing their highly sought after approval? Loving ourselves, the good, the bad and the ugly, is the first step in allowing someone else to love us.

Church Services

The Chapel in the Palms 370-4601

ROMAN CATHOLIC

Rosary and Devotion
Sunday 8 a.m.
Saturday 7 p.m.
Catholic Mass
Saturday 7:30 p.m.
Sunday 8:30 a.m.
Monday-Friday 6:30 a.m.
Choir Practice
Thursday 7 p.m.
Saturday Confession
6 p.m.
Scripture Study
Thursday 6 p.m.
ISLAMIC
Jum'ha
Daily 7:30 p.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Sunday 8 a.m.

CHURCH OF CHRIST **Sunday Worship** 10 a.m.

The Chapel in the Palms 370-4601

PROTESTANT

Sunday Bible Study
9:45 a.m.
Contemporary Service
Sunday 11 a.m.
Gospel Service
Sunday 1:30 p.m.
Christian Fellowship
Tuesday 7 p.m.
Women's Bible Study
Wednesday 7:30 p.m.
Chapel Choir Practice
Wednesday and Saturday 5 p.m.
Gospel Choir Practice
Wednesday 6:30 p.m.
Thursday 5 p.m.
Saturday 3 p.m.
Video and Game Night
Friday 7 p.m.

Iglesia ni Cristo

Tagalog Worship Service
Thursday 5 a.m. and
7:30 p.m.
English Worship Service
Saturday 7:30 p.m.
Tagalog Worship Service
Sunday 5 a.m.

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

Camp Justice Chapel 370-4959

Table Talk
Tuesday 7 p.m.
**Praise and Worship
Celebration**
Wednesday 7 p.m.
Chapel Movie Night
Monday 7 p.m.
General Protestant Service
Sunday 9 a.m.
Ladies Night Out
Thursday 7 p.m.
Sports Night
Friday 7 p.m.
Corporate Prayer
Saturday 8 p.m.

ROMAN CATHOLIC

Catholic Mass
Sunday 10:30 a.m.

LUTHERAN/EPISCOPAL

Worship Service
Saturday 7 p.m.

Hindu Temple

Fellowship Service
Thursday 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Daily Rosary
6:00 to 6:15 p.m.
Theological Formation
Weekdays 7 p.m.
Evening Mass
Weekdays 6:15 p.m.
Saturday Mass
5:30 a.m. and 7 p.m.
Sunday Mass
8:00 a.m. and 7 p.m.
Friday Bible Study
7:30 p.m.
Palmsville Mass
Every First Friday 8:30 p.m.

Christian's Den

Band Practice
Tuesday and Saturday
8 p.m.
Tagalog Bible Study
Wednesday 7 p.m.
Tagalog Fellowship
Thursday 7 p.m.
**Contemporary
Christian Service**
Sunday 7 p.m.

DG's Sports Roundup

Hoops Action

"C" League

Aug. 11

Visa	37	ANNEX	20	20	MWR	*Win*
CDF	47	Unknowns	53		Sacred Heart	

"B" League

Aug. 12

All Net60	Fil Mau	59	HSD	25
VP 40 35	Terror Squad	55	Fast Break	52

Softball Action

Aug. 13

NSGD	16	AMXS	23
Outsiders	4	Ammo	13
DG Haters	13	NSGD	21
Chiefs	11	AMXS	5

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

Foot Protection from page 3

shoes two days in a row, have at least one other pair you can alternate with. This also prolongs the life of the shoe. Most of all, never wear hand-me-down shoes.

Shoe buying tips:

- Have your feet measured while you are standing.
- Always try on both shoes, and walk around the store to

assess fit and comfort.

- Both feet are seldom the exact same size, so but for the larger foot.

- Shoes should be comfortable immediately. If the shoe requires a "break-in" period, don't buy it.

- Don't rely on the size of your last pair of shoes. Feet do get larger.

The health of your feet plays an important role in your lifestyle. Unhealthy feet often affect quality of life. Take proper care of your feet. Focus on prevention now to prevent treatment later.

This week's tides Aug. 16 - 22

	High	Low	High	Low
Saturday	5:16 a.m.	11:27 a.m.	5:34 p.m.	11:51 p.m.
Sunday	5:46 a.m.	11:57 a.m.	6:04 p.m.	12:21 a.m.
Monday	6:10 a.m.	12:27 p.m.	6:34 p.m.	12:57 a.m.
Tuesday	6:46 a.m.	12:57 p.m.	7:10 p.m.	-----
Wednesday	7:28 a.m.	1:39 a.m.	7:52 p.m.	1:45 p.m.
Thursday	8:34 a.m.	2:45 a.m.	9:10 p.m.	3:03 p.m.
Friday	10:40 a.m.	4:33 a.m.	11:22 p.m.	5:15 p.m.

Community Updates

The Yacht Club Social is Thursday at 7 p.m. Bring your yacht club member's card and participate in the free member's raffle. A second raffle will be held for all others who attend. Prizes include Diego Garcia Yacht Club merchandise. Club members are invited to join the Yacht Club Committee for their private function at the Brit Club at 8:30 p.m. Food and refreshments will be available.

Thinking about purchasing a new car? A Navy Auto Source Military Car Sales representative will be on the island through Saturday, Aug. 23. The representative will be at the Turner Club hallway from 1 to 8 p.m.

MWR presents "Make Your Own Pizza Night" every Tuesday at the Peacekeeper Inn from 5 to 9:45 pm.

California is holding a special election Oct. 7. The election is about recalling Governor Gray Davis. To get an absentee ballot stop by the NSF Legal Office to fill out a postcard application. For additional information on absentee voting contact LNC(SW/AW) Johnny White at 370-2922.

Looking to play some serious soccer, better known as football? The Brits and Mauritians are looking for competition. Contact Jean-Marc Leste at the gym at 370-2791 or Paul Smith at 370-4957 or 370-2931. Matches will be organized once teams are assembled.

Starting Monday, Naval Media Center will offer an island information ticker 24-hours a day on Channel 8. To submit information contact the media center at 370-3685.

Congratulations to LCDR Ruth Goldberg who submitted the winning entry for this year's Navy Birthday Ball's "Create the Theme" contest. Goldberg will receive two tickets to the ball for her submission of, "Bridging the Path Toward World Freedom."



Sports Shorts

with JO2
Scott New

So there I was, hangin' at the ballpark. The overcast skies and isolated rain showers didn't scare me. Nothing could keep me away from the field. Not with two power-houses squaring off in battle. Mano e Mano.

With my bag of popcorn in one hand and an ice-cold diet soda in the other, I was ready to begin rekindling my love for the game of baseball – one step at a time. Sure, I played the preseason tournament with Security's Deadly Force and now I'm ready for the season to start, but ...

...watching a game is different.

Again I reminded myself – this is the Chiefs and the DG Haters.

But Tuesday's rain showers dampened the fields and all games were rescheduled for

Wednesday.

When the two squared off Wednesday night there was tension. Excitement. Action. And passion. Not since the Yankees and Red Sox squared off during the final weekend of July – in Fenway Park, when the Sox took two from the Yankees, have I seen such competition.

As the Haters took the field the Chiefs got off to a strong start putting four on the board. The Haters answered back scoring three in the bottom of the inning – getting the message across that this game was going the distance.

The teams battled back-and-forth through the middle innings. The Chiefs had the offensive firepower to build on their first inning lead but miscommunication and sub-par play by the left side of the infield allowed Hater runners to reach base, and put them in scoring position. At the end of six the Chiefs held a two-run lead, 11-9.

Again the Haters held strong on defense – and Miguel Lebron brought out the big stick and blasted a three-run shot deep into

the upper-deck (if we had one).

Final score: DG Haters 13, Chiefs 11.

The Haters stay in the winner's bracket as the Chiefs take a step down into the loser's bracket of this double-elimination tournament. The Chiefs had another shot Thursday night. I go too early. I'll touch on it next week.

As I leave you, here are two special *Random Thoughts ...*

...to the Chiefs – maybe it would be best to schedule the fishing trips on non-game days...and to the Haters – be careful. I've seen an angry Chief. Not a pretty sight. Be ready to give it more than you did Wednesday – or get ready to get run over.

Viernes, Dayor take doubles tournament at Coral Sands

By JOSN Michelle Robison
Naval Media Center

Dori Viernes and Roger Dayor won the Diego Garcia Golf Association double's tournament with a combined score of 72 Sunday at the Coral Sands Golf and Country Club.

The tournament began at 7:30 a.m. with teams teeing off throughout the morning. The first nine holes were played in a best-ball format and the final nine were stroke play. All 18 holes were played Sunday.

Angi Custodio and Sam Dadua had a combined score of 73 earning them a second place finish. David Anderson and Steven Alverson tied with Tess Vangano and Dong Limo for third with, with a 76.

Lydia Domingo and Mario Menor had the longest drive of the day, and Emil Toralba and Joe Paule were closest to the pin.

Main Outdoor Theater	Officer's Club
Tonight at 8 p.m.- Fatal Blade	Tuesday at 7:30 p.m.- Poolhall Junkies
Tonight at 10 p.m.- Blade	Thursday at 8 p.m.- My Five Wives
Tomorrow at 8 p.m.- Blade	CPO Club
Tomorrow at 10 p.m.- Identity	Tomorrow at 7 p.m.- Just Married
Sunday at 8 p.m.- Identity	Tomorrow at 9 p.m.- Minority Report
Monday at 8 p.m.- My Five Wives	Tuesday at 7:30 p.m.- What A Girl Wants
Tuesday at 8 p.m.- The One	Wednesday at 7:30 p.m.- Dreamcatcher
Wednesday at 8 p.m.- The New Guy	Thursday at 7:30 p.m.- Poolhall Junkies
Thursday at 8 p.m.- What A Girl Wants	Each movie that plays at the MOT will be replayed the following morning at 11 in the Turner Club.
My 5 Wives starring Rodney Dangerfield and Andrew Dice Clay A rich real estate developer in the middle of his third divorce bids on land in Utah he wants for a ski resort. But he has no clue that anyone who buys the land also inherits the wives of the deceased former owner, and even better, the more land you buy, the more wives you inherit.	The New Guy starring DJ Qualls and Eliza Dushku An unpopular high school geek going through a hellish senior year gets arrested and is expelled from school. Determined to change, he learns how to be cool from a fellow inmate, reinvents himself under another name and enrolls at another school. There he gains the respect of jock and geek alike, until someone uncovers his past.
Dreamcatcher starring Morgan Freeman and Thomas Jane Based on the popular novel by Stephen King, four young friends perform a heroic act and are changed forever by the supernatural powers they gain return. Years later, on their annual hunting trip to the Maine woods, they are challenged again when they encounter a deadly alien force attempting to infect and take over our world.	Identity starring John Cusack and Ray Liotta When 10 strangers with secrets are brought together during a savage rainstorm, they all take shelter at a desolate motel run by a nervous night manager. Fear checks in as one by one the travelers die in mysterious and bloody ways. The others must uncover the killer and discover his secret.
Just Married starring Ashton Kutcher and Brittany Murphy When a cute uptown girl meets a down-to-earth guy, they instantly fall in love and rush into marriage against the wishes of their family and friends. Her parents, determined to break up the happy couple as they honeymoon in Europe, send an ex-boyfriend after them.	Poolhall Junkies starring Chazz Palminteri and Rick Schroder A young man obsessed with the game of pool decides to break with his mentor, give up pool sharking and maybe begin a real life. But he is forced to once again pick up his cue and play for big money when his younger brother follows in his footsteps and lands in jail for stealing money to pay a debt.
The One starring Jet Li and Delroy Lindo A supernatural sci-fi adventure erupts when a martial arts expert from another dimension is traveling to parallel universes and killing his counterparts to seize their life-force. Who will stop his attempt to become The One and acquire cosmic powers to rule all creation?	What a Girl Wants starring Amanda Bynes and Colin Firth A free spirited American 19-year-old, raised by her equally free spirited mother in New York, travels to England to establish a relationship with her father, who turns out to be a prominent political figure unhappily bound by strict social customs which may not survive this visitor from his past.
Minority Report starring Tom Cruise and Max von Sydow In the future a special program is developed that uses clairvoyant dreamers who can predict when murders will occur. This allows police to stop the killer before he commits the crime. But is the system foolproof, or is it possible to get away with the worst of crimes?	Blade starring Wesley Snipes and Stephen Dorff A woman bitten by a vampire during pregnancy gives her child a special gift before dying during birth. The soul of a human ... the powers of an immortal ... and the heart of a hero. Now this half-human half-vampire legend is out to avenge his mother's death.
Fatal Blade starring Gary Daniels and Eric Lutes Slick fighting and martial arts action take center stage in this explosive Los Angeles-based movie about the battle for control of crime in the city by the Japanese Yakuza, drug lords and the LAPD. Law and order will never be the same ...	<i>The information contained in this section is subject to change. For current movie information, check out the marquee at the MOT or call MWR at 370-2982.</i>