

PATRIOT PRESS

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Operation Iraqi Freedom
Camp Patriot, Kuwait

April 5, 2003

U.S. Ambassador to Kuwait Visits Camp Patriot

By **JOI Joseph Krypel**

The top U.S. official in Kuwait, the Honorable Richard H. Jones, United States Ambassador to the State of Kuwait, spent the day amongst the nearly 3,000 U.S. servicemen and woman stationed at Camp Patriot.

Upon his arrival, Jones, a native of Shreveport, La., took a few minutes to visit with the Kuwaiti Chief of Naval Forces, Maj. Gen. Ahmad Y. Al Mulla and his staff, during which time he thanked Al Mulla for the hospitality and cooperation he and his country have provided to the leaders and servicemembers of the United States.

Ambassador Jones then joined Capt. Donald P. Cook, Commander, Camp Patriot, and his key staff in a two-hour tour during which time the highlights of Camp Patriots' "one-service" team became apparent.

Of particular interest to the ambassador was the Elevated Causeway System (ELCAS) currently under construction by the U.S. Navy Seabees from both U.S. coasts. The ELCAS will serve as an additional tool in the ongoing Combined Joint Logistics Over the Shore (CJLOTS) activities. CJLOTS allows the in-stream and pier side offload of supplies, equipment and ordnance from Army and Navy prepositioning ships, to reach the troops in a timelier manner.

The combined efforts of Amphibious Construction Battalion One (ACB-1), homeported in Coronado, Calif., and ACB-2, homeported in Little Creek, Va.,

showed the ambassador that the U.S. Navy Seabees and their "Can Do" mindset continue to be the premier engineers of the U.S. military.

From amphibious Seabees to maritime mammals, the ambassador was next taken to meet the latest U.S. citizens to join the Camp Patriot team – five Atlantic bottle-nose dolphins employed by the Navy for mine clearing efforts in the region.

Jones and members of Naval Special Clearance Team One (NSCT-1)

discussed the importance of the dolphins in assisting in the mine-clearing efforts of the Khor Abd Allah (KAA) waterway. The KAA is a key transit location for civilian ships carrying humanitarian assistance supplies for the people of Iraq.

Recently, Camp Pa-

triot acquired coalition-seized Iraqi vessels carrying nearly 100 mines in the KAA. Ambassador Jones took the opportunity to learn more about the dangerous devices, and view the vessels that tried to deceive coalition forces, and, unsuccessfully, destroy the hopes of humanitarian assistance for the Iraqi people.

After completing the tour, Jones was the guest of honor at a Kuwaiti Naval Forces hosted

lunch. During the luncheon with officers of both nations, Jones passed his thanks and congratulations for the successful relationship he observed during his visit.

"It is important that people know that the wonderful relationship that is being displayed by all of you here is foremost in the defense of Kuwait, and ultimately in the defense of the United States," concluded Jones. "Thank-you all."



The Honorable Richard H. Jones, U.S. Ambassador to the State of Kuwait visits the newest U.S. citizens at Camp Patriot, Kuwait - Kona and Katrina - Atlantic bottle-nose dolphins employed by the Navy for mine detection in shallow water. Kona and Katrina are a very important part to clearing waterways leading into Iraq, so that civilian humanitarian assistance ships can provide food, water and supplies to the people of Iraq. Kona and Katrina are cared for by members of Naval Special Clearance Team One. (U.S. Navy photo by Journalist 1st Class Joseph Krypel)

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Look for more Camp Patriot News on the web at www.news.navy.mil/local/cmpf

and more....

Passers By: 24th Marine Expeditionary Unit Offloads at Camp Patriot

By JO1 Joseph Krypel

Following nearly eight months of deployment in support of Operation Enduring Freedom, 2,300 fast-moving, low-drag Marines from the 24th Marine Expeditionary Unit, Special Operations Capable (24 MEU (SOC)), homeported at Camp Lejeune, N.C., pounded the grounds of Camp Patriot, Kuwait on their way to the fight in support of Operation Iraqi Freedom.

Arriving in true Marine Corps fashion, the men and women of 24 MEU (SOC) were transported ashore from their homes at sea aboard USS Nassau (LHA 4), USS Tortuga (LSD 46) and USS Austin (LPD 4) – known as the Nassau Amphibious Readiness Group (NARG), homeported in Norfolk, Va.

Traveling ashore aboard U.S. Navy landing craft utility (LCU) and landing craft air cushion (LCAC) vessels, the 24 MEU (SOC)

started their move forward on land and in the air.

Manning such ground vehicles as high mobility multi-purpose wheeled vehicles (HMMVE) armed with tube-launched, optically tracked, wire-guided (TOW) missile systems, amphibious assault vehicles (AAV), M-1 Abrams (M1A) battle tanks, and large flat-bed trailers carrying the supplies and equipment necessary to sustain the Marines of 24 MEU, internal and support personnel expediently and efficiently carried out the mission assigned.

By air, multiple CH-46 Sea Knight and CH-53 Super Stallion runs provided the ground-troops of 24 MEU further transportation to their destination.

In keeping with the BLUE / GREEN Team concept employed by the U.S. Navy and

Marine Corps, and following nearly five days of offload activities, the Marines and naval support elements from the NARG, in conjunction with the joint-service assistance from the members of Camp Patriot completed the offload and forward movement of over 1,000 pieces of general equipment, ammunition pallets and wheeled stock meant to join the fight in Iraq.

Camp Patriot is the joint-service home of nearly 3,000 Soldiers, Sailors, Marines, Airmen and Coast Guardsman deployed in support of Operation Iraqi Freedom. Camp Patriot and its personnel have been responsible for offloading a majority of the equipment and some of the personnel used in the U.S. efforts to bring the Marine Corps to the fight!

Just Passing Through -

The 2,300 fast-moving, low-drag Marines of the 24th Marine Expeditionary Unit, Special Operations Capable (24 MEU (SOC)) recently passed through Camp Patriot on their way north to Iraq.

After spending nearly eight months at sea with the USS Nassau Amphibious Ready Group, 24 MEU offloaded their Marines and nearly 1,000 pieces of general equipment, ammunition pallets and wheeled stock meant for the fight! (U.S. Navy Photo by Journalist 1st Class Joseph Krypel)



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STAFF

Commander, Task Force 51
Rear Adm. W. Clyde Marsh

Commander, Task Group 51.8
Capt. Donald Cook

Public Affairs Officer
JOCS (SW) Scott Williams

Editor
JO1 Joseph Krypel

Support Units Key to Keeping Camp Patriot Going

By ETC James Burrows *Naval Coastal Warfare Group One "First In and Last Out"*

Naval Coastal Warfare Group One (NCWG-1) has been in Kuwait for almost four months. As part of the initial team aboard Camp Patriot, NCW established and continues to maintain the

Landward and Seaward Force Protection responsibility. Naval Coastal Warfare's primary mission in the Navy is to provide harbor defense, port security and coastal sea control of littoral areas employing Naval/Coast Guard

(IBU), and Coast Guard port security units (PSU). As the war progresses, it is sometimes easy to forget the support troops but their presence is felt. Almost all equipment and troops on the frontline moved easily and without incident as a direct result of Naval Coastal Warfare's diligence and professionalism. Every member of NCW takes pride in ensuring a successful and selfless mission. "First In" may be the motto of the Marines leading the charge to battle, but Naval Coastal Warfare was already in the rear protecting their assets and will be the Last Out.

expeditionary forces and is the only Naval Command made up entirely of reservists with no active counterpart. As the result of mission requirements, Naval Coastal Warfare was tasked, and enthusiastically took on the role, as the overseer of all force protection at Camp Patriot - landward and seaward. A standard mission would include a harbor defense command with subordinate units typically comprised of mobile inshore underwater warfare units (MIUWU), inshore boat units



Machinist's Mate 3rd Class Donald Weber, a recalled reservist from Dubuque, Iowa, watches the result of a concussion grenade he dropped just seconds earlier. In a joint training exercise with the United States Coast Guard, Weber and other sailors attached to Inshore Boat Unit (IBU) 13 completed their grenadier certification recently. Offensive concussion grenades are used as anti-swimmer devices in port security operations. IBU 13 is homeported in Portland, Ore. (U.S. Navy photo by Journalist 1st Class Joseph Krypel)

CBR Training Note

The CFLCC area of operations, which includes Camp Patriot, has set Mission Oriented Protective Posture Zero - modified (MOPP 0). All residents are to carry masks at all times. Have your chemical protective suit, boots and gloves within ten minutes of you. All medicinals should be with you at all times. Notify your chain of command if you are missing any portion of your protective gear.

Here is a MOPP breakdown to remember:

MOPP 0 - Modified

Carry masks and be within 10 minutes of your chemical gear.

MOPP 1

Wear chemical suit.

MOPP 2

Wear chemical suit and boots.

MOPP 3

Wear chemical suit, boots and mask.

MOPP 4

Wear chemical suit boots, mask and gloves.

State News Shorts . . .

USA Today

Connecticut

Litchfield - Scott Smith, a former New Milford police officer, pleaded innocent to manslaughter in the fatal shooting of Franklyn Reid, who was shot in the back at close range in 1998.

The state Appellate Court has overturned Smith's previous convictions in this particular case.

Delaware

Dover - Small business owners in Dover, Del., are split on a State Senate bill proposing Sunday liquor sales. Some say they're losing business to stores across the state line. Others say the bill won't help their bottom line and would keep employees away from their families.

Chaplains' Corner . . . Prayer: Spiritual Power and Shelter from Attacks to Body, Mind and Soul

By Lt. Cmdr. Francis Foley, CHC, USNR

Every military leader seeks to learn from the great strategists of the past, drawing from the experience and success of those who have gone before them. As we follow the progress of the fighting we feel the effects of stress in our lives and worry about its effect in the lives of those we love. For that very reason, while serving in a high threat area, we are wise to learn from the spiritual warriors of the past, those saints who have struggled with every challenge and problem yet triumphed through God's grace. Just as the skills of our fighters and support personnel are built upon the experiences and the lessons learned from the past, so we can learn from the words of Scripture and the saints of days gone by.

The words of the Christian Scriptures provide comfort and guidance: "I am with you always, until the very end of the ages" (*Matthew 28: 18a, 20b*) and later God teaches us to "pray always and not give up." (*Luke 18: 1*) The two go together, God's constant presence and the importance of prayer. No matter where we are, or what we must face, or what worry or burden rests upon us, God is there at our side offering His courage, wisdom and strength. Prayer is the method of accessing the power of God. However, prayer is often a challenging activity. We are easily distracted, find it difficult to make the time for prayer, and sometimes become disappointed because our prayers don't seem to be making a difference. What are we to do when we are so busy, so tired, and so easily distracted? What about those who are worried because they weren't too religious in the past, fearing that they may be perceived as hypocrites if they pray, perhaps even fearing that God won't listen?

God tells us to pray always, without losing hope, because He is always willing to enter into and transform our lives. Now more than ever, we need to be filled with the power of God. A 4th century Bishop from Milan, Italy, St. Ambrose, told the people of his time to "flee" to God: "You

can flee in your mind, even though you are still held back in the body. You can be both here and present with the Lord if in your soul you cling to Him, if in all your thoughts you walk after Him, if in faith and not in outward appearance only you follow His ways, if you fly to Him. He is our refuge and strength." That is the key, going to God in prayer no matter where we are, clinging to Him and finding our strength and refuge in Him. Another saint from the early Church, St. Ephraim a deacon from Syria, said that prayer is the key to heaven, it takes our words directly to God's ear, it runs more swiftly to Heaven than any angel could fly, and brings us the power of God. What better reason to pray? Prayer unlocks Heaven and its power for us, it is the direct line to God and His love. The Saints taught by their example that we need to make the effort, and keep trying. Might we be distracted, yes, but keep on trying. Are you convinced that you don't have the time? If we give the Lord 10 minutes each day we will find that he gives us the time to get everything done that needs to be done. What about the case of those who didn't bother too much with prayer and God in the past, is it right for them to pray now and will God listen? Fortunately God is God, and does not treat us according to human standards. He is all powerful, all generous, and all merciful, saying to all, "Ask and it will be given to you, seek and you will find; knock and the door will be opened to you." (*Matthew 7:7*)

We know how important it is to learn from the successful military leaders of the past, it is equally important to learn from the great spiritual leaders of the past. We know how important perseverance is on the battlefield, and it is just as important in spiritual battles so that we can overcome evil and grow in God's strength. We train hard so that we will be able to fight hard. In the words of the saints, we must cling to God and pray hard, so that we will be able to triumph over anything that comes our way.

Quick Reference Phone Numbers

Watch Officer

618-6700

Medical Clinic

617-7280

Camp Patriot Chapel Services

Chaplains:

- Cmdr. Jeffrey H. Seiler, CHC, USN
- Cmdr. Terry Pletkovich, CHC, USNR
- Lt. Cmdr. Francis Foley, CHC, USNR
- Lt. Cmdr. Gregory Todd, CHC, USNR
- Lt. Eric Verhulst, CHC, USNR
- Lt. Hussain M. Shaikh, CHC, USNR
- Chap. (Capt.) Alan Savage, USA

Catholic Mass

- Mon - Tues.....1130
- Fri - Sat.....1130
- Sunday.....0800/2030
- Tues.....Rosary/Confessions.....1930
- Fri.....Stations of the Cross.....1930

Catholic Instruction / Faith Class

- Monday.....1930

Muslim Salah Al-Jumua

- Friday.....1230

Quran Study

- Monday - Friday.....2030

Jewish Shabat

- Friday.....1800

Buddhist Prayer

- Saturday.....1200

Protestant Worship

- Sunday.....0930

Episcopal / Lutheran Communion

- Sunday.....1100

7th Day Adventist Sabbath Service

- Saturday.....1700

LDS Services

- Sunday.....1700

Prayer and Praise

- Sunday.....1900
- Wednesday.....1030 / 1900

Choir Practice

- Tuesday.....2030

Bible Study

- Tuesday / Thursday.....1215

Eastern Orthodox Divine Liturgy

- Sunday.....TBD

Contact Cmdr. Seiler at 973-5964 for info

Seabees Offer Life Saving Gas Mask Maintenance Service

By Ensign Nicholas Gagliardo

Every Tuesday morning from 7 a.m. to 8 a.m., the U.S. Navy Seabees of Amphibious Construction Battalions One and Two (ACB-1, ACB-2) offer Camp Patriot residents the opportunity to have their gas masks cleaned.

With cleaning stations located in front of the showers, the service is highly encouraged because maintaining the cleanliness of your gas mask is very important. These masks are designed to save your life, why not take the time to properly maintain it.

Here are some helpful guidelines to assist in the gas mask cleaning process. If you have the MCU-2/P, remove the protective shield and canister.

For those with the M40A1 gas mask, remove the protective lenses, canister and the second skin.

The protective shield/lenses and second skin are washed in a bleach-water mixture and then rinsed. The mask, not

including the head harness, is then washed in the bleach-water mixture and then rinsed. The reason the head harness is not put into the bleach-water mixture is to prevent deterioration of the elasticity.

Bleach or mild detergent is the only cleaning compound that should be used when cleaning the mask. Please remember that alcohol pads should not be used because they degrade the integrity of the mask by eating away at the rubber portions.

Taking the canister out of the mask before cleaning the mask is crucial. The water and bleach mixture will get inside the filter rendering the canister useless.

Before putting the mask back together and into the protective holder, make sure that the mask and tiny parts have had sufficient time to air dry.

Why is all this important? Why do you want to have your mask cleaned? According to the Hull Technician 1st Class

Jennifer Maio, the dust storms that have been blowing through have caused sand and dirt to collect inside your mask. "This will disrupt your vision, make you sick, or even prevent you from getting that required seal that will save your life!"

Whether you utilize the mask cleaning service or maintain your mask on your own, make sure that you use proper cleaning solutions, and kill all the germs that are inside.



Hull Technician 1st Class Jennifer Maio demonstrates the proper cleaning method for gas masks to residents of Camp Patriot. (U.S. Navy photo by Photographer's Mate 3rd Class Aaron Pineda)

Saturday

Sunday

Monday

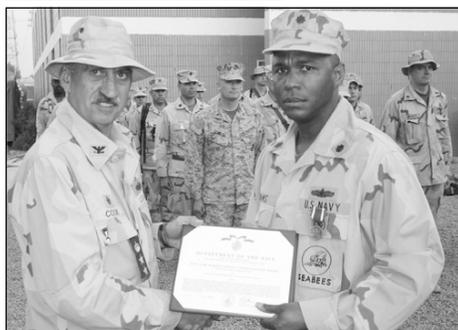
Tuesday

Wednesday

<i>Weather Conditions</i>	<i>Partly Cloudy</i>	<i>Prtly-Mstly Cloudy</i>	<i>Partly Cloudy</i>	<i>Partly Cloudy</i>	<i>Partly Cloudy</i>
<i>TEMPS</i>	<i>69 / 90</i>	<i>72 / 90</i>	<i>74 / 92</i>	<i>74 / 96</i>	<i>74 / 94</i>

Congratulations - Fair Winds and Following Seas to Departing Camp Patriot Shipmates

Lt. Cmdr. Kevin H. Adams



Navy & Marine Corps Commendation Medal
While serving as Officer-In-Charge, Joint Lighterage Control Center while assigned to Commander, Task Group 51.8, U.S. Fifth Fleet during Operation Enduring Freedom and Operation Iraqi Freedom.

Departed Camp Patriot April 3, 2003

Ensign Marlene Z. Silva



Navy & Marine Corps Achievement Medal
Professional achievement as assistant Intelligence Officer for Amphibious Group Three while assigned to Commander, Task Group 51.8, U.S. Fifth Fleet during Operation Enduring Freedom and Operation Iraqi Freedom.

Departed Camp Patriot April 3, 2003

IT2 Amber N. Frommherz



Letter of Commendation
Commendable service as system administrator and command staff communicator, Amphibious Group Three while assigned to Commander, Task Group 51.8 during Operation Enduring Freedom and Operation Iraqi Freedom.

Departed Camp Patriot April 3, 2003

Master Chief - *Congratulations to Master Chief Yeoman Diego S. Perey, United States Navy. YNCM (SW) (AW) Perey was recently selected to E-9, accomplishing what most enlisted men and women only dream of. During his 19-and-a-half year career, YNCM Perey has served a diverse group of commands, including USS Boxer (LHD 4), the Office of the Assistant Secretary of the Navy for Manpower, Reserve, Affairs, The Chief of Naval Personnel (PERS-41), Strike Fighter Squadron Eighty-One (VFA-81) in support of Operation Dessert Storm, Sea Control Squadron Twenty Seven (VS-27), Attack Squadron Thirty-Seven (VA-37), and currently serves as Admin LCPO for Commander, Amphibious Group Three. YNCM Perey is married to Ruby Perey, and has four children - Michael, 15, Matthew, 13, Patrick, 9, and Nicole, 3. YNCM Perey is currently deployed with COMPHIBGRU-3 in support of Operation Iraqi Freedom. (U.S. Navy Photo by Journalist 1st Class Joseph Krypel)*



Seabee Strong - *Equipment Operator 2nd Class Julie Stugart, a Montourisville, Pa., native attached to Amphibious Construction Battalion (ACB) Two, celebrates after attaching a bearing hook that lifts piles used for the Elevated Causeway System (ELCAS)-modular currently under construction. The ELCAS construction combines the efforts of Amphibious Seabees from both U.S. seaboards. ACB-1, homeported in Coronado, Calif., and ACB-2, homeported in Little Creek, Va., have spent months planning and preparing for the joint-effort they are undergoing. (U.S. Navy Photo by Journalist 1st Class Joseph Krypel)*

Entertainment News...

Late Night Jokers Find the Lighter Side of War

Troops are fighting outside Baghdad. Saddam hussein's whereabouts are unknown. The country is on orange alert. Wo what is there to laugh about?

By Marla Lehner

Plenty, if you watch the late-night talk shows. Comedians like David Letterman, Jay Leno and Jon Stewart must tip-toe through a minefield of current events in these times of war, poking fun at everything from anti-war celebrities to Secretary of Defense Donald Rumsfeld.

"They walk a very fine line," said J. Max Robins, senior editor and columnist at TV Guide. "They are constantly questioning, 'Is this in good taste?'"

And while the comics try not to alienate their audience with offensive jokes, they also know that watered-down humor would be even more deadly.

"The best humor has some honesty at its core. That may offend some people's sensibilities," said Robins. "But these guys are very sophisticated. They have their antennas out there to gauge what the mood of the country is."

On the Daily Show Monday night, one segment was devoted to gags about Hollywood's peaceniks. "Celebrities are a threat that can't be ignored," the

voiceover said. "And it's not just the A-list we have to worry about."

In the skit, the answer to stamping out anti-war stars is a "We Are the World"-like song called "Celebrities Shut Up."

But perhaps even funnier than dissing celebrities is lambasting public officials and the enemy, according to Robins.

"Skewering people in power is always a safe bet," he said.

In Letterman's first opening monologue after several weeks off the air, he referenced both the war in Iraq, which at the time the media said was stymied, and his recent bout with shingles.

"I had this, it's called the shingles," Letterman said. "Boy, those things are painful. Thirty days it took me to get over the shingles - and according to Donald Rumsfeld, that's right on schedule!"

Leno, meanwhile, has made Saddam a frequent butt of his jokes.

"There are now reports that Saddam Hussein was injured in the initial bombing and he's now receiving medical care in an un-

derground bunker," Leno said recently. "He asked his doctors if he was going to live, and they told him, 'Oh yeah, absolutely, you'll live. Until the Americans get here - then you're screwed.'"

"There's such great stuff to make fun of," said Lynette Rice, senior writer for *Entertainment Weekly*, who cited backlash against the French and Saddam jokes as some of the most popular.

But with soldiers facing the biggest challenge of the war yet in Baghdad, what will comedians do if the list of casualties mounts, as President Bush has warned?

"I would think they'd have to pull back," Rice speculated. "But actually, the great thing about some of these comedians like Dennis Miller, Chris Rock and Letterman, is that they find some deft ways to make light of a situation."

Rice added, however, that the late-night funnymen are experienced enough not to cross the line while American men and women are in danger.

"These guys have some class too," she said. "They'll know when to say when."

Movie Schedule

Sunday

Sniper
Original Sin

Monday

Fast & Furious
Gone in 60 secs

Tuesday

Anywhere but Here
Anaconda

Wednesday

Almost Heroes
Goldfinger

Thursday

The 6th Sense
The Saint

Friday

Blackhawk Down
American Beauty

Saturday

Get Over It
Good Advice

Movies begin each evening at 1800 in the movie tent.

Things to Remember!

Sick Call Hours

0800 - 1000
1300 - 1400
1800 - 1900

Emergencies 24 hours a day

Barber Shop Hours

Appts.....0800 - 1600
Walk-ins.....1800 - 2000



Internet Cafe

Open 24 Hours!

AA Meeting

Monday.....1930

AAFES Hours

Daily.....1000 - 2000

Galley Hours

Breakfast.....0500 - 0800
Dinner.....1700 - 2000

Laundry Service

Mornings 1000 - 1300
Afternoons 1400 - 1800

Sports Shorts



2003 Men's NCAA Tournament Bracket Elite Eight to the Final Four

Superdome, New Orleans, La.

Kentucky 69
Marquette 83

Marquette Kansas

Kansas 78
Arizona 75

Texas 85
Michigan St. 76

Texas Syracuse

Oklahoma 47
Syracuse 63

Collison, Hinrich double Kansas' Title Chances

ESPN Sports - New Orleans

Eddie Sutton knew Oklahoma State was beaten. Risk a technical foul? Sutton saw the bigger picture when it came to recognizing what Nick Collison and Kirk Hinrich had meant to not only Kansas, but college basketball as a whole over the past four years.

If the Kansas seniors meant that much to an opposing coach, imagine what they've meant to Williams and Lawrence, Kan.

NBA OVERALL STANDINGS

Eastern Conference

	W	L	PCT	GB
Detroit	47	28	.627	----
New Jersey	47	29	.618	½
Philadelphia	45	30	.600	2
Indiana	45	31	.592	2½
New Orleans	42	34	.553	5½
Boston	41	35	.539	6½
Orlando	39	36	.520	8
Milwaukee	38	39	.494	10
Washington	34	41	.453	13
New York	33	42	.440	14
Atlanta	30	45	.400	17
Chicago	26	50	.342	21½
Toronto	24	51	.320	23
Miami	23	54	.299	25
Cleveland	14	61	.187	33

Western Conference

	W	L	PCT	GB
Dallas	56	19	.747	----
Sacramento	55	22	.714	2
San Antonio	56	20	.737	½
Portland	46	28	.622	9½
Minnesota	47	29	.618	9½
Utah	45	30	.600	11
LA Lakers	45	31	.592	11½
Phoenix	39	35	.527	16½
Houston	39	37	.513	17½
Seattle	36	38	.486	19½
Golden State	36	39	.480	20
Memphis	26	50	.342	30½
LA Clippers	23	51	.311	32½
Denver	17	59	.224	39½

Friday Scores

Houston 88 - Philly 79, N.Jersey 99 - Miami 83,
San Antonio 124 - Toronto 98, Sac. 93 - Boston
92, Indiana 98 - Detroit 92, Mil. 95 - Cleve. 93

NHL OVERALL STANDINGS

Eastern Conference

	GP	W	L	T	OTL	PTS
Ottawa	81	51	21	8	1	111
New Jersey	81	46	20	9	6	107
Tampa Bay	81	36	24	16	5	93
Philadelphia	81	44	20	13	4	105
Toronto	81	44	27	7	3	98
Washington	81	38	29	8	6	90
Boston	81	35	31	11	4	85
NY Islanders	80	34	33	11	2	81
NY Rangers	81	32	35	10	4	78
Montreal	81	29	35	8	9	75
Buffalo	80	27	36	9	8	71
Atlanta	80	29	39	7	5	70
Florida	81	24	35	13	9	70
Pittsburgh	81	27	43	6	5	65
Carolina	81	22	42	11	6	61

Western Conference

	GP	W	L	T	OTL	PTS
Detroit	81	48	20	10	3	109
Dallas	81	45	17	15	4	109
Vancouver	81	45	22	13	1	104
Colorado	81	41	19	13	8	103
St. Louis	81	41	23	11	6	99
Anaheim	82	40	27	9	6	95
Minnesota	81	41	29	10	1	93
Edmonton	81	36	25	11	9	92
Phoenix	81	31	35	10	5	77
Chicago	81	29	33	13	6	77
Los Angeles	81	32	37	6	6	76
Nashville	81	27	34	13	7	74
Calgary	81	28	36	13	4	73
San Jose	81	28	37	8	8	72
Columbus	81	29	41	8	3	69

Friday Scores

Det. 5 - Col. 5, Philly 4 - Tampa 1, NJ 2 - Rangers
1, Fla. 4 - Car. 1, St. Louis 2 - Chicago 2, Phnx. 1
- Nash. 0, Calgary 2 - LA 1, Col. 4 - Ana. 3

Sammy Sosa Joins 500 Club in Record Books

Associated Press

One Swing Landed Sammy Sosa into the record books recently as he belted home run No. 500 against the Cincinnati Reds in the seventh inning.

Sosa became the 18th player in history Friday to belt 500 balls to home run territory.

Regardless of Sammy's swing against Reds pitcher Scott Sullivan, the Cincinnati Reds went on to defeat the Chicago Cubs 10 - 9.

Winston Cup Standings

After: Radio Shack 500

Next: Aaron's 449

Winner: Ryan Newman

Talladega Superspeedway

Rank	Driver	Points Behind
1.	Matt Kenseth	Leader
2.	Kurt Busch	-155
3.	Dale Earnhardt, Jr.	-166
4.	Michael Waltrip	-192
5.	Jimmie Johnson	-205
6.	Jeff Gordon	-226
7.	Tony Stewart	-241
8.	Ryan Newman	-242
9.	Ricky Craven	-250
10.	Kevin Harvick	-288