

People as well as ships



need a haven for repair

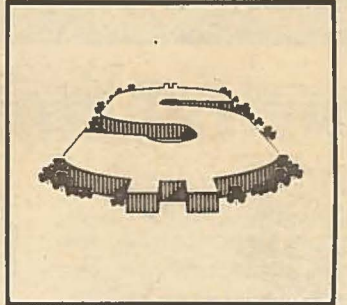
# the DRY DOCK

Reserve officers to stage gala

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Coupons can save you money

• Page 3



Vol. 53 No. 5

SAN DIEGO, CALIF.

Friday, February 5, 1993

## BRIEFING

The Internal Revenue Service has a free form or publication that covers every possible tax situation, including money laundering. Some forms and publications are available at installation tax assistance offices, libraries, banks and post offices and at some U.S. embassies and consulates. For copies, call 1-800-829-3676 or write to:

Internal Revenue Service  
Forms Distribution Center  
P.O. Box 25866  
Richmond, VA 23289

If you are a hospital corpsman or dental technician with the right stuff, the Naval Hospital San Diego HM/DT Olympic Team wants you. Any remaining staff members who were on the team last year or new prospective athletes can call DTC Henry Morris at 532-8643 to volunteer.

Volunteers in Pediatrics, or VIP needs more volunteers. This special program, organized through the Armed Services YMCA, provides volunteers to work in the Naval Hospital San Diego pediatric clinics and wards assisting with the children. Volunteers read to the children or otherwise comfort them while parents are away from the ward, help feed infants, play games with older children and perform other, non-medical assistance at clinic sites. The volunteers also free medical staff from time consuming tasks such as taking specimens to the lab. The medical staff can then see more patients, speeding hospital visits and cutting down on patient waiting time.

Individuals may volunteer or organizations, such as petty officer associations and wives or spouse clubs, may volunteer enmasse.

For more information on volunteering for VIP call Cherri Barnswell at 532-8156 or Lt. Kriste Grau at 532-6875 or 532-7987.

The 1993 Shea-Arentzen Nursing Symposium will be held March 14 through 17 at the Hyatt Regency, La Jolla. The symposium will focus on the impact of continuous quality care improvement methodologies on nursing, patients, providers and associated healthcare organizations. This year's symposium will also feature a poster forum titled Sharing Successful Practice.

In conjunction with the symposium, the San Diego

## Admiral R's Car Wash cleans up



Photo by H. Sam Samuelson

Rear Adm. Richard Ridenour, commanding officer, Naval Hospital San Diego, rolled up his sleeves to 'wash' a federal firetruck. Senior medical corps officers donned shorts and T-shirts to staff "Admiral R's Car Wash" earlier this week. The senior medical corps staff auto detailers raised money with the car wash to support the Medical Corps Ball scheduled for March 6. The firetruck was a surprise vehicle arranged by Ridenour's wife, Leslie, and wasn't among the many vehicles washed by the waterlogged crew.

## Poppell and Powell tagged as Navy's senior, junior Pharmacists of the Year

By Joy Caldwell

Innovation and versatility are two words being touted as watchwords for the future of the Navy. These key attributes were also cited in the selections of Lt. Yolanda Poppell and Lt. Vic Powell as the Navy's Senior and Junior Pharmacists of the Year. Selected by a board of Navy pharmacists in Washington, D.C., both Poppell and Powell are assigned at the Naval Hospital San Diego Pharmacy.

Poppell, a native of Bimble, Ky., earned her bachelor of science degree from the University of Kentucky in 1978 and joined the Navy in 1982.

To speed services and cut down beneficiary waiting time, Poppell designed and implemented an interactive touchtone telephone refill system. The system prevents drug overlaps and relieves pharmacy staff of the time-consuming task of taking telephone orders. She also initiated a computerized data entry system at clinics throughout the hospital to provide medication information to the medical provider at the time the patient is seen. This helps reduce errors in prescribing and interpreting prescriptions and, because the patient is present during data entry by the physician, any problems or



Photo by Cpl. R.J. Musicant

Rear Adm. Richard Ridenour poses with Lt. Yolanda Poppell (right) and Lt. Vic Powell (left) after presenting them with their awards as the Navy's Senior and Junior Pharmacists of the Year.

questions can be dealt with immediately.

Continuing her education, Poppell received a masters degree in business administration from National University in 1985 and a second masters degree in pharmacy from the University of Kentucky in 1990.

Powell, the Junior Pharmacist of the Year, is a native of Hope, Ark. ("You know," he says, "the home of Bill Clinton.") Powell, a former Navy pharmacist's technician, joined the Navy in 1968 as a

hospital corpsman. He left the Navy briefly to attend the University of Arkansas and received his bachelor of science degree in 1977.

In an era of belt tightening, Powell, as the department administration, fiscal and supply officer, identified alternative supply sources and products which saved the hospital hundreds of thousands of dollars. He was also instrumental in revitalizing the pharmacy quality assurance program.

## Johnson takes over executive officer position

By Cpl. R.J. Musicant

"Anything worth having is worth working for," says Capt. James Johnson. It's a simple attitude from a man driven by only two things, love for his family and a love for medicine.

Johnson, who has risen through the ranks from Ensign in 1966 (as a medical student), to his newly appointed position as executive officer of the largest and most technologically advanced military medical treatment facility in the world, Naval Hospital San Diego.

Johnson, who recently relieved Capt. Jackson Thomas as executive officer, says he wanted to be a doctor since he was old enough to answer the question "what do you want to be when you grow up?"

"Anything worth having is worth working for."

—Capt. James Johnson

Johnson began his medical career as a general medical officer. Following a surgical residency at UCLA he served aboard USS New Orleans where he participated in Operation In-Sweep in the Gulf of Tonkin off the coast of Vietnam.

Johnson recalls serving aboard New Orleans with then line officer Lt. Thomas Burkhard, now a Navy Medical Corps captain, and Johnson's successor as medical director for Naval Hospital San Diego.

Johnson later left the Navy for private practice in the San Diego area. As a general surgeon, he says he found the civilian health-care system unsettled. Much of his time was consumed by administrative duties which he felt could have been better spent treating patients. In 1983 Johnson decided to return to the Navy where he could practice medicine and teach.

"I decided if I was going to work for someone, it would be someone I knew," recalls Johnson. "I knew that I'd never be

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## THIS WEEK IN FOCUS

# Marital status affects tax filing

A recent change in your marital status could affect your federal tax filing status, exemptions and the number of dependents you can claim, said Internal Revenue Service officials.

One thing to keep in mind, said IRS officials, is that the standard exemption increases to \$2,300 for yourself and each individual you claim as a dependent for the 1992 tax year. Also, remember to list the Social Security numbers of all dependents who are at least 1 year old.

Before filling out the tax forms, you must choose the correct filing status. Besides determining how you file, it could save you money.

Points to help you determine the correct filing status include:

- You can claim an exemption for your spouse if you file a joint return or as a married filing separately provided your spouse had no income and was not listed as a dependent on another person's tax return.

- You can file as a single person if the divorce, legal separation or annulment became final before the end of the tax year.

- You can file a joint return or

as married filing separately if the divorce, legal separation or annulment is not final at the end of the year.

- You may qualify as head of household if you are unmarried with dependents, or if you are married but have lived apart from your spouse for the last six months of the year and meet other criteria.

IRS officials said you can claim an exemption for your spouse if you are married and file a joint return. Or you can claim the exemption if you file a separate return and the spouse had no income and was not claimed as a dependent on another individual's tax return.

A problem that arises when it comes to tax time is who claims the children in the case of separation or divorce. Only one separated or divorced parent can claim the exemption for the child, said IRS officials.

A few things to keep in mind include:

- The child must be under age 19 — or 24 if a student — and must not have had a gross income of more than \$2,300.

- Generally, the parent who provided more than half of the

child's support is permitted to claim the exemption; this is usually presumed to be the custodial parent.

- If neither the divorce decree nor agreement states the custody and tax provisions, the parent who has physical custody for the greater part of the year is considered the custodial parent.

- The custodial parent can release the tax exemption to another individual by signing IRS Form 8332, "Release of Claim to Exemption for Child of Divorced Parent." Please see *Taxes*, page 6

## Technical nurses mark anniversary

Dear Technical Nurse Warrant Officers,

On the occasion of the third anniversary of the technical nurse warrant officer community, I extend to you my sincere appreciation for your absolute commitment, exceptional dedication and outstanding accomplishments.

For three years dedicated nurses have been serving the Navy and our country with distinction and pride. As members of a community still in its infancy, you have been the pioneers and the innovators creating the role and utilization of technical nurse warrant officers within Navy Medicine. Recent educational and advancement opportunities are attributed to your persistence, continued dedication and commitment to both the military and quality health care. Through your vision and strength, you will continue to excel as both nurses and warrant officers.

Happy third anniversary! Wishing you happiness and success in the years to come.

Sincerely,

M. Stratton  
Rear Admiral, Nurse Corps  
United States Navy

## PERSPECTIVE

During the celebration of our nation's 200th birthday in 1976, the month of February was designated Black History Month. The theme for this year's observance is "African American Scholars: Leaders, Activists and Writers." The 68th annual observance of black history will honor those African American scholars who have actively dedicated their lives to teach and promote the values of harmony, unity and leadership. Through research, documentation and study, they were able to disseminate the achievements of African Americans.

During the Revolutionary War, African Americans fought for freedom and continue to serve this nation with honor. They have forged this rich military heritage through hard work and commitment. Sharing their wealth of abilities, African American scholars have provided our nation with talented men and women who are key members of the Navy and Marine Corps team. These individuals stand as role models for all.



the **DRY DOCK**

### Naval Hospital San Diego

Commanding Officer ..... Rear Admiral Richard I. Ridenour  
Executive Officer ..... Capt. James A. Johnson  
Public Affairs Officer ..... Pat Kelly  
Managing Editor ..... H. Sam Samuelson  
Editor ..... Joy Caldwell  
Staff Writer ..... Cpl. R.J. Musicant  
MWR ..... Glori Willie

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### News Submissions

The editorial content is edited, prepared and provided by the Naval Hospital Public Affairs staff. Material intended for publication in the DRY DOCK may be submitted by mail addressed to Editor, DRY DOCK, Naval Hospital, San Diego, CA 92134-5000; by phoning 532-9057 or by visiting the office in Bldg. 1. Deadline for typed story copy or photographs is 4 p.m. Monday, the week of publication.

### Classified Ads

Classified ads of 20 words or less are available free on a space-available basis to military and civilian employees, providing the ad does not reflect a business venture. Free classified ads must be submitted to the DRY DOCK office by 4 p.m. Monday. Ads are accepted only by mail or delivery; ads cannot be accepted over the telephone.

## NAVAL HOSPITAL SAN DIEGO READERS REPLY

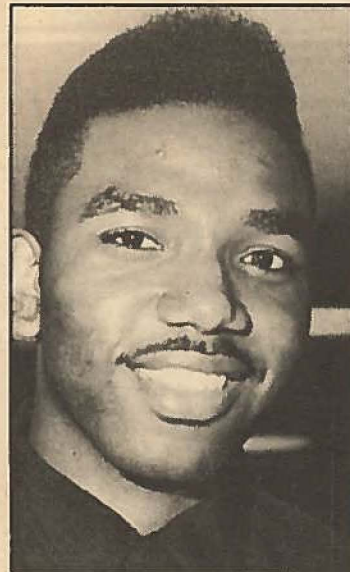
### Question:

"Why do people wait until the last minute to study for their advancement examinations?"



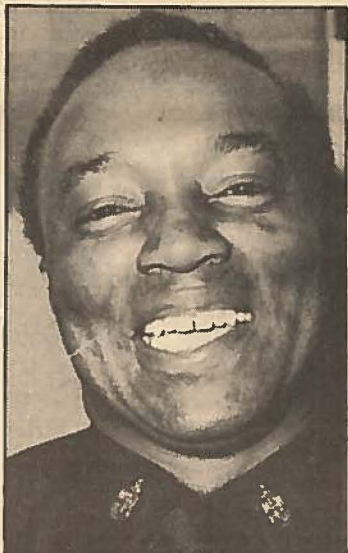
HM2 Bonnie Heyer, Pharmacy

"There isn't a good reason not to study for advancement. Most people just neglect to set time aside to study."



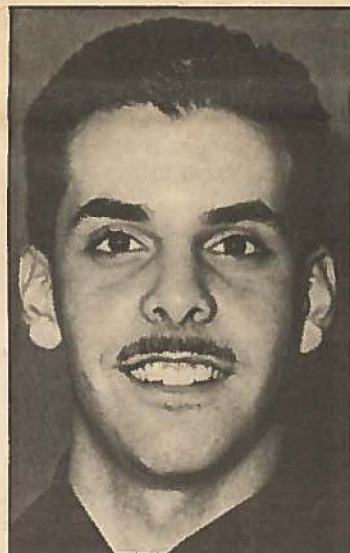
HN Shawn Jones, Fleet Surgical Team 1

"Personally I don't wait, but some people think cramming just before the test is better. They think the material will be fresh in their minds."



HMCS Larry Bailey, Patient Administration

"I never waited to study for advancement but some people feel it is a challenge and they don't want to take on the responsibility."



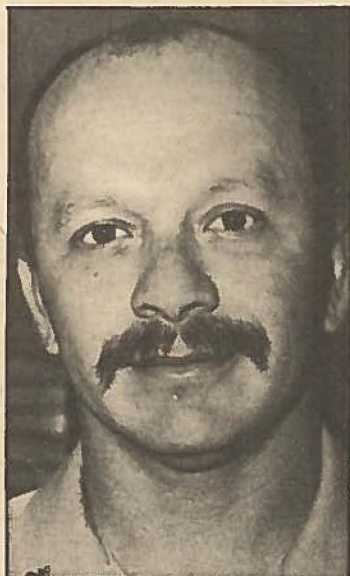
HA Phil Abid, Primary Care Clinic

"Mostly it's because they aren't thinking. People should study to fulfill their career potential and grow personally."



HM2 Julio Espinal, Orthopedic Clinic

"I really don't know. Maybe it's because they are young, living on their own and are preoccupied."



HMC Francis Bernal, Orthopedic Clinic

"People don't study because they aren't serious about making rank. People who don't study are too preoccupied with being 'cool'."

## YESTERYEAR

The first February 1961 edition of *the Dry Dock* is filled with Cooties, and Cootiettes too. A community service organization, the Cooties, along with their female counterparts, the Cootiettes, organize entertainment for hospitals all over the United States. The local chapter performed at Naval Hospital San Diego last week, entertaining patients and staff in the south patio.

The Federal Services Joint Crusade (a forerunner of the Combined Federal Campaign) is gearing up for action. Each member of the command will be contacted by a 'Keyman' and asked to donate to the organization of his choice.

Can you carry a tune? A page three article asks for volunteers for the 11th Naval District Waves sponsored choir. Membership is open to all Waves, Nurse Corps, Women Marines and selected male singers.

Red Cross Carousel, a weekly column written by American Red Cross staffer Ann McDonald features a list of recreational opportunities for both staff and patients. On February 18, the hostesses from Kearny High School will serve as dancing partners at the hospital dance. Everybody grab a partner.



## New gym offers a variety of healthy workout alternatives



Photo by Joy Caldwell

A crowd of Naval Hospital San Diego Morale, Welfare and Recreation staffers watches as Rear Adm. Richard Ridenour, commanding officer of the hospital (center); Capt. Darrell Snook, commanding officer, Naval School of Health Sciences (left); and Dave Long, director, Naval Hospital MWR, cut the ribbon opening the hospital's new recreation complex. The \$4 million facility sports racquetball, basketball, volleyball and tennis courts as well as a workout room with weight machines, a swimming pool, co-ed dry sauna and aerobics room.

## Coordinated health care system to save DoD money, patients time

By Evelyn D. Harris

"Getting Coordinated Care on line is not like making instant pudding," said Rear Adm. Harold M. Koenig. "It's a multistep process — more like preparing an elaborate Thanksgiving dinner.

"And like Thanksgiving dinner, it's better to eat modestly and come back later for leftovers," Koenig added. "I like having the opportunity to serve small bites of Coordinated Care so everyone understands it. That's in our best interests and the interests of the people we serve." Koenig is deputy assistant secretary of defense for health services operations.

The Coordinated Care Program will restructure the military medical system. It involves coordinating military and civilian components of the military health services system to ensure enrolled beneficiaries have access to high-quality medical care. One aspect of the program is to use military facilities as much as possible.

"We recognize that a quality health benefit is necessary for attracting and retaining quality people in an all-volunteer force, Koenig said. "We're also committed to fulfilling the promises made to those who have already served."

Many retirees voice concerns about the changes the program will bring. Koenig said DoD is sensitive to the fact that when a base closes, so does the military medical facility. He said DoD is working on arrangements so retirees who live near the closed base will be served. For example, prescription drugs are expensive, he noted. DoD is working on a demonstration that will provide contracts with local pharmacies and mail-order pharmaceutical

services. If they work well, some day they may go systemwide.

Koenig said DoD will also pay a lot of attention to educating beneficiaries. Some of the education process will be related to health promotion: diet, exercise and so on. But in addition, the military medical system will educate people on how to get the best health care.

"We have a health benefits adviser at every facility who will show them how to use the civilian system, their CHAMPUS benefits and their Medicare benefits," he said. "The adviser will answer

their questions and help them find civilian doctors who will accept whatever CHAMPUS or Medicare allows."

DoD also needs to educate people about signing up for Medicare Part B as soon as they are eligible at age 65, said Koenig. "Part A, hospitalization, is automatic, but B costs about \$30 a month," he said. "People don't want it taken out of their Social Security checks, so they 'go bare.' When they get sick, they must pay out of their own resources.

"However," added Koenig, Please see System, page 7

## Coupon clippers get more bang for the buck

By HMC Joe Dennison

If you are not using coupons you are not getting the biggest bang for your buck. Of the 314 billion coupons issued last year, fewer than 8 billion were redeemed.

Many times shoppers are too embarrassed to present coupons to checkout clerks. Others are not aware or are uninterested in the available deals, or feel that clipping is too time-consuming.

Shoppers can save an average of 25 percent on their supermarket bill. Add this to the lack of taxes at the commissary and you're really talking savings.

Spend a few minutes each week looking and clipping coupons. Toss them into a shoe box separated by category. Prior to going to the store, select the coupons needed and place them in an envelope marked *unused*. Then as you use them place them in your second envelope marked *used*. Re-

turn unused to your file at home.

Be choosy. Use coupons for regular items and those you would like to try. Don't be loyal to brand names, stick with your coupons. Don't buy items just because you have a coupon.

Be a collector and accumulate as many coupons as possible. If you keep your eyes open, coupon opportunities are everywhere. Join, form and participate in Coupon Exchange Clubs. Some markets (Commissary) maintain exchange bins and you can send unused coupons to your club for exchange.

Shop at stores which cheerfully accept coupons; some will even give you double and triple savings; don't neglect mail-in rebates.

The few dollars saved each week are easy to squander. Open a savings account specifically for coupon savings. Decide on a particular item to save for and don't use it for anything else.

## Black American served in elite French air corps

By F. Peter Wigginton

America's and the world's first black combat pilot never flew for the United States. Nor was he ever treated to a New York City parade, hometown homage or a White House visit. Yet he earned 15 military medals and decorations, including the French Legion of Honor.

Eugene Jacques Bullard wanted to fly for his country. But participation by black Americans in the new age of flight following the Wright brothers historic flight in 1903 did not come easily. Racial discrimination caused many people in the aviation community to believe blacks lacked the aptitude to fly.

Thus, they were excluded from flight instruction, said Smithsonian Air and Space Museum historians. In fact, the U.S. Army Air Corps did not commission a black flying officer until 1943. Bullard had to get his training abroad.

Bullard, who later would be nicknamed the "Black Swallow of Death," was born in a shanty Oct. 9, 1894, in Columbus, Ga. The grandson of a slave, as a lad he picked cotton in the fields. His mother, a Creek Indian, died when the boy was six.

He fled home when he was eight after vengeful night riders tried to lynch his father because the man dared defend himself against a white boss. The boy huddled in fear with his sisters and brothers under a bed while a mob outside chanted, "Hang the nigger!" wrote historian retired Air Force Reserve Lt. Col. James Wakefield Burke.

Later, Bullard said black prizefighter Jack Johnson told him to

go to Paris. "They don't pay much attention to the color of a man's skin there," said Johnson.

Bullard joined the French Foreign Legion in October 1914, the day he became old enough to do so. He fought in the murderous battle of Artois Ridge, where 175,000 Frenchmen were killed, wounded or missing. After the Germans nearly decimated the Legion, Bullard transferred with other volunteers to the crack French 170th Infantry Regiment.

Bullard also fought in the Foreign Legion's Moroccan Division at Frise, Artois, Alsace, Champagne and Verdun, and received several decorations for bravery.

Bullard was badly injured at Verdun. While recovering from the first of four wounds, he volunteered for, and was permitted to transfer to, the renowned French Flying School. This was followed by assignment to a squadron of the famed Lafayette Flying Corps.

Bullard proved that blacks could fly and fly competently. He piloted a blue Spad fighter at the front and was credited with 75 flying hours over enemy territory.

His flying skills were well-documented, though kills could not always be certified. After one dogfight, he was sure he mortally wounded a Fokker fighter plane. But it disappeared in flames behind German lines and thus denied him confirmed credit. Upon landing, the Black Swallow counted 78 bullet holes on the side of his fighter, riddling his motto: All Blood Runs Red.

When the United States entered World War I, American pilots were permitted to transfer from the French flying service to the Please see Bullard, page 8

## Hospital staff members help honor the 'first lady of comedy'



Photo by John Weston

HMC Jerome Foley escorts comedian Phyllis Diller at the Variety Children's Charities of the Desert gala held last month at the Marriott Rancho Las Palmas Resort in Palm Springs. Each year a contingent of Naval Hospital San Diego staffers, led by Foley, act as escorts for dignitaries at the event which raises funds for various children's charities. Diller, honored as the first lady of stand-up comedy, made time during her busy evening of tribute to visit with each member of the hospital team. Other Naval Hospital staffers who attended include HM3 Ozzie Pardo, HN Tim Barron, HN Brad White and HA Brian Perez.



## LIFE ENRICHMENT

All active duty, active reserve, retired military members and their dependents are invited to attend the following quality of life seminars at Naval Hospital San Diego or any of the Family Service Centers listed. Free child care is available for certain programs on a limited basis. Information about infant care classes or the Labor and Delivery tours is available by calling 532-7055. Call the sponsoring hospital clinic or Family Service Center for the sessions outlined below.

The Patient Education Department, Naval Hospital San Diego conducts a variety of classes each week. Sessions are open to all active duty, dependents, retirees and civil service personnel served by the hospital. Patients can be enrolled by sending a consult to the Patient Education Department or by calling 532-6573 or 532-6572 (message line). Information and registration for Labor and Delivery Classes is available by calling 532-7055. All of these classes are held in the Patient Education Classroom, building 1 Ward 3 North. Next week's classes are:

- Third Trimester — Feb. 8, 4:30 p.m.
- Labor and Delivery Tour — Feb. 8, 6 p.m.
- Hypertension Class — Feb. 9, 10:30 a.m. to 12:30 p.m.
- Neonatal Intensive Care Discharge Class — Feb. 10, 9 a.m.
- Pediatric Asthma — Feb. 11, 10 a.m. to noon
- Cardiac Class 2 — Feb. 11, 12:30 to 3 p.m.

Monday, Feb. 8th

**Investment Assistance** Have you been thinking of taking the plunge into investing? To learn more about the stock market and get an individualized investment strategy built for you, call the Naval Station investment counselor at 556-7404.

**Where Do I Get Started?** For military families arriving in San Diego this new weekly workshop is designed to help you get started. Topics covered at this 10 a.m. to noon class include housing, temporary furnishings, child care and more. Call the Naval Station Family Service Center at 556-7404.

**Transition and Employment Assistance** Naval Station sponsors this program Mondays from 1:30 to 4:30 p.m. and Thursdays from 9 a.m. to noon. The program offers an overview of services available through the Transition and Employment Assistance Office. Resources include career development, job search preparation and more. Call 556-7404 for more information.

Tuesday, Feb. 9th

**SF-171 Preparation** Does the paperwork associated with applying for Federal Employment give you nightmares? Naval Station hosts this workshop From 9 a.m. to noon. Call 556-8671 to register.

**Consumer Credit Counseling** Having trouble stretching your paycheck? This Naval Station program can assist in setting up a budget you can live with. For an appointment with a financial specialist call 556-7422.

**BABY (Birth And Beyond Years)** BABY is a support program for military families experiencing the chronic illness or disability of an infant or young child. The group meets the first Tuesday of each month at 7:15 p.m.. For more information and to register, contact Cherri Barnswell at 532-8156.

**Healing Hearts** A support program for military families who have experienced a miscarriage, stillbirth or neonatal death, Healing Hearts meets the first Tuesday of each month at 7:15 p.m. at the Naval Hospital Chapel. For more information, contact Cherri. Please see Enrichment, page 6

## Naval Reserve to stage gala ball

Billed "A Tribute to Freedom," U.S. Naval Reserve commands in San Diego will celebrate the 78th anniversary of the Naval Reserve during a gala ball Saturday evening, March 6, beginning at 6 p.m. in the grand ballroom of the U.S. Grant Hotel.

Special guests will include Rear Admiral Ronald R. Morgan, commander, Naval Reserve Readiness Command, Region Nineteen.

Coordinators for the ball are extending a special invitation to junior officers at a reduced charge.

Entertainment for the evening will feature the musical tones of Navy Band, San Diego's "Woodwind Quintet" during a two-hour reception in the lobby of the hotel. "Musique Classique," a 13-member chamber choral assembly is scheduled to perform during the evening. Guests are also scheduled to be entertained by the lyrical sounds of Captain Wade Sanders and Mr. George Grove, a member of the Kingston Trio.

Master of Ceremonies is Naval Reserve Commander James T. Ward of AIRPAC Supply at Naval Air Station, North Island.

Dinner begins promptly at 8 p.m. offering a "surf or turf" entree selection of filet of rib eye steak or grilled salmon.

Dancing to the popular sounds of Navy Band San Diego's pop group "Spirit" will follow dinner until the end of festivities at midnight.

Another feature will be the "Piano Coffee Salon" outside the Grand Ballroom, where guests may congregate to socialize, sip coffee and listen to pianist Trevor Clarke.

Cost for the gala evening is \$45 per person, with a special rate of \$40 per person for officers O3 and below and their guests. Register early. Cost is \$50 per person after Feb. 19. Reservations will be confirmed and table assignments made upon receipt of payment.

A very special room rate of \$70 is available at the U.S. Grant Hotel. A limited number of rooms are available at this rate, so guests must register early.

For more information contact the 1993 Naval Reserve Officers' Ball chair, Lynn Arnsdorff, during the day at 549-6822.

## NEWS IN VIEWS



Photo by Joy Caldwell

Naval Hospital San Diego staff members (above and below) pose after being presented awards at a recent ceremony on the hospital quarterdeck. During the ceremony Lt. Timothy Breler was presented a Joint Service Commendation. Navy Achievement Medals were garnered by Lt. Cmdr. Charles David, Lt. Cmdr. Lorreta Madden, Lt. Cmdr. Robert Meade, Lt. John Goode, Lt. Mary Grebenc, HMC Rolando Bugay, HMC Johnny Mamaril, MS1 Michael Crane, RM1 Dennis Wojcik, MS1 Jaime Sanchez, HM2 Karen Roberts, HM2 Georgla Turner, HM3 Sonja Higgins, HM3 Sean Mahan, HM3 Dawn Woodward and HM3 Ricky Cramer. Good Conduct Medals were presented to HM2 Samuel Bond, MS2 Michael Shores, DT3 Vincent Hogan, HM3 Elizabeth Kuszyb, HM3 Bryan Tibbitts and HM3 Timothy Tobias.



## Johnson

Continued from page 1

wealthy in the Navy but I could practice medicine, make plans for myself and provide for my family without the hassles involved in private practice."

Back in the Navy, Johnson was able to devote his time to treating patients and teaching without distractions.

"When you're a direct health-care provider it's not the money, it's the high you get from improving somebody's life," Johnson said. "They come to you with a problem or pain and you use your knowledge and training to turn that around. The smile you get

from a patient you've helped is invaluable.

"For a surgeon, there's nothing like being in the operating room, but I like what I'm doing now. It's important for physicians to have a voice in the direction of health care."

Johnson is no longer treating patients, although he tries to get up to the operating room whenever possible to teach, or just observe. He says his job now is the hospital facilitator.

Working with the senior leadership of the command, Johnson provides for the providers. When

Please see Johnson, page 6

## MONEY: Up To \$200 Cash

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4-MINUTE APPROVAL

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## INSTA CHECK

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## MILITARY DISCOUNT

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Celebrate a special day or make a plain day special with a memorable breakfast from the legendary Broken Yolk. Simply select two scrumptious stuffed omelets or two farm-fresh complete breakfasts from the menu; we'll add fresh brewed coffee. The tab is a recession-friendly \$8 (plus tax and tip). That's it! Served all day, every day 'til closing ... along with 50¢ champagne.

## Broken Yolk

3350 Sports Arena 226-0442  
1851 Garnet 270-0045

With coupon thru 2/20/93



**RANK AND FILE**



Photo by Joy Caldwell

Captain John Sutphin, department head, Ophthalmology Department, Naval Hospital San Diego, accepts the Star of the Month Award from Capt. James Johnson, medical director of the facility. The Ophthalmology Department received the award for outstanding performance in medical record completion. Along with a certificate of achievement, the department received the use of a reserved parking place at the hospital, which will be rotated among department staff.



Photo by Joy Caldwell

A group of Naval Hospital San Diego civilians prepares to receive service awards for their career civil service longevity. Pictured from left to right are John Sylvester (10 years), Modesta Mah (25 years), Carolota Felan (30 years) and Fred Felan (35 years).

**Briefings**

*Continued from page 1*  
Women Officers Professional Association will co-sponsor a luncheon March 17 at the Hyatt Regency. Guest speaker for the event will be Rear Adm. Mariann Stratton, director, Navy Nurse Corps.

The symposium offers nurses from throughout the nation an opportunity to explore and discuss innovations in patient care and patient education as well as nursing programs and management techniques.

The Naval Investigative Service and San Diego Police Department are actively enforcing the California Penal Code dealing with solicitation. Several Navy and Marine Corps members have been arrested for solicitation in the Midway and Rosecrans area and on El Cajon Boulevard. Service members arrested in violation of this law will be jailed, appear in court and, if found guilty, will be given a \$350 fine, mandatory AIDS counseling and be placed on 36 months probation.

Avoiding these areas of town and this illegal behavior can not only save money, time and embarrassment, it may also save your military career.

Naval Hospital San Diego's Clothing Bank is now accepting deposits. Keeping those growing little tikes clothed can take a big chunk out of a family budget. To help, the Clothing Bank, located in building 1, Ward 3 North, acts as a 'recycling point' for usable clothing for children sizes 12 and under. Donations may be dropped off any time during working hours and withdrawals can be made from 11:30 a.m. to 1 p.m., Monday through Friday. For more information call EM2 Kenneth Clem at 532-6846.

Navy and Marine Corps military or civilian personnel now have access to a special sexual harassment telephone center. Telephones are staffed by counselors in Washington, D.C. from 10 a.m. to 6 p.m. Monday through Friday. After office hours, callers can leave messages on answering machines.

To report a sexual harassment incident at Naval Hospital San Diego call the Equal Employment Opportunity Counselor, Diana Gagnon-Hoskinson at 532-7709 (civilian) or Lt. Cmdr. Pat Ireland at 532-7100 (military).

**ABOUT TOWN**

The San Diego USO has something for everyone. Saturday, Feb. 13, the USO will host a Candlelight Valentine Dance and Valentines Day they will sponsor a Valentines Brunch beginning at 11 a.m. February 15 Presidents Day will be celebrated with an old fashioned barbecue beginning at 1 p.m. Every Tuesday is Bingo night after the free buffet dinner. For more information about these and other USO happenings call Elizabeth Daniel at 235-6503.

The Inland San Diego County Chapter, Society of Military Widows will meet Saturday, Feb. 13, at the Grossmont Baptist Church Hall, 5651 Water Street, La Mesa. The business meeting begins at 10:15 a.m. and will be followed with a presentation by Louis Fanuechi, an accomplished entertainer. For more information call Ethel Carlson at 443-8804.

To help raise funds for the Medical Corps Ball, March 6 at the San Diego Hilton Hotel, a three mile fun run will be held Feb. 12. The course will take runners around the hospital complex twice and winners will be awarded VIP parking and trophies. Registration is \$8 before the race and \$10 on race day. For more information about the 1993 Medical Corps Ball or the race call 532-8670.

The Technical Nurse Warrant Officers Birthday Ball is Feb. 19 from 7 to 11 p.m. at the North Island Officers' Club. Reservations must be made by Feb. 12. For more information call 532-6403.

**NAVAL HOSPITAL SAN DIEGO PHOTO CONTEST**

**Shoot your colleagues and win \$100!**

That's right. Take a picture of your co-workers or submit a photo you've already taken and put \$100 in your pocket. The Naval Hospital San Diego Morale, Welfare and Recreation Dept, in cooperation with *the Dry Dock*, is sponsoring a photography contest. Entries will be displayed in the hospital and winning photos may become part of a permanent hospital display.

•Photographs may depict any locale (i.e., the Naval Hospital, the Persian Gulf, Somalia or hospital ship) but must show Navy medical personnel at work.

•Grand prize winner will receive \$100. First place prize, two tickets to Disneyland; second place, two tickets to Universal Studios; and third place, two free movie tickets. All entrants will receive a free frame.

•Entries may be color or black and white, no less than 5x7 inches in size and must be matted. Entry fee is \$5.

•All staff, military, civilian and contract employees are welcome to submit entries; however, employees of the Public Affairs Office and the Morale, Welfare and Recreation Department are ineligible.

•Submissions must be received in the Public Affairs Office, Bldg. 1, by close of business Friday, Feb. 26. For more information call H. Sam Samuelson in *the Dry Dock* office at 532-9057.

•Winning photographs will be selected by a panel of five judges. Winners will be announced April 2.

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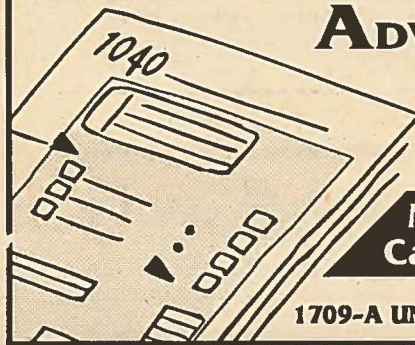
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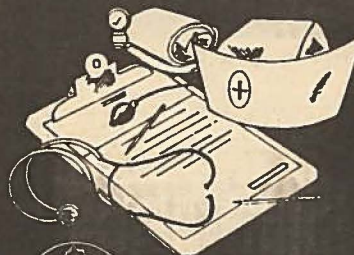


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## Voss honored by local cancer society chapter



Photo by Joy Caldwell

Rose Marie Pierce, a representative from the American Cancer Society, congratulates MSC Al Voss on receiving a certificate of appreciation from the society for his support of anti-smoking campaigns in San Diego. Voss is the local military coordinator for the Great American Smokeout. He was also instrumental in developing survival stations to assist smokers in quitting. The stations were located at all the military bases in San Diego.

## Johnson

Continued from page 4

directions come from the commanding officer, it's his job to make them happen. As the executive officer he plans to remain involved in training and education but his focus will be different. He will be the one allocating the resources.

"I like to be involved in teaching as well as learning," said Johnson. "You're never too old for either one."

When asked about his career

plans for the future, Johnson makes his direction very clear.

"Right now I'm the executive officer and that's where my focus will be. 'However,' he added, 'one does not make a career out of being an XO. I've been blessed with being in a situation where I do what I enjoy. When you have that opportunity you can't waste a moment of it. I'm very fortunate to be here in this job. I work in an incredible facility with incredible people.'"

## Enrichment

Continued from page 4  
Barnswell at 532-8156.

**Relationships and Recovery**  
This special Naval Station program provides assistance for individuals currently experiencing a relationship loss due to a breakup, separation or divorce. Call the Naval Station Family Service Center at 566-7404.

**Bible Study** Every Tuesday morning from 6:15 to 6:45 a.m. a Breakfast Bible Study will be held in the Naval Hospital San Diego Fellowship Hall. The study is sponsored by the Officers Christian Fellowship, Christian Medical and Dental Society and the hospital chaplains.

### Thursday, Feb. 11th

**Stressbusters** Learn to identify, understand and deal with negative stress in your life. Join this Naval Station drop-in group Thursdays from 3:30 to 5 p.m. For more information call 556-7404.

**Prenatal Support Group for Active Duty Women** Naval Station hosts this Thursday afternoon support group from 1:30 to 3:30 p.m. These sessions provide resource and networking information and addresses current and future issues for active duty mothers. This support group meets in the Naval Station Branch Medical Clinic conference room. For more information and to make reservations call Cmdr. Kathryn Brown at 556-8106.

### Specialized Classes

**Contingency Training Workshop** This course, originally scheduled for Jan. 29, has been rescheduled for Wednesday, March 31. All military medical

personnel are invited to attend this workshop on patient transportation and evacuation from a Fleet and Marine Force perspective. The workshop will be held from 7:45 a.m. to noon in the building 5 auditorium. For more information and reservations contact HM2 Karla Linam at 532-7928. Reservations will be taken through March 4.

**Basic Life Support Instructor**  
**Advanced Cardiac Life Support Instructor** and **Advanced Cardiac Life Support Provider Courses** are taught at the Naval Hospital San Diego Staff Education and Training center. For requirement and application information contact HM1 Martin Olmeda for the Advanced classes or HM2 Earl Smith for the Basic classes at 532-7929.

## ASK THE DIETITIAN

By Donna Gorling

Cholesterol is often mentioned in the news and if you are one of those people with elevated cholesterol levels, your physician may request you lower your levels.

Lowering levels of cholesterol is not difficult and can be brought about with some easy steps.

- The first step is to get and keep your weight down to an ideal body fat.
- The second step is to decrease the percentage of fat in your diet and vary the type of fat you consume. The percentage of fat should be limited to 30 percent of your total daily calorie intake and should be a mixture of vegetable and animal fat. It should be noted, however, that most Americans get enough animal fat without supplementation. Vegetable fats could come from oils such as corn, safflower and olive oils.
- The third step is to decrease your intake of meat. Instead of using meat as a main dish, think of it as a side dish limited to 4 to 6 ounces per day. Chicken and fish should be the major meat source and don't overlook legumes as a meat alternative.
- The fourth step is to increase your intake of fiber (25 to 35 grams is recommended) which can be done by increasing the amount of carbohydrates, fresh fruit and vegetables. A minimum of five selections per day, two of fruit and three of vegetables, will help achieve that 25 gram level desired, without gaining weight.
- The fifth step is to start today and not wait to develop a heart healthy diet.

An example of a heart healthy diet would be oatmeal, fruit juice and low fat milk for breakfast. For lunch a peanut butter sandwich using whole grain breads with salad and vegetables, and fresh fruit. At dinner eat a small piece of fish or chicken, pasta, whole grain bread, vegetables, fresh fruit and low fat milk.

For additional help in developing a heart healthy diet, contact a dietitian to tailor a diet to you.

## Taxes

Continued from page 2

or Separated Parents," or a similar statement.

Child support payments are not deductible by the payer or taxable income to the recipient. Alimony and separate maintenance payments are deductible by the payer and income to the receiver. You do not have to itemize deductions in order to claim alimony or separate maintenance payments.

Overall, legal fees and court costs for a divorce are not tax deductible. However, said IRS officials,

request a breakdown of the costs because some are deductible. Legal fees and other professional fees paid for tax advice in connection with a divorce, as well as legal fees to get alimony, may be tax deductible.

In addition, remember to file a new IRS Form W-4, "Employee's Withholding Allowance Certificate," for 1993, if you become separated or divorced. For instance, said IRS officials, if you are single, divorced or legally separated, you will need to check

single status on the form. This may require you to ask for additional withholding for taxes from your paycheck.

Also, if you receive alimony or other payment not subject to withholding, you may need to ask your employer to withhold more to cover the tax bill at the end of the year.

Specific information on these and related matters can be found in IRS Publication 504, *Tax Information for Divorced or Separated Individuals*. The publication explains the tax rules, dependency exemptions and alimony. For a free copy, call toll free 1-800-829-3676 or write to:

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**WELLNESS**

By Lt. Colleen K. Gallagher

How are those New Year's resolutions? Hopefully you are still trying to meet your goals. This month can give you the incentive to keep trying to improve your health since February is Heart Health Month.

Eat right, manage your stress and get regular exercise. (Does any of this sound familiar?) And take heart, you may hear this more than once.

Today let's look at exercise. Why do it? First of all it helps your heart pump more efficiently and improves circulation. Your lungs are better able to process oxygen if you exercise regularly. Fitness, muscle tone and endurance improve as does digestion and sleep. Weight and cholesterol levels decrease when exercise is coupled with proper diet. Your emotional health improves too. You feel better about yourself, when you feel and look healthier. Exercise has also been known to contribute to increased productivity at work and increased overall stamina.

What are your exercise options? The Physical Readiness Test is now underway and that is one way to get you started in the exercise mode.

Exercise is more than jogging. Take a walk; use the stairs regularly; swim; bike; or dance. Pick the exercise which suits you best, but if you are just starting an exercise program, remember to consult a physician.

You can reduce your risk for heart disease, feel good and look good with a good heart healthy exercise program. For more information contact the American Heart Association at 291-7454 or the Health Promotion Office at 532-6849.

**DAPA DATA**

By MSC (SW) Al Voss

**What are the twelve steps?**

The 12 steps of Alcoholics Anonymous are "a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole." Many nonalcoholics report that through the practice of AA's 12 steps, they have been able to overcome other difficulties of life. They think the 12 steps can be useful in solving problems other than sobriety for problem drinkers and see them as a way to happy and effective living for many, alcoholic or not.

**• Step One**

"We admitted we were powerless over alcohol — that our lives had become unmanageable."

When an alcoholic drinks, he or she loses the ability to stop drinking. Most alcoholics can go long periods of time without a drink, however once a drink is had, so is the alcoholic. The alcohol affects all areas of the alcoholic's life: work, family, finances and recreation. The powerlessness to control the alcohol leaves the alcoholic devastated physically, emotionally and spiritually.

Admitting this inability to control something which nonalcoholics seem to have no problem with is the first step to recovery. For more information call your command DAPA.

This is the second of several articles exploring the 12 step program used by Alcoholics Anonymous.

**CHAMPUS programs vary by site**

The CHAMPUS program you know about where you live now may not work quite the same way in a new location.

In order to provide high-quality health care to service families in the most efficient and least costly way, CHAMPUS has a number of test, or "demonstration" projects under way in different parts of the country. Generally, they give you an alternative to the standard CHAMPUS program for families. You can usually keep using standard CHAMPUS, or choose to participate in the test program (and possibly gain additional medical benefits or pay lower costs) that might be offered in your area.

See the related article on page 3.

For example, in California, Hawaii and New Orleans, CHAMPUS-eligible persons may use the "CHAMPUS Prime" or "CHAMPUS Extra" options, instead of standard CHAMPUS. And in the "CHAMPUS Select" program in Florida, Georgia, Tennessee, Mississippi and Alabama, service families can get discounts on costs and avoid paperwork if they seek treatment from special networks of professional health care providers called preferred provider organizations (PPOs).

Throughout most of the country at military medical facilities, in addition to Health Benefits Advisors, you'll also encounter "health care finders." They're part of a participating provider program under which a civilian provider of health care may offer discounts that could reduce patients' cost-shares.

There are other test programs in operation — some restricted to one particular local area. If you're planning a move, ask the Health Benefits Advisor at the nearest military medical facility if any special rules or programs are in effect for CHAMPUS-eligible families.

**System**

Continued from page 3

"recent legislation dropped the catastrophic cap for retired beneficiaries and their dependents from \$10,000 to \$7,500. So if they go bare, they'll only be out \$7,500 each year if serious illness strikes."

Koenig said DoD still hopes to have Coordinated Care fully implemented by September 1995. Some features require Office of Management and Budget approval, so the date could slip. The program will begin in a particular area only when local hospital commanders have a network of doctors beneficiaries can choose from. These civilian doctors must agree to accept negotiated payments.

In October 1992, a Coordinated Care Program demonstration project called Tricare started in southeastern Virginia. By April 1993, eligible CHAMPUS beneficiaries in the area — which includes the cities of Norfolk, Newport News and Portsmouth — will have three options.

They may enroll to receive all health care from the military treatment facilities and the civilian network providers. This portion of the program is called Coordinated Care Plus. They can use the civilian preferred provider network, called Coordinated Care Extra, or they may remain in the standard CHAMPUS benefit plan, called Coordinated Care Basic.

"Active duty people are automatically enrolled in Plus," said Koenig. "Other eligible beneficiaries can choose whether to enroll in Plus. If they don't, they can switch back and forth between Extra and Basic, on a case-by-case basis." Plus enrollees stay in that option for all their health care.

"We're saying we'll offer retirees the chance to enroll in Plus on a space-available basis, but we hope to eventually be able to offer enrollment to everyone who wants it," Koenig said. "We won't be satisfied if we're only able to offer enrollment to 80 percent of those eligible people who want it."

Plus offers the lowest-cost care. For example, in the demonstration program, routine doctor visits may cost most beneficiaries only \$5. Family members of E-4s and below may pay nothing for a routine doctor visit.

Koenig said many beneficiaries are eligible for care only in military facilities. These beneficiaries, such as Medicare-eligible retirees and dependent parents, should consider enrolling in Plus, he suggested. They will receive higher priority for care in military hospitals than nonenrollees. When military care is not available, local officials will refer them to doctors who will accept the Medicare allowable payments.

But some beneficiaries may opt for more choice. For example, a beneficiary with a heart condition may want to stay with a cardiologist who is not a preferred provider. When he sees that doctor under Basic, he is responsible for paying the charges above and beyond what CHAMPUS covers. But if he has a sinus infection, he may choose to see a preferred provider under Extra and save money.

Once people enroll in Plus, they must remain in that program until the next "open season." Open season will be held once a year. "This is to discourage people constantly jumping in and out of the program," said Koenig. "We wouldn't be able to track people if that happened. However, we will allow people to change outside of open season due to change of residence and so forth."

Stable enrollment also holds down costs, said Koenig. "What if a commander tells a provider organization, 'I'm going to be sending some people to you, but I can't tell you how often or how many'? The provider is likely to laugh. But if the commander can say, 'I'll send you 1,000 a month,' that's an important negotiating chip. It's like buying in volume instead of individually wrapped — we can get it cheaper."



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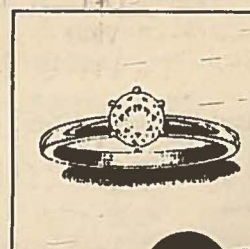
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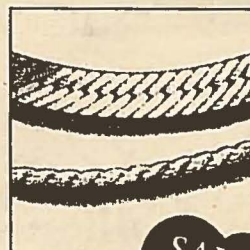
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## Tooth care is important for babies too

By Lt. Catherine Cummings

Many first-time parents are surprised to learn their babies can develop cavities. Decay can occur as soon as teeth appear in the mouth. One serious form of decay among young children is baby bottle tooth decay.

Baby bottle tooth decay occurs when an infant is allowed to nurse from a bottle of milk, formula, sugar water or fruit juice during naps or bedtime. These liquids pool around the child's teeth during sleep. They all contain sugar, which is converted during the process of digestion into acids which attack the infant's teeth. Infant tooth decay can also result from prolonged breastfeeding.

Parents can avoid baby bottle tooth decay by giving the baby water or a pacifier before nap or bedtime instead of juice or milk.

Cleaning the infant's mouth is also important. Begin cleaning the baby's mouth during the first few days after birth. After every feeding, wipe the baby's gums with a clean, damp cloth or gauze to remove plaque. Plaque is a shiny film of bacteria which forms constantly in the mouth. Begin brushing the child's teeth as soon as they erupt through the gums. By the age of 4 or 5 the child may be able to brush under your watchful eye. Many references suggest a child's first visit to a dentist be between age 2 or 3. This is a good time to ensure enrollment in the Delta Dental Plan, since this

treatment will be covered.

By the age of 3, most children have a full set of 20 teeth. Primary teeth help with chewing, speaking and appearance. They also hold space in the jaw for permanent teeth. Keeping healthy "baby teeth" is extremely important to permit development and eruption of a healthy set of permanent teeth.

During the preschool years children should establish good eating habits. Eating snacks which supply nutrients and energy is very important. Parents should help children choose sensible snacks (popcorn, raw vegetables, yogurt and sugarless gum), brush after eating and schedule regular dental check ups.

## Bullard

Continued from page 3

U.S. Army. They were to be advanced in rank to commissioned officers. Though other Americans were accepted and he passed the physical, Bullard was not selected. According to Burke, Eleanor Roosevelt wrote a story about him in her popular "My Day" column. She said Bullard asked, "Was it my flat feet or was it the color of my skin?" that kept him from flying for his country.

Later, the Croix de Guerre hero was permanently grounded on charges of insubordination because of an altercation with a French colonel. He was demoted and served the remainder of his time as a motorcycle dispatch rider, victim of the prejudice he had attempted to flee, according to historians.

Following the war, Bullard worked as a drummer in a nightclub, then as a band leader at Zelli Zig Zag bar in Montmartre, Paris. He next operated his own nightclubs, Le Grand Duc in the Rue Pigalle and L'Escadrille in the Rue Fontaine. He also ran a gymnasium for prizefighters, his biographers wrote.

Bullard's Le Grand Duc became famous for such entertainers as Dooley Wilson and Mabel Mercer. Ernest Hemingway, F. Scott Fitzgerald, Fatty Arbuckle, Horace Dodge, Rudolph Valentino and Gloria Swanson number among the notables who frequented his establishments. His many friends included the Prince of Wales, tobacco scion Richard Reynolds, Valentino, stage stars Sophie Tucker and Nora Baynes and silent screen heroine Pearl White.

He married Countess Marcelle Eugenie Henriette de Straumman in July 1923. They had three children, two daughters and a son; the son died six months after birth. When the couple subsequently separated, the countess gave Bullard full custody of their two daughters.

Between the major wars, biographers said Bullard joined the French underground and worked as a spy with such people as the renowned Cleopatre Terrier.

At age 45, Bullard fled Paris in search of the infantry regiment he served with during World War I. After making contact with the

was assigned to a machine gun company. It was but a few days later, however, when he was injured from the blast of a German shell. Because of his wounds and the likelihood of capture, his commanding officer issued a safe conduct pass enabling him to escape the country.

Bullard made his way to Spain, where the American ambassador granted him a passport to New York. Penniless and with only the clothes on his back, Bullard sailed from Lisbon July 9, 1940, forced to leave his daughters behind in the care of friends. Their mother had died of a respiratory infection in 1936 at age 36. Burke added that American diplomats arranged for Bullard's daughters to join him later in New York.

He lived his last years in a cluttered Harlem apartment and took a job as an elevator operator at Rockefeller Plaza. He developed stomach cancer and died at 67 in 1961. His two daughters and two grandchildren survived him.

As he had requested, Bullard was dressed in the uniform of a French Legionnaire and buried in the French war veterans' cemetery in Flushing, N.Y.

## MASTER CHIEF'S CORNER

By HMC Janice Hughes

"True leadership must be for the benefit of the followers, not the enrichment of the leaders."

—Unknown

In the Navy you hear people talk about what leadership means. The dictionary's definition is "a position at the front, a margin by which one leads, one who leads." While the thesaurus reads, "Leadership — direction and guidance."

At petty officer indoctrination, students are asked what they feel are characteristics of a good leader? Their answers usually include communication skills, honesty, integrity, knowledge, motivation and being a good listener.

The next bit of organized leadership training usually comes when a sailor attends the leading petty officer Navy Leadership Development Program (NLDP), chief petty officer NLDP and leading chief petty officer NLDP.

Leadership is the backbone of the Navy. This is one trait everyone must utilize and the majority of personnel learn these skills from past and present leading petty officers, leading chief petty officers and officers. The quality of leadership traits those personnel exhibited will determine the quality of leadership the new young sailors will demonstrate.

As sailors advance through the ranks, authority and increased responsibility come with leadership positions. Some individuals forget the basics of good leadership and get wrapped-up in the authority and the power.

When leaders forget where they came from and how hard they worked to get there, their leadership turns to *enrichment* for themselves, not their followers.

## Gliponeo raises his hand for two more years of service



Photo by Joy Caldwell

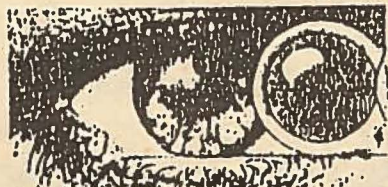
Captain Susan Moser administers the oath reenlisting HM3 Glenn Gliponeo for two additional years of naval service. Gliponeo, assigned to the Naval Hospital San Diego Patient Relations Department, hopes to attend Preventive Medicine Technician School.

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Includes: Exam, fitting, chemical care kit and follow-up care, Frames and single vision lenses

## EYE EXAMINATION

**\$38** For Eyeglasses

Any Military Member,  
Dependent or Civil  
Service Employee

**NO APPOINTMENT  
NECESSARY**

## Eyeglass Special

Complete single-vision  
clear glasses **\$39.<sup>50</sup>**  
1 pair

Bifocals

**\$59.<sup>50</sup>**

Designer Eyewear

Fashion Frames



**DR. MARVIN WEITZMAN, O.D. Inc.**

We Care Eye Care Optometric Center  
"Where quality is affordable"  
3357 Rosecrans Street, corner of Rosecrans & Midway in  
Loma Square  
**224-2973**

**Dr. Timothy Giles, O.D.**

3030 Plaza Bonita Road  
Plaza Bonita Mall, National City (upper level next to Mervyn's)  
**267-5901**  
OFFICE TWO  
293 Parkway Plaza, next to May Co., El Cajon  
**441-9979**

## WANTED

FT/PT for local placement or relocation — all medical personnel: MDs, PAs, Therapy, Nursing, Lab, Pharm, MAs, NPs.  
**SAN DIEGO MEDICAL STAFFING**  
8885 Rio San Diego Drive #320  
San Diego, CA 92108 (619) 287-9471  
Please call for appointment

**When Nothing Else  
Was Certain . . .  
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YOUR TAXES?  
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PIECES TOGETHER!**

**Joe Mauffray  
Mary Kelly**

J. Mauffray Financial Center  
3838 Camino del Rio N., Ste. 116  
San Diego, CA 92108

Off. **281-1939**

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Fax. **284-2451**

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It costs nothing to call us first  
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Evening and weekend appointments



**TICKETS AND TOURS**

The Morale, Welfare and Recreation Ticket Office is a service provided for the active duty, DOD civilians, reservists, retired and dependent at Naval Hospital San Diego. The ticket office is located in Building 1, around the corner from the galley. Office hours are 9 a.m. to 4:30 p.m. For more information call Teri Hinsey at 532-7255.

**SAN DIEGO ATTRACTIONS**

	DISCOUNT Adult/Child	REGULAR Adult/Child
Balboa Park Passport	\$9	\$9.50
Capture the Flag	\$15.50	\$20
Pasadena Playhouse	\$27	\$31.50
Entertainment '93	\$38	
Gold C Coupon Book	\$12	
Taste of the Town	30	
Family Fun Center	\$10.50	\$15
Old Town Trolley	\$12.50/5.50	\$14/7
Invader Cruises (1-hour)	\$5.10	\$10
Invader Cruises (2-hour)	\$6.65	\$15
Invader Dinner Cruise	\$32.15	\$41.10
Invader Sunday Brunch	\$25.25	\$30
Invader Whale Watching	\$8.15	\$15
Marshal Scotty's	\$4.50/6.95	\$5.95/7.95
San Diego Gulls coupon	\$5.25	\$9.50
Omnimax Theatre	\$4.40/2.40	\$6/\$3.50
AMC Theaters	\$4.50	\$7
Edwards Theaters	\$4.75	\$7
Pacific Theaters	\$4.50	\$7
United Artists	\$4.50	\$7
H&M Landing 1/2-day	\$12.50	\$24
H&M 3/4-day shark fishing	\$25.50	\$39
Islandia Sport Fishing 1/2-day	\$12/10.50	\$22/16
Islandia Sport Fishing 3/4-day	\$22.50	\$28
Point Loma Daily Double	\$12/10.50	\$24/15
Point Loma shark fishing	\$24.50	\$30
SeaForth 1/2-day	\$12.50	\$20
SeaForth 3/4-day	\$24.50	\$30
SeaForth Coronado Island	\$24.50	\$32
SeaForth shark fishing	\$24.50	\$30
Sea World Bonus Days	\$19.20/14.85	\$25.95/19.95
San Diego Zoo	\$11.75/5.35	\$15/6.50
Wild Animal Park	\$12.45/7.20	\$15.95/8.95

**OUT OF TOWN ATTRACTIONS**

	DISCOUNT Adult/Child	REGULAR Adult/Child
Disney Spring Special (2/15-3/31)	\$24.00/19.40	\$28.75/23
Disney Military Special 1 Day	\$24/19.40	\$28.75/23
Disney Military Special 2 days	\$39.25/31.60	\$52.50/42
Universal Studios	\$18.50/14.50	\$27/21
Knott's Berry Farm	\$16.90/12.45	\$23.95/11.95
Medieval Times	\$23.45/18.45	\$32.95/19.95
Movieland Wax Museum	\$8/5.45	\$12.95/6.95
Magic Mountain	\$19.25	\$26
Wild Bill's Dinner Show	\$23.45/16.85	\$27.95/18.95

**BITS AND PIECES**

Celebrate the three-day weekend in February by taking your family to Marshal Scotty's Picnic and Amusement Park.

Marshal Scotty's is offering free admission to military personnel and their dependents during Presidents Day weekend. You and your family could visit the park all four days and not pay any admission costs.

Enjoy entertainment for the entire family Feb. 12 to 15. The park has 15 rides, go-carts, picnic grounds and old West gunfight shows along with other attractions.

Rides include a train, bumper-cars, ferris wheel, Tilt-a-Whirl, zumor and the new rock 'n roll thrill ride for adults and children. Kids will especially like the pony rides just for them.

All of these activities can be enjoyed for free on Presidents' Day weekend, except for a small charge for the go-carts.

A snackbar is available at the park or you can bring your own picnic lunch for a terrific home-made meal.

The park is open daily from 10 a.m. to 5 p.m. and is located at Lake Jennings Park Road and Interstate 8, just 21 miles from downtown San Diego.

For more information, call the park at 443-0236.

**NEW AEROBIC HOURS**

	MON	TUE	WED	THU	FRI
6:00 AM		THE STEP		THE STEP	
11:00 AM	ABDOMINAL WORKOUT	ABDOMINAL WORKOUT	ABDOMINAL WORKOUT	ABDOMINAL WORKOUT	ABDOMINAL WORKOUT
11:30 AM	THE STEP	AEROBICS	THE STEP	AEROBICS	THE STEP
4:00 PM	ABDOMINAL WORKOUT	THE STEP	ABDOMINAL WORKOUT	THE STEP	ABDOMINAL WORKOUT
4:30 PM	LOW IMPACT AEROBICS		LOW IMPACT AEROBICS		LOW IMPACT AEROBICS

FOR MORE INFORMATION CALL 532-8516

ATHLETIC COMPLEX:  
BLDG. 12  
MON-FRI 6:00 AM TO 9:00 PM  
SAT-SUN 9:00 AM TO 9:00 PM  
HOLIDAYS 10:00 AM TO 6:00 PM

**Disneyland®**

**MINI TOURS**

Saturday, 27 Feb. 9:30am departure  
OR  
Saturday, 6 March 9:30am departure  
"Get drawn into the fun"  
at the newest attraction:



Admission Price: \$19.40 (save \$9)  
Eligibility: All Active Duty Enlisted Personnel  
Transportation: Free roundtrip ride

Reserve your seat by the Thursday prior to trip, 25 Feb. or 4 March  
Sign up at MWR Admin Office  
Bldg. 26,1B

For More Information call 532-7256

**BURN VICTIM.**

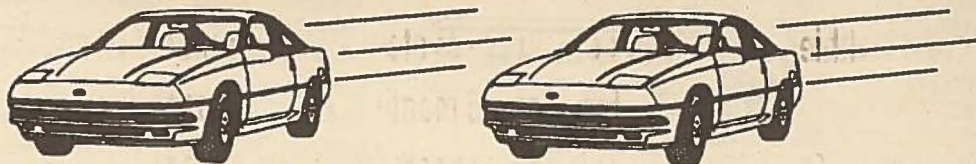
ONLY YOU CAN PREVENT FOREST FIRES.

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We control the financing so we can sell you a new, nicer car than our competition!

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**NEED A RIDE?  
Just Call And We'll Provide!**

**EAST**

**AUTO SALES**  
147 Broadway, Chula Vista  
CALL NOW! **585-9555**

This Holiday Weekend, Get Away and Stay on a Wildlife Sanctuary Overlooking the Pacific Ocean at **NAWS Point Mugu, CA**



**FAMCAMP RV PARK**

- Plenty of spaces available:
- No hookup
  - Electric hookup only
  - Full hookup (electric, sewer & water)
  - Deluxe hookup (electric, sewer, water, TV/cable)

Rates starting at only **\$8/night**

Located 60 miles northwest of Los Angeles and conveniently situated within driving distance to many Southern California attractions.

FOR RESERVATIONS CALL:

**(805) 989-8407**

Come stay with us before April 15 and you will receive this complimentary coupon for free usage of some of our MWR services

**MUGU LAGOON BEACH MOTEL**

- Rooms available with full kitchen area: refrigerator, stove, microwave oven
- Suites available
- Complimentary coffee and continental breakfast
- Cable TV/HBO included free of charge in rate

Military rates starting at \$33/day  
Civilian rates starting at \$40/day

Morale, Welfare & Recreation  
NAWS Point Mugu, CA 93043  
(805) 989-7509

MWR MOTEL & RV PROMOTION

Name \_\_\_\_\_ Date \_\_\_\_\_

In something something no charge - 1 free round of golf (18 holes) at John H. Clark Golf Course - 1 free line of bowling at Mingu Lanes - 2 free passes to something swimming pool - 1 buy 1 pizza get 1 free (equal or lesser value) Mingu's Pizza & More (dine-in only) - FREE GIVEAWAY



## CLASSIFIEDS

## 120 Real Estate for Sale

1984 sq. ft., 3-car garage, 1/4 acre, LaMesa, Mt. Helix foothills, small down, assume first OWC \$218,000 owner/broker; 660-9146. D.

1989 Skylark, 14'x80', 2BR/1BA, NAS Miramar mobilehome park, all major appliances including washer and dryer; 549-3079. J.

2 on 1 lot, 3BR/2BA, 1BR/1BA, 1/4 ac, Lemon Grove area, \$178K, for sale by owner; Larry 462-2315. D.

3BR/2 1/2 BA, 1500 sq. ft., Tierrasanta, fully landscaped, low maintenance, assumable loan; Kevin 541-0280. J.

By owner, must see 2BR/1BA, cul-de-sac, frpice, patio, detached 2-car garage, RV parking, great cond./area, near school, \$130,000; 484-7207. H.

Immaculate tri-level 2BR/2BA condo with lg patio off MBR, ceiling fans, detached 2-car garage, now \$125K; agt Fred 463-9789. D.

Poway course property level 1.25 acres, 3BR/1BA, family room plus detached in-law apt, \$275,000; 287-6807. J.

Prestigious Fairway homes, N. Penasquitos, 3BR/3BA, cul de sac, easy freeway access, superb neighborhood, priced below market, \$235,000; 672-1353. J.

## 200 Condos for Rent

Tierrasanta condo, very lg, 1BR/1 1/2 BA, frpice, washer/dryer, water and gas included, pool, spa, tennis, \$700/mo.; 279-8073.

## 210 Apts. Unfurnished

1BR, upstairs, furnished or unfurnished, newly painted, wood floors, wood beam ceilings, water/trash paid, \$400/mo + security; 284-3024. D.

2BR/1BA, stove, refrig., a block from the beach, off-street parking, \$750; 483-5489, 630-2181. H.

Imperial Beach, 2BR, \$565, carpets, drapes, appliances, washer hookup, ceiling fan, storage shed, Commissary/Exchange handy, no pets; 424-3123.

North Park area 2BR/2BA security, stove, refrig., patio, off-street, laundry on premises near all 4213 Kansas, \$695; 284-6617, 630-2181. H.

North Park area, lg 1BR, security apt, stove, refrig., off-street, laundry on premises, near all, 4213 Kansas, \$450; 284-6617, 630-2181. H.

## 220 Houses Unfurnished

3BR/2BA loft, vaulted ceilings, frpice, newly re-modeled kitchen, community pool, beautifully landscaped, close to NavHosp, 32nd St., near 805/15/84, \$900/mo.; 262-3245. D.

Imperial Beach, 2BR, \$675, carpets, drapes, refrig., stove, close to elementary school, no pets; 424-3123.

Mira Mesa single family 4BR/2 1/2 BA near schools, avail 2/1/93, \$1100/mo.; 524-6313. H.

South SD, 4BR/2 1/2 BA, close to freeway, \$950; Fran 474-8578 or pager 557-4734. H.

## 225 Rentals to Share

Poway share luxury 4BR house w/professional, 10 miles to Miramar, master BR, private bath, laundry, frpice, yard, \$400/mo. + 1/2 utils; 679-9588. J.

Share 3BR condo, private BA, utils included, nonsmoker, preferred female; 428-8151.

## 245 Rooms for Rent

\$300/mo. Includes all amenities, new home, completely furnished, lots of privacy, 15 min. downtown; 538-3698. H.

College area, reservist has 4BR house to share, \$300/mo., includes garage, washer and dryer, nonsmoker; 287-6807. J.

Mira Mesa, furnished BR, clean, quiet, safe neighborhood, laundry and utils. included, nonsmoker, close to NAS; 549-8214. J.

## 303 Furniture Appliance

7 pc Wicker furniture set, brand new, only used 1 mo., \$695; Wendy 437-1983 after 5 p.m.

Beautiful queen size waterbed, pedestal, headboard, canopy w/mirrors, mattress less than 7 months, heater, \$500; 566-0377. J.

Dining room table, round, solid wood, leaf, and 4 padded roller chairs, \$125; 689-8487. J.

Leather sofa, loveseat, 1 1/2 yrs old, blue, xint cond., \$1700 OBO; 538-8463. J.

Maytag elec. dryer, 6-mos old, still under warranty, \$290; 588-1338. J.

Maytag washer, coin operated, can be used with or without coins, \$55; electric stove, Tapen 30" wide, free standing, copper, \$45; 222-2868.

## 305 Jewelry - Clothing

Men's suits and sports jackets, like new, name brands like Oscar D'LaRenta, sizes 39 short, 40 short, 41 short, 42 short, private party, must sell 660-9146. D.

Wedding dress, mermaid style, size 14, featured in Bride magazine, never worn, \$500; Mary 536-1437. J.

Women's uniforms: dungaree pants (14-16), \$5; chambray shirt (14), \$5; winter blue slacks (16R) never worn, \$15; summer white slacks (14R) never worn, \$10; white blouses (5) opaulets, sz 38, \$2 each; 528-1752 after 6 p.m. lv msg. G.

## 315 Sporting Goods

Bikes: Men's 27" Schwinn "World Sport," 10-spd, bike rack, xint cond., \$75 and Girl's 20" "Honey Bear," single spd, white, \$15, moving; 268-9551.

Pro Form Flex Force w/free action stepper, does over 30 different exercises, \$220 OBO; 566-0377. J.

Scuba gear less than 20 hours of use; Richard 479-0913, 536-7326.

Skis, Rossenol w/bindings and poles, better than renting \$25; 27" men's lightweight 12-spd bike "SR", great shape \$45; 222-2868.

Surfboards: 5'10" "Californian," Tri-fin, \$75; 7'6" "Matrix," Single-fin, \$75 and 6'11" "Canyon Surfboard," Tri-fin, \$100, moving; 268-9551.

Wetsuit: "O'Neil," lg, full surfing wetsuit, blue, good cond., \$50; 268-9551.

## 325 Misc. for Sale

1985 Bayliner 16' Bowrider waterski boat w/85 hp force eng. Recent tune up includes ski equipment, \$3300 OBO; Jon 226-6117.

Amstrad IBM compatible 840K dual disk drive, keyboard, mouse, monitor and starter software, \$300 OBO; Glori 287-2170. D.

Bike, Sears, 26" \$40; water bed, queen, \$150; 280-4913.

Everything must go, household items, furniture, clothes, toys, craft items, no reasonable offer refused; Feb. 6-7, 561-8998. D.

Twin peach eyelet comfort set complete with sheets, pillow sham & dust ruffle, only used 2 months, pd \$150 asking \$75; 680-5058 lv msg. D.

## 335 Office Equipment

Commodore 128 computer, 1902A monitor, 1571 disk drive, MPS1200 printer, plus all software, \$450 OBO; James 524-6597, 524-6595. H.

## 340 Pets

55 gallon tank, stand, filters, pumps, heater, African Chiclids, many other extras, \$400; Mike 448-9119 days.

Aquariums: 20 gal, pumps, filters, heater, light, like new, \$50 and 15 gal w/wood and wire mesh top for small animals/reptiles, \$20; 268-9551.

## 350 Bicycles

Schwinn, 26" ladies/girls, xint, \$55; 229-0431.

## 355 Misc. Wanted

Carpool wanted. El Centro to NAS North Island; 337-1754.

## 550 Help Wanted

Babysitter needed in March for infant and 1 yr old, nonsmoker preferred, \$3 an hr; 425-4432. G.

Parttime bookkeeper needed for MCRD Thrift Shop, 25 hours/mo., \$250/mo.; 222-3178. H.

Parttime help wanted. MCRD Thrift Shop 50-60 hours per month, \$500 per month. Childcare reimbursement provided; 273-7251, 295-1546 by 2-15-93. H.

## 580 Services Offered

Loving child care offered in my Coronado home, safe, fun, first aid cert.; 437-0443.

## 620 Personals

Kevin, you mean so much to me and I care about you alot. Always stay mine, Forever your honey girl. D.

## 700 Boats

16' ski boat w/110 hp Mercury outboard, all in perfect shape w/accessories, \$3950; Kevin 541-0260. J.

## 705 Motorcycles

1981 Honda M/C CM400, low miles, new seat, battery and gaskets. Helmet and motorcycle cover also, \$800; 279-8259 anytime. H.

1981 Yamaha Virago 750, very reliable, 17K miles, saddle bags, good tires w/matching HJC helmet, asking \$1200; 561-8202 anytime.

1986 BMW K100RS, 7K mi, as new with over \$3K in new accessories; Kevin 541-0280. J.

1989 Honda CBR 600F, very fast! Runs like new, only 6500 miles, includes Aral helmet, \$3200 OBO; Jon 228-6117.

1991 Honda Nighthawk in xint cond, only 1404 miles, \$1050, a true bargain at this price; Tom 437-2241. H.

Honda Elite scooter, reliable transportation, 1990, 942 miles, \$900; 566-0377. J.

Suzuki work stand, xint shape, fits most if not all bikes; 281-2829. D.

## 735 Sports Cars

1987 Alfa Romeo Milano, 37K mi, red, loaded, new tires, just serviced; Kevin 541-0280. J.

BMW 1985 325E, 2-dr, auto, 94K, power locks/sunroof/windows. On board computer, xint shape, \$8200; 689-8487. J.

Camaro sports coupe 1980, new paint, tires, shocks, rebuilt trans, PS, PB, AC, tilt wheel, Rally wheels, \$2550 OBO; D. Angeller 749-5432. D.

## 740 Autos for Sale

1977 Pontiac TransAm, 550-hp, big block Chevy, 5-spd, very low mileage, mint cond., \$8500 OBO; 222-6018.

1982 Toyota Corolla, Krager wheels, Sony stereo, Kenwood 6x9's new clutch, alternator, brakes, water pump, fuel pump, AC, must see \$2000; 688-8394 (day), 483-5072 (night). H.

## 745 Trucks

1984 Toyota SR5 long bed, 4-wheel drive, shell carpet kit, 42,000 miles, xint cond., \$4200; Kevin 537-4386, 569-0107. J.

92 Mitsubishi mighty-max pickup, black, gray interior, xint cond., only 3500 miles; 538-1981. D.

## CLASSIFIED

For Paid Advertising in the Jet Journal, North Islander, Gator, Dry Dock & Hoist, please call 435-3141.

## 120 Real Estate for Sale

Clairemont 3br 1 1/2 ba, lg fam rm, fp, forced air heat, pool, many extras, good loc, a MUST see. \$195,000 by owner 274-1900

**NEW LISTING: IF YOU'RE LOOKING FOR A PRIVATE HIDE-AWAY COTTAGE IN THE VERY BEST LOCATION, THIS IT IT!!** 2BR 1.25BA, 2FPS & BIG SUNNY YARD. 752 J AVE. A BEST BUY AT \$329,000. KEN WILSON REALTY 437-4150

New Sorrento Mesa condo. 2/2.25 1110 sf all amens nr Miramar I-5/805 beach \$145K owner 689-8595

**SPECIAL FINANCING PROGRAM FOR VETS ONLY** Provide \$0 down, \$0 closing costs, tax credits and payments of some or all of consumer debts. Invest in yourself and receive a long-term investment by owning your own home. SFC Keith Stevens, Army, Ret./ Realtor, Century 21, 461-9144.

## 125 Condominiums

3 bdr. 1.5 ba. townhome. Mira Mesa. new appl. new cpl. Near military base. Close to freeway. \$123,900 Owner motivated, Holly 454-9733

## 125 Condominiums

MiraMesa/Sorrento Vly 2br 2 1/2 ba, 2 yrs new. Fp, quiet end unit, pool, jczi, \$119,500. 586-1703

## 200 Condos for Rent

\$700, on the beach, 1br 2 full baths. Part furn, nicest area, IB. Phone 575-1144

IB 1/2 off. Vry lg lux new 2br 2ba, blk to bch, very lg patio w/ocean view, lckd entry/pkg, w/d, fp, pct ok. \$895 423-3023.

Scripps Ranch \$950 on the lake w/view. 2br 2ba, all appl's, pool. 566-6167 Avail 3/1.

Tierrasanta 2br 2ba w/cathedral ceiling, neutral cpt, fp, attached gar w/strg & w/d. \$1100. 749-3319

## 205 Apts. Furnished

Shores large studio, modern, Del view, all amen, pkg. \$875. Jack 236-0903

## 210 Apts. Unfurnished

\$600, 1br 728 "G" Ave #5, Coronado. 531-1687.

\$650, Lg 1br 728 "G" Ave #2, Coronado. 531-1687.

## 210 Apts. Unfurnished

1br, \$400. Stv, refrg, drapes, cpt, block to beach. 149F Daisy, IB. 429-1075 or 263-7733.

2br 1ba pvt back patio, \$585/mo. Aloha Village Apts. 477-6818

Coronado 2br 1 1/2 ba cpts, drps, stv, refrig. \$775 no pets. 437-1612, 435-1417

El Cajon \$495-\$610. Move-in bonus. Nice quiet 1 & 2 br. Pool patio, d/w, cvd pkg. Near freeway. 1475 Graves, 588-0224.

Escondido, \$690. Very large newer 3br 2ba. Washer/dryer, patio, covered pkg, near freeway. 1132 No. Broadway. 746-4076.

Hillcrest \$675. Move-in bonus. Nice newer 2 br. Cntrld entry, undgrnd pkg, near hospitals. 4022 Albartross, 295-7333 or 698-2633.

Hillcrest \$550. Large quiet 1br. Cntrld entry, patio, d/w. Near hospitals. 4046 1st Ave, 260-1871.

Imperial Beach \$640. Lg clean 3br. Pool. No pets. 575 7th St. 423-2655.

## 210 Apts. Unfurnished

Imperial Beach \$525. Lg 2br 1ba, no pets. 429-4266.

Ocean Beach, \$695. Large quiet 2br 2ba. D/W, 2 blks from beach. No pets. 4956 Cape May. 222-6243.

OCEANFRONT 180° vu, lg 3br 2ba, fp, patio, best area, IB \$1025. 670-4525

Point Loma \$595-\$775. Very large quiet 1br & 2br 2ba. Pool, spa, sauna, rec room, patio, micro. Free basic cable. 3950 Leland, 223-1390.

Poway \$460. Large quiet 1br. Laundry. Cable TV inc. 12500 Oak Knoll Rd., 679-1789.

## 215 Houses Furnished

3br 2ba very comfortable, private & quiet. 2 car gar, 1-4 months. \$1500 +/- per mo. Ken Wilson Realty, 437-4150.

## 220 Houses Unfurnished

1 br house, private yard, \$650/mo. 435-2114

3br house w/bay view. 1541 Ynez Pl., Coronado. \$2000. 531-1687.

## 220 Houses Unfurnished

**BACK ON THE MARKET** 3br 1ba fncd yd, completely repainted, cntrl heat, walk-in closet, cpt, w/d hkups, shop area, wtr pd, 1400 sf, alley home, 800 blk "I" Ave. 1 yr lease, longterm avail, \$1100 670-8936

Cottage 2bdm 1bth, patio, fenced, stv, refrig, laundry hookup, xcint neighborhood, no pets, \$1000/mo. Avail Feb 1, 437-8008.

**Hillcrest \$600 2br, Indry, strg. 1br \$500. No pets 543-9188/295-2228**

IB. Remod 2br house, fncd yd, att gar, new cpt/new pnt/new verticals, w/d hkup, pct ok. \$725 423-3023

North Park/Burlingame \$1175. 3br 2ba spacious, dnrm, w/d, frig, studio, dbl gar, view, pvt. 296-4141

San Diego 3br 2ba 2car gar, stv, frig, w/d, d/w, fncd yd, view. \$850 484-6900

Tierrasanta tri-level 2br 2 1/2 ba, fam rm, frml dn rm, spa, 2fps (lvrm & mstrbr), \$1200 neg, 573-0417

There's always something cooking in the Classified Section.

## 225 Rentals to Share

2br 1ba house, w/d, non-smoker, quiet prof. \$350 + utils. Avail 3/1 437-4636

Female non-smkr, E5/abv: share house, own bath, \$350/mo inc utils + sec dep. Avl now, 472-5955.

## 245 Rooms for Rent

IB on beach, pvt bath, no smoking, \$400 + 1/2 utils. 661-6000 Suzie 424-6059

Poway sunny pvt br/ba, kit, Indry, pool. Phone & cable optional. \$350 748-2654

Rancho Penasquitos \$450. Furn mstr br studio. Separate entrance, pool view, prefer non-smkr. \$350 furn single br. W/D, kit prv, refs req + dep 484-0818

## 325 Misc. for Sale

Baby item, xint cond: Walker, bathtub, playpen, etc. 524-1460/490-8027 eves.

**For info about new Coronado Time Share Project Call Pat Pyrdol (619) 437-1430 Winner's Circle Resorts Int'l, Inc.**

**MILITARY SWAP MEET** Sun 2/21, 10-4. VFW 2885 Lemon Grove Ave. 462-0628 or (818) 999-1257



# CLASSIFIED

For Paid Advertising in the Jet Journal, North Islander, Gator, Dry Dock & Hoist, please call 435-3141.

**325 Misc. for Sale**

RUSSIAN UNIFORMS, Russian Store, 7657 Winnetka Ave, #203, Winnetka, CA 91306 (818)999-1257

**355 Misc. Wanted**

All types of Oriental rugs wanted! Any size, any color. Top \$\$ pd. 454-7847

Coins, silver, & gold. We pay more. Coronado Coins 942 Orange, Cor. 437-1435

There's always something cooking in the Classified Section. Call 435-3141 to place an ad.

**550 Help Wanted**

**\$200-\$500 WEEKLY** Assemble products at home. Easy! No selling. You're paid direct. Fully Guaranteed. **FREE** Information-24 Hour Hotline. 801-379-2900 Copyright #CA040850

**•AVIATION JOBS•** Pilots & Mechanics wanted. Nationwide and overseas positions. 1-800-543-5201

Need driver, to/from work. Also cooking & cleaning. Call Steve 435-6321.

When you need extra cash, sell the good but no longer used items you have to interested buyers. 435-3141

**580 Services Offered**

Christian housekpng, exp, honest, Rcho Pnsqts area. \$12/hr. Karen 538-2071

**MILITARY FAMILIES DECLARE WAR ON HUGE PHONE BILLS** Make 25 calls a month for as low as \$38.00. Up to 1 hour per call, 7 days a week, night or day, all 50 states. 800-484-9567, code 1213.

**STOP SMOKING WITH HYPNOSIS \$49.95.** (619) 627-9430.

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Full-time PM in Mental Health Services. Two years' acute psych and charge experience required. Supervisory experience preferred. Other opportunities also available for psych nurses on all shifts. For immediate consideration, please call Carol Kerry, D.O.N., at 619/667-6009. Or send resume to API, Human Resources, 6535 Alvarado Rd., San Diego, CA 92120. EOE (We welcome resumes on a continuing basis)  
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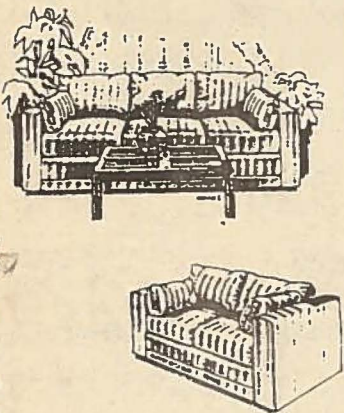
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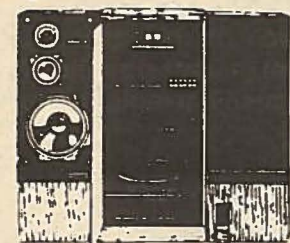
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