

People as well as ships



need a haven for repair

# the DRY DOCK

Vol. 57 No. 7

SAN DIEGO, CALIF.

Friday, February 18, 1994

**Sherman, Hall are instructors of the quarter**

• Page 3

**Letter makes poignant appeal**

• Page 2



## BRIEFING

**The Multi-Ethnic Cultural Association** will hold its monthly meeting Wednesday, Feb. 23, from 2 to 3:30 p.m. in the Naval Medical Center auditorium, building 5. All staff members are invited to attend this gathering. For more information contact HM1 Johnnie Swanson at 532-8036.

**The American Lung Association** is offering a golf privilege card.

The new \$25 1994 golf card will entitle you to play free or discounted rounds of golf at more than 400 courses in the western U.S. and Canada, including more than 23 courses in San Diego and Imperial counties.

One hundred percent of all money raised from sales of the card is used locally to support the Lung Association's education and health programs.

The card is valid through Oct. 31. To order your golf privilege card, call the American Lung Association at 297-3901.

Free tax help by Volunteer  
Please see Briefing, page 4

## Clinton nominates Owens to post with Joint Chiefs

By Master Sgt Linda Lee

President Bill Clinton has nominated Adm. William A. Owens to be the next vice chairman of the Joint Chiefs of Staff.

If the Senate approves the nomination, Owens will succeed Adm. David E. Jeremiah as the nation's second-ranking military officer. Jeremiah, who retires in February after 36 years of military service, has held the position since 1990.

Owens recently took over as commander, Pacific Fleet Submarines, in Hawaii. Prior to this assignment, he was the deputy chief of naval operations for resources, warfare requirements and assessments in Washington for a little over a year.

"Adm. Owens has served his country proudly and with distinction for 35 years," said Clinton, as he announced the nomination. "He has held a number of challenging assignments and demonstrated strong leadership ability. I am certain he will perform up to the high standards set by his predecessor, Adm. Jeremiah, in this key post."

A native of Bismarck, N.D., and a 1962 graduate of the U.S. Please see Owens, page 2

# Kelso announces early retirement

The Navy's Chief of Naval Operations, Adm. Frank B. Kelso has moved up to April 30 the date he intends to retire from the Navy instead of waiting for his previously announced July retirement date, it was reported by the Navy Office of Information in Washington D.C. this week.

Kelso, who has been continuously beleaguered by allegations surrounding the Tailhook scandal, made the announcement Tuesday morning while conferring with the Secretary

of the Navy and the Secretary of Defense.

Both Secretary of Defense William J. Perry and Secretary of the Navy John H. Dalton released statements regarding Kelso's connection with Tailhook.

"I have discussed with the Secretary of the Navy the ruling made last week on the Tailhook matter and reviewed the Department of Defense Inspector General's conclusions from his investigation," Perry announced. "Without call-

ing into question the correctness of the ruling, I note that the DoD Inspector General found no credible evidence that Admiral Kelso had specific knowledge of the misconduct that occurred on the third floor of the Hilton Hotel; that there was no evidence that Admiral Kelso sought to thwart the Navy's internal investigation; and that Admiral Kelso was fully supportive of the DoD Inspector General's investigation.

"I know that Admiral Kelso did

not himself decide on the disposition of the various flag officer files developed by the inspector general. Rather, (then) Secretary (Les) Aspin decided to hold those files for review by civilian leadership, specifically, then incoming secretary of the Navy John Dalton.

"I regard Admiral Kelso as a man of the highest integrity and honor. Under his leadership, the Navy has entered the post-cold war era. Please see Kelso, page 3



## Medical Center honors post anesthesia care

(Above) Naval Medical Center San Diego Post Anesthesia Care Unit staff group in front of a display they designed to increase awareness of the services of the PACU. Designers (left to right) are Romeo Ricafort, administrative assistant; HN Shane Picklesimer, Lt. Cmdr. Loretta Madden, department head; Nurses Edna Paule, Nancy Galner, Craig Bowker and Lt. Bruce Godwin, the division officer. Last week was PACU awareness week across the nation. (Left) HN Benjamin Midgette cares for a patient in the Post Anesthesia Care Unit.

Photos by Lance Cpl. Jesus Gomez

## American Cancer Society honors Nichols, Thompson

By Dolores Atkins

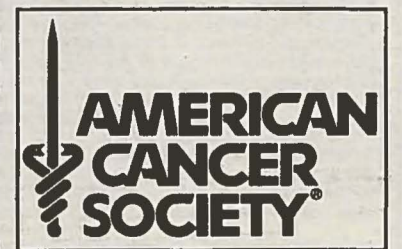
During a recent awards ceremony in the Naval Medical Center quarterdeck Lt. Cmdr Tim Thompson and MS1 Darin Nichols both of the Health Promotion Office, were recognized for coordinating the Great American Smokeout campaigns from San Diego Navy bases to Camp Pendleton in Oceanside.

Presenting the Special Citations was Rose Marie Pierce, Military Program Coordinator for the American Cancer Society.

Nichols, a frequent contributing columnist for the Dry Dock, was chairman and Thompson assistant chairman for the Great American Smokeout held this past November. They arranged for 123 survival stations, many of which were located near clinics, commissaries, exchanges on the piers as well as at Naval Medical Center San Diego and Naval Hospital Camp Pendleton. According to Pierce, 51.5 percent of Navy personnel smoke or chew smokeless tobacco. That translates to 67,000 tobacco abusers in San Diego County, she said.

"With the help of a record breaking 300 volunteers recruited by Nichols and Thompson, 14,820 survival kits with information explaining the dangers of smoking and listing how to quit resources were handed out," Pierce said. "Another 5,225 viewed tobacco related videos."

According to Pierce, "1993 was the biggest year ever and the San Diego chapter of the American Cancer Society won the California state award for military campaigns and will now be entered into national competition."



THIS WEEK IN FOCUS

## 19-year-old victim of cystic fibrosis writes poignant letter beseeching organ donors

The following letter was received by the Bureau of Medicine and Surgery. It speaks for itself.

Dear Medical Professional:

I am writing this letter on behalf of the thousands of people who are currently on waiting lists hoping for a second chance at life through the miracle of organ transplantations.

I am a 19-year-old college student who has hopes and dreams for the future just like everyone else. Unfortunately, I was born with the debilitating lung disease Cystic Fibrosis.

Throughout my 19-year life, I've worked tirelessly doing chest physical therapy three times per day, coughing for hours each day, and taking oral and IV antibiotics,

hoping to preserve my slowly deteriorating lungs as long as possible. I have now reached the point where I am on oxygen all the time, am basically homebound, and struggle to get around in my house.

Only a few years ago, this would have been the unfortunate climax to my lifelong struggle with the disease. However, with the recent miracles of organ transplantation, I have been given hope for a second chance at life by being placed on a waiting list for a double lung transplant. I have been told that my wait will be approximately one and a half years before my name comes to the top of the transplant list.

Sadly, the United Network for Organ Sharing estimates that, al-

though the technology of organ transplantation has saved many lives, 25 percent of all people placed on waiting lists never get that second chance at life — all because their time runs out before an organ becomes available. The most unfortunate part about this tragedy is that many of those lives could have been saved. Estimates show that only about 20 percent of organ donor candidates actually donate their organs.

Many families do not donate the organs of their loved ones at the time of their death simply because they have not discussed organ donation beforehand. In this stressful time, they often say "no" to organ donation without even considering the positive impacts it could have on the lives of others.

Professionals in the medical field may be the only people who can convince families to donate the organs of their loved ones while they are dealing with the tragedy of losing a loved one. This is a plea on behalf of all organ do-

**Sadly, 25 percent of all people placed on waiting lists for organs never get a second chance at life because their time runs out.**

—Amy McClellan

nor candidates, their friends, and their families. Please encourage medical personnel to discuss organ donation as much as possible with families who have lost a loved one.

Through the miracle of organ donation, at least some good may come out of unfortunate tragedy.

Sincerely,

Amy McClellan  
Middleburg, Penn.

## Owens

Continued from page 1

Naval Academy, Owens has served in numerous joint assignments. These include tours as Sixth Fleet and Strike Force commander, military assistant to the secretary of defense and executive assistant to the vice chief of naval operations.

His other recent assignments include tours as commander, Submarine Squadron Four; commander, Submarine Group Six; and director, Office of Program Appraisal for the Navy secretary. Earlier assignments include high-level command and staff positions throughout the Navy.

The admiral's awards include the Defense Distinguished Service Medal, Defense Superior Service Medal, Legion of Merit with three Gold Stars, Vietnam Service Medal with two Bronze Stars and the Southwest Asia Service Medal with two Bronze Stars. Owens holds the Expert Rifleman and Expert Pistol Shot medals.

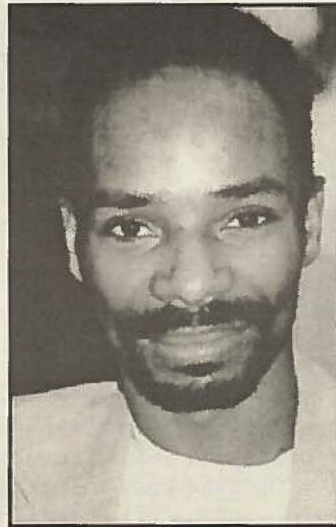
He has a master's degree in politics, philosophy and economics from Oxford University and a master's in engineering management from George Washington University. Owens is also a graduate of the Naval War College.

American Forces Information Service

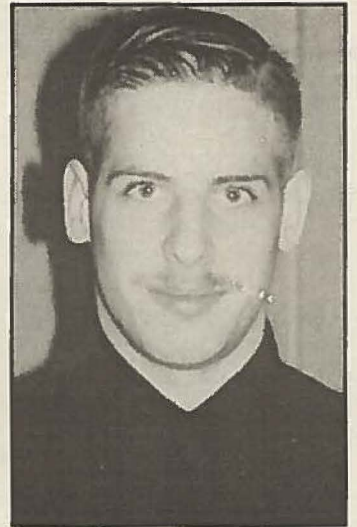
## NAVAL MEDICAL CENTER SAN DIEGO READERS REPLY

Question:

Who is your favorite U.S. President?



Marcus Hawkins, 5-W Medical Nursing Department  
"President Clinton. He's probably my favorite because for the short time he has been in office he has done a lot of positive things."



HN Arron Fisher, Patient Administration  
"George Washington. He never lied and prevented a biased and politically unjust administration system."



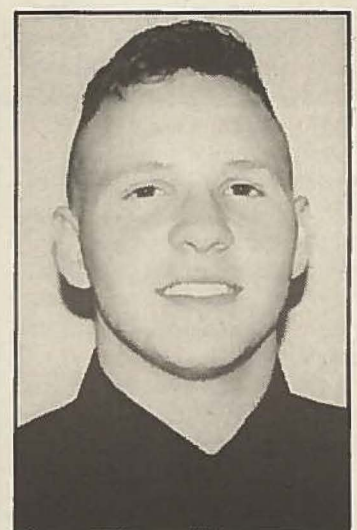
WO1 Elizabeth Button, 5-W Medical Nursing Department  
"Abraham Lincoln and John F. Kennedy because of their courage to fight for civil rights during periods of social strife."



Olive Atkins, Red Cross  
"Harry Truman because he was honest, had high standards and high ideals."



HM2 Harry Ganley, General Surgery Clinic



HN James P. Flynn, 5-W Medical Nursing Department  
"Abraham Lincoln. For his day, he exhibited foresight, awareness and understanding of what 'civil rights' are and what equalization of these rights would one day do for all people."

"John F. Kennedy because he was young and his ideas promoted the younger generation of the day, rather than the older generation."

## PERSPECTIVE

Editor's note: Following are excerpts of a speech given by Adm. Frank Kelso upon his announcement to retire.

As you know from my statements, I have requested to retire from the Navy as of April 30.

I would like to remind you all that the U.S. Navy is mostly at sea today. We have the finest young sailors and officers in the world, and the finest Navy in the world, and they're doing a great job for our country.

Over the period of time I've been in this office we've had a war in the desert which we supported very strongly in our Navy. We've been involved in humanitarian assistance throughout the world and in our own country. We are involved in no-fly zones over Bosnia and Iraq today; and doing very well providing assistance off Mogadishu. We've done non-combatant evacuation operations in places like Liberia, provided support to the people in Bangladesh when they needed it, evacuated people from Mount Pinatubo when it erupted. So your Navy has been at sea all this period of time, doing a very good job with very great young people, and I think we need to remember that.

I also think it's important to recognize that we've made some very positive changes in our Navy. Today we have women aboard our combatant ships. The first young woman at sea in a combat squadron is doing carrier qualifications on the Eisenhower today. We're moving out smartly to give women equal opportunity in our Navy and I'm proud of that.

We also have recognized the changes in the world and put forth a new strategy for our Navy. Most of you know that. It's called "From the Sea."

So I'm proud of many of the things we've done over these past few years. I've been very, very proud to be the CNO. It's a wonderful position to be able to lead and work with all the young people in our Navy.

Adm. Frank B. Kelso  
Chief of Naval Operations



the **DRY DOCK**

### NAVAL MEDICAL CENTER SAN DIEGO

Commander ..... Rear Admiral Richard A. Nelson  
Deputy Commander ..... Capt. James A. Johnson  
Public Affairs Officer ..... Pat Kelly  
Managing Editor ..... H. Sam Samuelson  
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#### News Submissions

The editorial content is edited, prepared and provided by the Naval Medical Center Public Affairs staff. Material intended for publication in the DRY DOCK may be submitted by mail addressed to Editor, DRY DOCK, Naval Medical Center, 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.

## Is Navy just reflection of society: Crime figures say yes

By JO1 (SW) Darrell D. Ames

*Editor's note: This is the first in a series of articles concerning violence and violent crime in the Pacific Fleet.*

A drive-by shooting, a mugging, spouse abuse, date-rape, murder, child abuse — one might assume these to be entries in the morning police blotter in any number of metropolitan cities across the United States.

Instead, these crimes were included in morning report sheets at a U.S. Navy installation during one recent two-week period.

Violent crime is increasing in the Navy.

Rarely does a day go by in the Pacific theater in which a sailor, Marine or dependent family member is not involved in a violent crime. Unfortunately that involvement is usually as the victim.

The causes are numerous: rising crime in general, domestic disputes related to uncertain times, and proliferation of gun sales.

Commander in Chief of the U.S. Pacific Fleet, Admiral Robert J. Kelly, says it's up to the Navy to reverse the trend.

"As an institution, we have both the capability and obligation to reverse this egregious trend with some basic leadership principles," he said.

From January through September 1993, 637 violent crimes were reported in the Pacific Fleet. More than 200 of these crimes reportedly were committed by Navy personnel. In more than 400 of these cases, Navy personnel were the victims.

Navy leaders believe keeping people informed is the key to reducing the trend. Statistics indicate Navy personnel are less likely to be involved in violent crimes than the general population; however, violence within the Navy is on the rise. Violent crime occurring within the Navy community tends to be characterized by some common elements:

- Alcohol consumption, which leads to violent behavior and impaired judgment.
- Lone liberty, where the buddy system is ignored leaving an individual an easy target.
- Lack of attention, where commands fail to recognize signs of potential violence such as family abuse and victims' common profiles.

The 'common profile' of a Navy person most likely to be involved in a crime incident is a 17 to 22 year-old, normally E-4 or below.

Several other emerging trends compiled by the Pacific Fleet Violent Crime Task Force indicate that:

- The majority of crimes occur between the hours of 11 p.m. and 4 a.m.
- Sixty percent of reported crimes occur in Southern California and,
- Reported rapes are predominantly "acquaintance rape."

Ellen Gangle, task force crime prevention manager, provides a list of crime awareness tips to help keep Navy people from being named in the morning rap sheet.

"Some things to be aware of," Gangle advised, "include being  
*Please see Crime, page 10*

## Education and Training honors Sherman, Hall; cited as instructors of the quarter



Photo by H. Sam Samuelson

Lt. Cmdr. Jeff Sherman, command judge advocate, and Deloris Hall, a sign language interpreter with the Patient Relations Office, shake hands with members of Education and Training Department after receiving certificates as instructors of the quarter. As a team, Sherman and Hall conducted special sexual harassment training for federal employees who are hearing impaired.

## Navy offers career opportunities for sailors

By Lt. Dan Bates

Some call it a crystal ball, others the "gouge," but for sailors the latest career re-enlistment objectives and rating entry for general apprentices message means the most accurate forecast of future advancement and career opportunities.

NAVADMIN 020/94 (CNO Washington D.C. 312012Z Jan 94) outlines the revised quarterly career re-enlistment objectives and rating entry for general apprentices details for first term and career sailors. The message contains the most current information

for all of the Navy's ratings based on fleet manning requirements.

For the first time, the five new ratings open to women are listed. Those new ratings are aviation boatswain's mate-launch and recovery equipment, gunner's mate, gunner's mate-guns, gunner's

mate-missiles and sonar technician-surface.

In addition to the career re-enlistment objectives and rating entry for general apprentices information, the message also lists Navy enlisted classifications that are considered critical.

More information is available from the command career counselor at 532-6608. Commands can obtain the NAVADMIN message from BUPERS access at (703) 695-6900, DSN 225-6900 or 1-800-762-8567.

Lt. Dan Bates is a staff member at BUPERS Public Affairs.

## Look for Navy SEAL in winter Olympics

Navy SEAL Senior Chief Boatswain's Mate Faauga Tia Muagututia, assigned to SEAL Delivery Vehicle Team One, Naval Amphibious Base, Coronado, Calif., has been selected to the American Samoa bobsled team.

Muagututia will be driving the 400-pound, two-man bobsled in the 1994 Winter Olympics in Lillehammer, Norway. He attended the opening ceremonies Feb. 12, and will compete in his event Feb. 19 and 20. A SEAL since 1979,

Muagututia has been training in Calgary, Canada; Lake Placid, N.Y.; and Winterburg, Germany; preparing for what he describes as "the highlight of my life."

## Navy rushes to aid quake victims

Since the devastating Jan. 17 earthquake struck the greater Los Angeles area, Navy people have again assumed the traditional role of "Ambassadors of Goodwill." In the days following the quake, many Southern California Navy commands teamed up with civilian emergency service officials to provide critical relief to the tens of thousands of people affected by the tragedy.

Marines from Long Beach-based USS Tarawa (LHA 1) delivered more than 500 items for quake survivors, including canned goods and bottled water, to the Long Beach Salvation Army. The USS David R. Ray (DD 971) Wives' Club delivered \$450 in infant and women's health items to the homeless in Northridge, the quake's epicenter. USS David R. Ray crewmembers helped Red Cross personnel offload relief supplies at Van Nuys airport, a major receiving and distribution point for relief supplies.

On Jan. 21, when the President requested 1,000 federal employees from L.A. area military commands be assigned to assist the Federal Emergency Management Agency, an estimated 400 civilian and active-duty Navy people, including 200 from the Long Beach naval shipyard, volunteered to help victims complete financial aid forms and provided administrative support.

More than 100 people from Shore Intermediate Maintenance Activity San Diego spent a day of special liberty in Northridge, as part of a United Way community clean up effort to assist elderly residents with removal of debris from their properties. A can-do spirit was the rule of the day. "If you've got a quarter in your pocket, then you've got a screwdriver," said Petty Officer Monique Desverges, "and if you've got two hands, then you've got a wrench."

## RANK AND FILE



Photo by H. Sam Samuelson

During a recent awards ceremony in the Naval Medical Center quarterdeck the following staff were recognized: Lt. Cmdr. Timothy Thompson and MS1 Darin Nichols were honored for coordinating the Great American Smokeout. Cmdr. Patrick Olson was awarded the Meritorious Service Medal; Lt. Cmdr. Janet Hon was awarded the Navy Commendation Medal; Lt. Cmdr. Eary Ott, Lt. Michael Dorle, Lt. Alice Lang, Lt. Michael Johnson, HM1 Michael Megonigle and HM2 Owen Thorsen were awarded the Navy Achievement Medal. Good Conduct awards were presented to HM3 Chanin Leo, HM3 Puanne Ishmael, MS3 Darren Kiefer, HM3 Nichole Kovar, HN Marcus Kirby and HN Thomas Jones. Civilian Length of service awards were presented to Jack Stepp, Joe Daniel, Joe Slaughter and Joe Person.

# Briefing

Continued from page 1

Income Tax Assistants will be available beginning Feb. 1 until April 12, at the downtown Armed Services YMCA, 500 West Broadway.

VITA hours will be every Monday and Tuesday from 6 to 9 p.m. and Saturday from 10 a.m. to

2 p.m. on a first come, first served basis in the Program Lounge. For additional information call 232-1133, ext. 206.

Earth Day Countywide 24th annual observance volunteer introductory meeting is scheduled for Wednesday Feb. 23, 7 to 8:30

p.m. at the Casa de Oro Library. Earth day which is April 24 need volunteers to help coordinate their 5th annual Earth Day Fair and Parade. For additional information call 496-6666.

Junior Achievement is looking for volunteers to work as project business consultants in junior high and middle schools throughout San Diego County.

Coordinating this activity with classroom teachers, volunteers will supplement the formal education of 7th, 8th, and 9th grade students by exposing them to the business community through a series of activities that make economics fun.

Major duties of volunteers are: attend training to become familiar with program and materials, meet with same class for one class period each week for 15 weeks, relate class activities to real world experiences; communicate effectively with students and teachers, prepare and facilitate thought provoking discussions and activities following lesson plans provided by Junior Achievement, and donate time to improve the economic education of the community's youth.

Qualifications include holding an undergraduate college degree

or equivalent business experience, good communication skills, understanding of basic economic concepts and knowledge of the values, freedoms and responsibilities of our business system, enthusiasm and commitment to the program.

This is an opportunity for Navy and civilian personnel considering teaching as a second careers when they leave government service since JA provides hands on experience in the classroom. Interested personnel should contact Geoff Wilson at 421-3020.

Volunteers needed for Navy body fat study conducted by Naval Health Research Center to determine the effect of bone density differences in black and white personnel on Navy body fat assessment.

Volunteers will undergo a three hour test at their laboratory located at Naval Training Center San Diego, and will receive a personal report of body fat (from underwater weighing) and bone density via a painless and harmless bone scan. Only active duty Navy men and women, of black or white race, are requested. Testing will be conducted from March through September. For further information or to schedule an appointment, call HM1 Elvis Lansangan or HM3 Tito Soto at 524-4522.

American Intercultural Student Exchange, Inc. is officially designated as an exchange visitor program by the U.S. Information Agency and is looking for host military families for foreign students visiting for the 1994-1995 school year. For additional information contact Annie Ring at 1-800-SIBLING.

Colin L. Powell Joint Warfighting Essay Contest sponsors at the U.S. Naval Institute are still seeking essays. They must be postmarked before April 1st. Essays should be about combat readiness in a joint context /m-/ persuasive discussions of tactics, strategy, weaponry, combat training or other issues involving two or more services. Entries may be heavy in uni-service detail but Please see Briefing, page 8

## BITS AND PIECES

Volleyball Come out and show your support for the Naval Medical Center San Diego men's and women's varsity volleyball teams. The following is a list of all home games held at the Athletic Complex, Bldg. 12. All games begin at 6:30 p.m.

Feb. 17 — NMCS D men vs. Naval Station

Feb. 22 — NMCS D women vs. Naval Training Center

Feb. 24 — NMCS D men vs. Subase

Mar. 01 — NMCS D women vs. NAS North Island

Mar. 15 — NMCS D men vs. Naval Amphib Base

Mar. 17 — NMCS D women vs. NAS Miramar

For more information, call the Athletic Department at 532-8516.

The Peanuts Festival will pay tribute to the Peanuts gang on Saturdays, Sundays and holidays through March 20 at Knott's Berry Farm. Snoopy, Charlie Brown and Lucy are hosting a parkwide family celebration honoring Charles Schulz's lovable Peanuts gang.

Each Peanuts character will be located in his or her own specially themed area of the park. Participating with Snoopy, Lucy and Charlie Brown will be Woodstock, Linus, Sally, Schroeder, Belle (Snoopy's Sister and Spike (Snoopy's brother).

The festival will feature the Peanuts Rock 'n' Roll Show. Snoopy, Charlie Brown and all the famous Peanuts gang will make their world rock concert debut with the Knott's dancers in this kid-sized musical extravaganza performed several times each weekend and holiday.

Children 3 to 11 will appreciate making their own sounds at the Peanuts Rock School. Kids three to 11 make their own noise in this interactive, high-tech/high touch, music making exhibit.

Other activities on hand to celebrate the festival include specially themed games, foods, hands-on exhibits, merchandise and memorabilia exhibits.

Join the fun at the first ever, Peanuts event and save on your admission with military discount tickets. Tickets are only \$17.85 for adults and \$11.65 for children 3-11. The regular gate prices are \$26.95 and \$15.95.

Discount tickets are available at the MWR ticket office. For further information, call Terri at 532-7255. For park information, call Knott's at (714) 827-1776.

### TAX TIPS

You've finished your tax return, signed it and mailed it to the Internal Revenue Service (IRS). Then the mail carrier brings you an interest statement from the savings account you opened last year or a wage statement from a part-time summer job. No ... don't put on dark glasses and go into hiding or start scanning the "most wanted" photos in the post office. The solution is just a form away.

Get Form 1040X, "Amended U.S. Individual Income Tax Return," and instructions from the IRS. Form 1040X is used to correct any previously filed Form 1040, 1040A or 1040EZ. It allows you to figure your correct income and tax.

In general, you should wait 10 weeks for your first return to be processed before sending in an amended return. However, if you owe additional tax, send the Form 1040X and your payment by April 15 to avoid late payment penalties or interest.

A Form 1040X claiming a refund can be filed within three years from the date the original return was due, or two years from the date the tax was paid, whichever is later.

In the case of math errors or missing schedules, you do not need to file an amended return. The processing computers will automatically correct match errors, and the IRS will request any missing attachments.

To get Form 1040X and its instructions, call the IRS at (800) 829-3676.

Courtesy Internal Revenue Service, Washington D.C.

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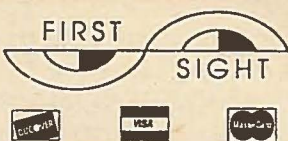
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Alcohol Rehabilitation	532-6050	532-6050		Physical Therapy	532-7100	532-7100	
Allergy	532-8800	532-8800		Plastic Surgery	532-6950	532-6950	
Audiology	532-9602	532-9602		Podiatry	532-8429	532-8429	
Cardiology	532-7400	532-7400		Prenatal Registration	532-7022	532-7924	
Cardiothoracic	532-9140	532-9140		Primary Care	532-8225	532-8225	532-8225
Dental, General	532-8600	532-8600		Psychiatry	532-8550	532-8550	
Dental, Oral Surgery	532-8640	532-8640		Psychology	532-9957	532-9957	
Dermatology	532-9660	532-9493	532-9553	Pulmonary Medicine	532-7600	532-7600	
ENT (Otorhinolaryngology)	532-9600	532-9588	532-9588	Rheumatology	532-7301	532-7301	
Emergency Medicine	532-8275			Social Work	532-7150		
Endocrinology	532-7375	532-7383		Speech Therapy	532-9647	532-9647	
Gastroenterology	532-9725	532-9725		Staff Sick Call	532-6666	532-6666	
General Surgery	532-7575	532-7575		Therapeutic Phlebotomy	532-6650	532-6650	
Gynecology	532-7000	532-7000		Virology	532-7200	532-7200	
Hematology/Oncology	532-7303	532-7300		Vascular Surgery	532-7580	532-7580	
Immunizations	532-6925			Well Baby (Peds)	532-6900	532-6900	
Infectious Disease	532-7475	532-7475		<b>OTHER NUMBERS</b>			
Internal Medicine	532-7500	532-9574	532-9586	CHAMPUS/Health Benefits	532-8328		
Nephrology	532-8840	532-8840		Fleet Liaison	532-6430		
Neurology	532-7275	532-7275		Medical Records Copies	532-8336		
Neurosurgery	532-7250	532-7250		Officer of the Day Desk	532-6400		
Nutrition	532-7636	532-9579		Patient Contact	532-6418		
Obstetrics	532-7000	532-7000		Pharmacy Refills	532-8420		
Occupational Health	532-6680	532-6680		Red Cross/Navy Relief	532-8165		
Ophthalmology	532-6700	532-6799		NavCare Clairemont	569-1300		
Optometry	532-6725	532-6725		NavCare Chula Vista	585-0099		
Orthopedics	532-8425	532-8429	532-8429	NavCare Vista	631-2226		
Pediatrics, General	532-6875	532-6876		Inpatient Locator	532-8363		

Specialty clinics require written consultation request.

## Los Angeles quake victims pick up pieces

As they did after the drought, the floods and the fires, Angelenos are picking up the pieces of their lives after last month's killer earthquake.

"Although Mother Nature has thrown Southern California another curve, for some military veterans, there is a bright spot amid the destruction," Governor Pete Wilson announced.

"The Department of Veterans Affairs has announced all Cal-Vet financed homes destroyed or structurally damaged are covered by earthquake insurance. Also the deductible is only \$250," said the governor.

"I give them my word of honor," said retired Marine Col. Jay R. Vargas, director of the California Department of Veterans Affairs, who pledged his department's support to the 5,500 Cal-Vet home owners with residential properties in the disaster area.

To report an insurance claim, Vargas said veterans should contact CDVA directly for assistance. Cal-Vet home owners may call the Santa Springs Office at (818) 575-4838 or (310) 944-3585 for assistance in Los Angeles County. In Ventura County, contact the Oxnard Office at (805) 983-7477.

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**HEALTH FOCUS**

What is the best way to lower your cholesterol level? According to the American Heart Association, better food habits can help lower cholesterol levels, thus reducing the risk of heart disease.

Blood cholesterol levels can be reduced by following an eating plan outlined in a free AHA pamphlet titled, *The American Heart Association Diet*. The plan is based on the latest recommendations of medical scientists and nutritional experts, and provides an easy-to-understand guide to eating with your heart's health in mind.

The eating plan was designed with AHA dietary guidelines in mind and offers eating tips, recommendations on serving portions and healthier substitutions.

For a free copy of *The American Heart Association Diet*, send a self-addressed, stamped, business size envelop with your request to your nearest American Heart Association office.

The American Heart Association is the nation's largest voluntary health agency dedicated to the reduction of disability and death from heart and blood vessel diseases, which annually kill almost one million Americans.

**Champus extends contributions**

CHAMPUS has announced that it will share the cost of dialysis at free-standing (not located at or associated with a hospital) or institution-affiliated kidney dialysis centers that are approved for payment under Medicare, as long as the dialysis is otherwise a benefit under CHAMPUS.

The Defense Department regulation under which CHAMPUS operates is being amended to extend CHAMPUS-authorized provider status to kidney dialysis centers that are not hospital-based. Members of service families or providers of care who have had CHAMPUS claims denied for dialysis at free-standing centers should re-submit the denied claims to the appropriate CHAMPUS claims processor.

**ABOUT TOWN**

The Black Heritage Club of San Diego will present A Black Tie Banquet tonight at 6 p.m. at the Admiral Kidd Club located on Naval Training Center. Tickets are \$20 per person. For additional information call 537-1878 or evening at 687-3484.

United Service Organizations, Inc. of San Diego will host the Amazing Hypnotist Desiree tonight. A spaghetti dinner will begin at 6:30 p.m. and the cost is only \$5. For additional information and reservations call 235-6503.

Naval Station San Diego dive class starting tonight with a one weekend Openwater II course consisting of 6 dives. Next scuba class starts March 1, at 5 p.m. and available at Naval Station 32nd Street, Naval Submarine Base, Naval Air Station North Island and Naval Amphibious Base. The next National Association of Underwater Instructors course starts March 7. For additional information on any of the above classes or to sign up call Ralph Stogs-dall at 424-6547.

Marshall Scotty's is offering free admission for all military and dependents on Feb. 19, 20, and 21, from 10 a.m. to 5 p.m. For additional information call 443-7873.

The San Diego County Orchid Society will host a special display of orchids in Balboa Park's Casa del Prado Feb. 19-20, noon to 4 p.m. free to the public. For additional information call 232-5762.

The San Diego Auxilliary, Navy-Marine Corps Relief Society will sponsor a free car buying class Wed. February 23, 2 to 4 p.m. at the San Diego Auxiliary Building 270 on Naval Station. For additional information call 238-1060.

San Diego African American Association will sponsor a Black History Month Dinner Dance at the Naval Amphibious Base Club Coronado, Saturday, Feb. 26 beginning at 7 p.m. Tickets are \$20. For additional information call 556-1136.

San Diego Safety Council 9th San Diego Mardi Gras 10K run or walk and 2 mile run or walk along with a costume competition will be held Sunday Feb. 27, 7:30 a.m. on the new Mission Bay Park course. For additional information or to volunteer call 588-4289 or 621-2313.

The Cystic Fibrosis Foundation's three-day rummage sale will begin Friday, March 4 from 8 a.m. to 5 p.m. on Saturday, March 5 from 8 a.m. to 4 p.m. and ending Sunday March, 6 from 8 a.m. to 2 p.m. at the VASA Hall at 3094 El Cajon Boulevard. There will be clothes, furniture, food, beverages, raffles and prizes available to shoppers. For additional information call 696-8630 or 234-5880.

Naval Station San Diego dive class starting tonight with a one weekend Openwater II course consisting of 6 dives. Next scuba class starts March 1, at 5 p.m. and available at Naval Station 32nd Street, Naval Submarine Base, Naval Air Station North Island and Naval Amphibious Base. The next National Association of Underwater Instructors course starts March 7. For additional information on any of the above classes or to sign up call Ralph Stogs-dall at 424-6547.

The American Red Cross will offer free cardiopulmonary resuscitation (CPR) classes during CPR Saturday March 12 at Kearny High School, 7651 Wellington Street in San Diego. Classes will be offered by certified instructors in the morning at 8, 9:30, 11 and in the afternoon at 1 and 2:30. Reservations is available Monday through Friday, 9 a.m. to 1 p.m. by calling 291-2620 ext. 108 or 134.

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## PREVENT course offers college credit as well as lessons on life

By JOSN Chuck Neal

What would you say to a class that can make you a better person, make your life easier and help you get your priorities straight? And what if it only took four eight-hour days (duty time), you could get three hours of college credit for it and it looked great on a field service record as well?

You might call it "Life 101" if it was offered as part of a college curriculum. The Navy calls it PREVENT and it's available to sailors right now.

The Personal Responsibility and Values: Education and Training program, a week-long class offered by Drug and Alcohol Program Advisors throughout the Navy, focuses on self-awareness and self-responsibility. The class evolved from the Navy Alcohol and Drug Safety Action Program originally designed to educate sailors about alcohol and drug abuse prevention.

PREVENT addresses alcohol and drug abuse; It examines personal values and teaches impor-

tant life skills such as communication, stress reduction and decision making. PREVENT also gives students an opportunity to talk about subjects like sexual responsibility and HIV/AIDS prevention.

Although the course targets the 18- to 26-year-old sailor, it is open to anyone who wishes to take it. "I highly recommend it," said Chief Interior Communications Electrician Walter Smith, the command DAPA at the Bureau of Naval Personnel. Smith was quick to point out the value in educating sailors before they are charged with driving under the influence of alcohol or face allegations of date rape. "I especially recommend it for our younger sailors," said Smith. "It teaches individuals to be more responsible; and this will be very helpful in the long run."

For more information on PREVENT, contact the local DAPA office at 532-6534.

Neal is assigned to public affairs, Bureau of Naval Personnel, Washington, D.C.

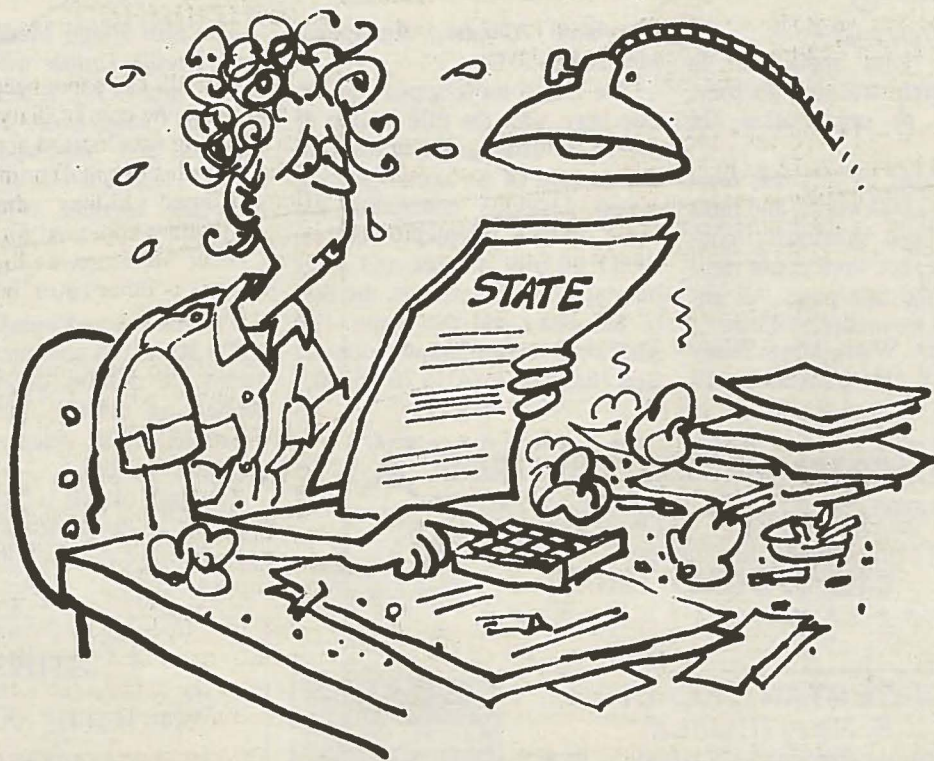
## Financial aid programs assist the college bound

More than 500 dependent children of active duty sailors and Marines are attending college this fall, thanks, in part, to two new continuing education financial aid programs offered by the Navy-Marine Corps Relief Society.

Based on evaluation of financial need, the Vice Adm. E.P. Travers Scholarship Program provides grants of \$2,000 per academic year, and the interest-free parent loan program offers up to \$3,000 per academic year.

While the society's assistance is designed to meet emergency needs, these programs can lend a helping hand to those desiring to improve themselves through education.

Initial applications for the 1994-1995 academic year are available from you local Navy-Marine Corps Relief Society or the Society's headquarters: 801 N. Randolph St., Arlington, Va. 22203-1978. Call (703) 696-4904.



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OPENS EVERYWHERE FEBRUARY 18

# Briefing

Continued from page 4

must have joint application in terms of force structure, doctrine, operations, or organization for combat.

Essays must be original, must not exceed 3,000 words, and must not have been previously published. An exact word count must appear on the title page. All entries should be mailed to Colin L. Powell Joint Warfighting Essay Contest, U.S. Naval Institute, 118

Maryland Avenue, Annapolis, Md. 21402-5035.

The motto must appear on the title page with the title in lieu of the author's name and by itself on the outside of an accompanying sealed envelope containing the name, address, telephone number, social security number and short biography of the essayist, the title of the essay and the motto. For additional information contact Bert Hubinger at (410) 268-6110.

The San Diego Medical Federal Credit Union will have a mobile branch office in the Naval Medical Center court yard every Monday and Wednesday from 8:30 to 11:30 a.m. For information regarding services offered call 453-7844.

The American Foundation for AIDS Research announces it will award \$1 million in grants for studies on critical, unanswered questions in the disease causing properties of HIV.

The goal of this targeted grant program is to understand three specific ways in which the human immune defense system fails to

respond appropriately to infection with HIV and how to overcome these crucial deficiencies.

Dr. Jeffrey Laurence, AMFAR's Senior Scientific Consultant and Associate Professor at Cornell University, noted that, "The research to be funded through this second targeted Request for Proposals could well provide key clues on HIV pathogenesis and immune reconstitution strategies that could have rapid utility in the clinical setting, and not just for HIV positive people with high T cell counts."

Researchers interested in learning more may call for American Foundation for AIDs Research at (213) 857-5900.

- Steps to Reduce Indebtedness**
- Begin immediately. (Getting started can be the biggest step.)
  - Make up a written plan of action.
  - Take on no new debt including a consolidation loan. (see note)
  - Close accounts by returning credit cards to issuers.
  - Maintain written accounting of all income and outgo.
  - Begin collecting receipts to raise awareness.
  - Apply all extra income towards paying off debts.
  - Start doing things yourself and do not pay for services.
  - Make all necessary sacrifices to eliminate debt.
  - Sell items losing value especially those with debt owed.
  - Make getting out of debt a family affair.
  - Contact creditors in writing to keep them informed.
  - If necessary get temporary reductions in payments.
  - Utilize cents-off coupons/rebates wherever possible.
  - Review spending practices and habits.
  - Begin comparison shopping, etc.

Note. A consolidation loan may be workable *only* if the loan interest is less than the interest on the debts to be retired, if paid-off charge accounts are closed and the extra cash-flow is then used for paying off the consolidation loan even faster. Otherwise, in a year or two, many people who only pay off but fail to close accounts are often paying off a consolidation loan and also new credit purchases.

The basic rules when dealing with creditors:

- Be honest. If you've over-spent, lost your job, etc., say so.
- Be humble. Give up the credit cards. Return them.
- Be sincere. Make an attempt to send small payments.
- Be in touch. Make early contact and keep in touch.

Creditors are eager to work with people who admit they are in trouble and need some help working things out. They express their greatest concern, however, over those delinquent customers who don't stay in touch. You'll find it easier to gain extensions by approaching the creditor first, before the late payments hit. By contacting the creditors first, it demonstrates you care about your financial obligations.

\*\*\*\*\*  
**SAN DIEGO MILITARY BASEBALL LEAGUE**  
 Registration Feb. 13, 2 p.m., NAS Miramar Field #2  
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## Calif. Dept. of Veteran Affairs offers seminar on vets' loans

The California Department of Veterans Affairs is sponsoring a seminar on Cal-Vet and VA loans Saturday, Feb. 26, at the Veterans Memorial Center located in the old Naval Hospital chapel, 2115 Park Blvd.

Registration will take place at 10 a.m. and the program will begin at 10:15 a.m. Refreshments will be served.

Reservations are required and may be made by call 456-6555.

The seminar, which will cover all aspects of the two programs, is designed for active duty and veteran military personnel from all branches of the service who are in the market to buy a home or who are interested in refinancing the loan on their current residence.

Principal speakers will be Don Christiansen, San Diego district manager for the department, who will cover the Cal-Vet program, and Rich Herold, managing director of the VA Loan Division of Bankers Equity Funding Group, a San Diego-based financial services firm specializing in real estate.

Herold, a former Marine officer, will cover various VA loan programs available to active duty and retired members of the service.

"VA and Cal-Vet programs are among the greatest benefits available to people who serve their country, yet we've found that many individuals don't understand all of the favorable possibilities," said Harold.

Both Christiansen and Harold urged prospective or present home owners who are interested in these programs to attend the session.

"With interest rates continuing to be at 20-year lows and home prices at their lowest level in five years, now is the time to buy or refinance," said Harold.

The speakers will go into detail on the various programs, including eligibility, pre-qualifying procedures and the process of application.

Bankers Equity was selected to participate in the program because of its expertise in VA loans. It was among the first companies of its type to focus on the military home ownership marketplace in San Diego, establishing the VA loan division last year.

The Veterans Memorial Center is a living memorial dedicated to honor and perpetuate the memory of all men and women who have served in the U.S. armed services, including the Merchant Marine.

## Naval Institute announces Warfighting essay contest

The Naval Institute is pleased to announce the first annual Colin L. Powell Joint Warfighting Essay Contest.

In the words of the former Chairman of the Joint Chiefs of Staff, the competition seeks "those who are motivated to enter this contest not by a need to 'toe the policy line,' but who are devoted to the security of this great Nation."

Essays should be about combat readiness in a joint contest — persuasive discussions of tactics, strategy, weaponry, combat training, or other issues involving two or more services. Entries may be heavy in uni-service detail, but

must have joint application in terms of force structure, doctrine, operations, or organization for combat. Interoperability of hardware and procedures may be discussed within the context of combat readiness. Essays are welcome from military professionals and civilians alike.

The Naval Institute will award cash prizes of \$2,500, \$2,000, and \$1,000 to the authors of the three best essays entered. Maximum length is 3,000 words, but shorter opinion pieces or "professional notes" (typically 2,000-word technical arguments) may also be competitive.

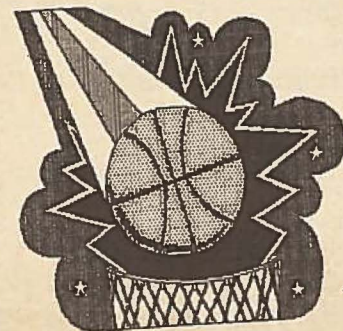
## Contest entry rules

1. Essays must be original, must not exceed 3,000 words, and must not have been previously published. An exact word count must appear on the title page.
2. All entries should be directed to: Colin L. Powell Joint Warfighting Essay Contest, U.S. Naval Institute, 118 Maryland Avenue, Annapolis, MD 21402-5035.
3. Essays must be postmarked on or before April 1, 1994.
4. The name of the author shall not appear on the essay. Instead, each author shall assign a motto in addition to a title to the essay. This motto shall appear (a) on the title page of the essay, with the title, in lieu of the author's name, and (b) by itself on the outside of an accompanying sealed envelop containing the name, address, telephone, social security number, and short biography of the essayist, the title of the essay, and the motto. This envelop will not be opened until the Naval Institute has made its final selections.
5. All essays must be typewritten, double-spaced, on paper approximately 8½" x 11".  
Submit two complete copies. (If typed on a computer, please also submit an IBM-compatible disk and specify word-processing software used.)
6. The essays will be screened by a panel composed of officers from the five armed services who will recommend six essays to the Naval Institute's Editorial Board. The Editorial Board will award the three prizes.
7. Awards will be presented to the winning essayists at a special ceremony in July. Award winners will be notified by phone on or about May 20, 1994. Letters notifying all other entrants will be mailed by mid-June.
8. The three prize-winning essays will be published in *Proceedings*, the Naval Institute's magazine with a 120-year heritage. Essays not awarded a prize may be selected for publication in *Proceedings*. The authors of such essays will be compensated at the rate established for purchase of articles.

## NAVY'S FIRST AFRICAN-AMERICAN FLAG OFFICER



Samuel Gravely Jr. became the Navy's first African-American flag officer in 1971 rising to the rank of vice admiral. Gravely, a graduate of Virginia Union University, Richmond, Va., was commissioned in 1944 and served in both the reserves and the active naval forces, first as an enlisted sailor then as an officer for more than 30 years. Gravely commanded four surface ships and a cruiser-destroyer group before assuming command of the 3rd Fleet in 1976.



## NMCS D INTRAMURAL BASKETBALL LEAGUE

### ADMIRAL'S CUP

#### ENTRIES:

League will commence play March 21. Game times will be 4 pm/5 pm/6 pm Monday-Friday. Entry fee of \$50 is due at Bldg. 12 by March 16. Departmental teams only.

#### COMPETITION:

League will be single Round Robin with Double Elimination Tournament directly following. All NMCS D Active Duty and Civilian employees are eligible to participate.

#### RULES:

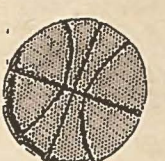
Modified NCAA rules will govern play. There will be a mandatory coaches/team rep meeting March 14 at 1130 am in the MWR conference room BLDG 26 1-B next to the liberty port cafe.

#### AWARDS:

Awards will be presented upon completion of tournament. Team awards to first and second place in league play. Team and individual awards to first and second place in tournament play.

#### CONTACT:

If further information is required, please contact the NMCS D Athletic department at 532-8516.



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**Crime**

Continued from page 3

observant of your surroundings; traveling in groups; avoiding rides with strangers; knowing safe havens in your area such as police stations, hospitals, fire stations or 24 hour stores; avoiding ATM machines in dark areas at odd hours; keeping your vehicle doors locked while in transit; maintaining a cool head when settling family disputes; and probably most importantly, using alcohol moderately if you drink."

Observing these tips and understanding that the Navy's zero tolerance for violent behavior should help naval personnel avoid becoming statistics, either as victim or as suspect.

"We are experiencing a crisis related to the rise of violent crime," said Kelly. "I have heard this trend is merely a reflection of society. I would remind Navy people that we are an all volunteer force. Because each of you met the high moral and mental standards of achievement to be recruited, the argument that violence in the Navy is just a reflection of society is not valid. In that context, we are not a reflection of society. We are, and must continue to be, the standard society seeks to achieve."

"Americans depend on us to protect their freedoms and, in so doing, to exemplify honesty, integrity and leadership. Our goal, therefore, must be to eliminate violence at home and in our communities," Kelly added.

He said he believes there are two ways to achieve this goal. Leaders, from petty officers up, must convey the policy that violent behavior will not be tolerated in the Navy. "Violence in any form will be dealt with rapidly and, if warranted, result in actions to separate offenders from the service," Kelly said.

Kelly went on to say that it must be clearly understood that sailors and Marines who are perpetrators of violence are a discredit to their service, to the Department of the Navy and to the nation

they serve.

Second, sailors and Marines must all be more vigilant toward the indicators of violence to prevent becoming victims themselves. In most every case where Navy men and women were victims of violent crime, the act of violence could have been avoided

if the victims had exercised common sense or heeded warning signs.

Next week: sailors victimizing sailors.

J01 Darrell Ames is a staff journalist with the Pacific Fleet Public Affairs Office.

**TICKETS AND TOURS**

The Morale, Welfare and Recreation Ticket Office is a service provided for the active duty, DOD civilians, reservists, retired and dependents at Naval Medical Center 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.

**OUT OF TOWN ATTRACTIONS**

	DISCOUNT Adult/Child	REGULAR Adult/Child
Disney Military Days (1 Day) (ID Required)	\$20	\$30/24
(2 Days)	\$33	\$55/44
Knott's Berry Farm	\$17.85/11.65	\$26.95/15.95
Magic Mountain General Admission	\$20.45	\$28
Magic Mountain Weekdays (Starting March)	\$17.50	\$28
Movieland Wax Museum	\$8/5.45	\$12.95/6.95
Ripley's Believe It or Not	\$7/4.45	\$8.95/5.25
Universal Studios	\$16.80	\$29/23
Universal Studios (2/28/94)	\$19.50/16.80	\$29/23
Wild Bill's Wild West Dinner & Show	\$23.45/16.85	\$28.95/18.95
Medieval Times Dinner Tournament	\$23.45/18.45	\$32.95/19.95

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Ski Lift Tickets		
Bear Mountain	\$31.50	\$38
Mountain High	\$30.25	\$38.75
Pacific Star Cruise		
Adult (Sun-Fri)	\$79	\$98.50
Adult (Saturdays)	\$89	\$108.50
Child (12 & Under)	\$73	
See's Candies Gift Certificate	\$8	\$9.40
Metropolitan Transit Passes and 10-Pack Tickets		
Fishing Licenses and Stamps (Annual and 1-day)		
Others:		
San Diego County Campground Guides/Map		\$2.60
Fishing Guides/Map		\$2.25
Golf Course Guides/Map		\$2.25
Recreation Guides/Map		\$1.75
Discover San Diego (200 Things to do)		\$2.60
Out-doors California Street/Road Maps		\$1.75
San Diego, LA, Mexico, Orange City, etc.		\$1.35
Baja California and Mexico Maps		\$2.27

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- Chlamydia
- Syphilis
- Lupus



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CLASSIFIEDS

120 Real Estate for Sale

3BR/1 1/2 BA, nice den, lg fireplace, nice, San Carlos area, \$160K; Larry 462-2315. D.

4BR/2 1/2 BA, spa, waterfall, 2 patios, deck off master BR, aprx 1800 sq.ft., \$220K; Larry 462-2315. D.

By owner, 3BR/2BA, 2-car garage, 1650 sq.ft., central heat/air, fireplace, needs TLC, \$145,000, vats \$5000 down and assume VA loan; Andy 262-1380. D.

Please buy my house, 3BR/1 1/2 BA, 1-car garage, close to bases, fenced double lot, central heat/air, spa, plus many other extras, \$124,900; Jeff 264-7299. D.

Ranch, 2 acres, 3BR/2BA, horsestalls, chicken coops, mountain and canyon views, \$230K; Larry 462-2315. D.

Scripps Ranch, 4BR/2BA, one story, 3-car garage, 1820 sq.ft., eat-in kitchen, manicured lg backyard w/fountain and spa, \$310K; 689-1298. D.

Weekend retreat or rental, 2BR cottage, central AC/HT, newly remodeled home in mountain community, country porch, \$77,500 by appointment; 479-8888.

200 Condos for Rent

Furnished - \$995 - Close downtown/NavHosp, luxury 2BR/2BA, fireplace, W/D in unit, range, refrig., micro security bldg, underground parking, avail. March 1; 232-8272 for appointment to view. D.

Quiet, safe, 2nd floor, 1BR, near base, avail. only \$450, hot water + utils. except SDGE included; Fred Orton (800) 473-1331 (W) or 271-8746 (H).

210 Apts. Unfurnished

\$550, lg 2BR/1BA, new carpet, canyon view, near Fwy 15 & 805, balcony, lg off-street parking, laundry room, landscaping, trees, open spaces, lg closet, very clean & quiet; 281-0011. D.

1BR/1BA Granite flat in Coronado, loft, fireplace, all utilities, free cable, quiet neighborhood, \$550/mo.; 437-0341.

2BR townhouse, bath + 1/2, new appliances, carpet, paint, \$575, deposit \$300, 716 Calle Ave., I.B.; 276-4681 after 6 p.m.

Beautiful new, lg, 2BR/1 1/2 BA condo w/attached 2-car garage, appliances, central heat, air, gates, entrances, private patio w/view, minutes from beach/bases; 429-4695. G.

120 Real Estate for Sale

By Owner. Santee, 2Br.2 1/2 Ba, 2-car gar, fncd patio home, spa, fplc, remodeled, quiet country neighborhood, \$140,000

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125 Condominiums

Pt Loma 2Br/2Ba, pvt gar, 1050 sqft, fplc, pool/spa, VA 0 down, \$653/mo \$115K mk offer, 484-9331

200 Condos for Rent

CV-3Br/1 1/2 Ba, new carpet, stv, blnds, clean & quiet area, \$800, 427-4789

210 Apts. Unfurnished

Imperial Beach, 2BR apt, \$555, stove, refrig., carpets, drapes, trash/water paid, sorry no pets, not far from Commissary/Exchange; 424-3123. G.

Imperial Beach, 2BR apt, \$555, stove, refrig., carpets, drapes, trash/water paid, sorry no pets, not far from Commissary/Exchange; 424-3123. G.

North Park, \$440, studio, utils pd, 4046 1/2 Ohio Street, full kitchen, indry, gdner, near all, ideal for Balboa employees; 295-2141, 465-8122. D.

220 Houses Unfurnished

1BR/1BA, cute duplex, stove, refrig., wood cabinets, ceiling fan, carpet, blinds, patio, off-street parking, \$440/mo.; 582-5006. D.

3BR/2BA, 2-car garage, fireplace, open patio, fenced yard; 575-1184.

3BR duplex, fenced yd, covered patio, laundry hookups, water pd, pet ok, clean, 15 min. to base, \$750, Linda Vista; 292-0509.

4BR/2BA, \$925/mo. plus deposit, avail. March 7, 94; 743-6654 lv msg. D.

Paradise Hills area, 4BR/2BA, family rm, 2 patios enclosed/open 2-car garage, fncd yd, \$925; Linda 484-8654. D.

Santee, 3BR/2BA; cul-de-sac; near Fwy 52 & 15, school, golf course, lakes, library, shopping; 2-car garage; lg enclosed patio; family rm; fireplace; gazebo; fruit trees, \$900; 281-0011. D.

225 Rentals to Share\*

MF or couple to share new lg 2BR/1 1/2 BA, 2-car attached gar., lg, private patio w/view, all appliances, close to beach and base; 429-4695. G.

Single mom looking for nonsmoking neat roommate to share 4BR house, San Ysidro, \$280/mo., \$100 deposit; 428-3796. D.

235 Vacation Rentals

Skd Vall, Keystone, Breckenridge, A-Basin, fully equipped condo, sleeps 10, fireplace, phone, etc., bus to lift, \$425-\$800/wk; (404) 471-2019 lv msg.

245 Rooms for Rent

Room for rent, share 3BR condo, nonsmoker, private BR, kitchen privileges, South SDlego, Hwy 5 & 805 close, \$300/mo.; 428-8151. D.

225 Rentals to Share\*

Roommate wanted to share 2BR/2BA condo in Fashion Valley, security, pool, jacuzzi, \$450 + utils.; Rich 560-8183.

303 Furniture Appliance\*

Complete BR furniture set w/kingsize bed \$750, china cabinet \$350, TV \$100; 693-0362 lv msg D.

Countertop electric stove, used 6 months, like new, best reasonable offer; 435-6736.

Kingsize waterbed w/mattress heater liner, matching men's dresser, women's dresser w/mirror, 2 nightstands, transferring must sell, \$450 OBO; 465-4169. D.

Queen sofa/sleeper, lt. creme w/Southwest colors, sm white swivel chair, sell separate sofa \$130, chair \$20; 283-4213. H.

Refrig., frost-free, Wards, 2-dr, top freezer, 21 cu.ft., factory rollers, reversible doors, harvest gold, runs great, glass shelves, \$95; 222-2888. H.

Stackable washer/dryer w/warranty, \$300 OBO; knockdown oak computer desk \$40; 549-0100. D.

310 Antiques - Art

Civil War era framed pictures of ships, generals, battles, weapons. Various sizes, \$6-\$60, call for info; 286-7099, 222-2868.

315 Sporting Goods

Flex CTS weight machine w/stairstepper, like Soloflex \$150 OBO; Steve 435-4845.

Gold clubs, PING EYE 2, Red Dot irons. Ping ZZ Lite Shafts, 3 thru sand wedge \$340; 895-1656 after 5 p.m. D.

Golf starter set \$45. Ladies and mens complete sets w/bags \$150. Each Ping driver \$50. Odd irons, woods; 479-1484.

Ladies like new golf clubs \$150. Ladies Taylor, Wilson, MacGregor and Cobra woods. Men's set, bag and cart \$75; 479-1484.

S&W .38 special model 10, blue steel six shot, brand new, never fired; Howard 563-8832. D.

U.S. divers Conshelf 21 regulator, Decor console, Decor Seachute BC, xint cond., \$375 takes all; 298-5325 evas, lv msg.

325 Misc. for Sale\*

Automatic icemaker and tray, fits Whirlpool refrig., never run out of ice cubes again, \$15; 222-2868. H.

Bonnair personal portable room, AC w/window kit, high-tech black, many features, cost \$350, sell \$200, terms ok, summer is coming; 283-4213. H.

Car cover for Honda Civic, \$30; John 427-6071. G.

Firewood delivered split, best prices in the county; 296-6774. D.

Garage Sale: Saturday, Feb. 19, 7 a.m. to 2 p.m. at 11821 Innis Point (Mira Mesa) household goods, clothes, uniform items (female), furniture; Connie Hypes 549-0829. D.

Sears 3000p Stairstepper uses both arms and legs, \$130 OBO; Fisher-Price carseat almost new, birth to 4 yrs. \$45; 292-4318. D.

Small Micro \$55, ladies' bike 3-spd \$50; 283-8336. D.

Soft-sided jacuzzi, yr old, used once, \$1200; Tom 448-3073.

350 Bicycles

23-inch Nishiki mountain bike, xint cond., extra equipment, \$250; 283-6309. D.

560 Situations Wanted\*

Need naval officer who witnessed auto accident Sept. 25 at Interstate 5 South and First Ave. to please contact 466-3495 or 463-0821. H.

608 Lost-Found

Found - jewelry, will the jogger at Breakers Beach, Sat. A.M. 2-12 wearing blue shorts, Colorado T-shirt call me at 272-3181.

700 Boats

12-ft Achilles inflatable w/25HP Mercury outboard and trailer, extras, aluminum deck, great for diving or runabout, \$1500 OBO; 538-8675 lv msg. G.

705 Motorcycles

1988 Dirt bike XR-250 Honda, moving must sell; David 428-7688 or 310-390-1585.

705 Motorcycles

62 cm Trek 1200 road bike, xint, \$350, cruise in style; 286-6309. D.

715 Auto Parts & Service

Tire on rim, good for spare on mini-truck, fits Nissan or Toyota, 6-lug pattern, \$10; 222-2868.

730 Antiques & Classics

1971 Mercedes 250/8, tan, 2.8L, 6-cyl, dual exhaust, auto, floor shift, PS/PB/AC, original Calif. srved by Stapley Escondido, \$5000; 895-3026. D.

735 Sports Cars

1992 Mazda Miata, great cond., AM/FM cassette, custom wheels, AC, must sell; 670-5284 or 898-1223. G.

740 Autos for Sale

'77 Olds Cutlass Supreme, runs great, AC, 4-dr, V8, all pwr, \$900 OBO; 435-5278.

'92 Chevy Blazer, 4-dr, S-10, Tahoe package, 26,000 xint cond., single owner, garaged; 435-8283.

'92 Geo Metro, 2-dr hatchback, 5-spd, 50 MPG, met. blue, AM/FM cassette, 27K miles, bra, cargo cover, xint cond., \$5500 OBO; Tony 568-5666. H.

1982 Ford Falcon Futura, 6-cyl, xint cond., driven daily, AM/FM cass, auto, \$2000 OBO; 489-7051. H.

1978 Toyota Celica, 5-spd, sunroof, new brown metallic paint w/strips, 2-dr, "ST" coupe, AM-FM, AC, PB, registered to 8-94, runs & looks good, \$950; 222-2868. H.

1988 Ford utility van E-350, very good cond., moving must sell; David 428-7688 or 310-390-1585.

Honda Accord, good running cond., 5-spd, \$500; 582-3566.

Toyota Corolla wagon 91, automatic, AC, stereo, top rack, one owner, xint cond., best offer over \$9500, come see; 435-6736.

745 Trucks

1989 Toyota pickup 4WD, 5-spd, manual, 4-cyl, EKI lifted big foot, A/T tires, Einka rims, alarm, CD, 90,000 miles, \$8000 firm; 538-1329 any-time. H.

CLASSIFIED

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

200 Condos for Rent

Downtn-NRMC, \$995, comp furn, lux, 2Br/2Ba, fplc, w/d in unit, sec bldg/prk. Avail 3/1 232-6272

IB-Beach Condo, 2Br+loft, 1300 sqft, 2 car gar, \$850. 737 Seacoast Dr. 442-6523

IB-New 2Br/2Ba twnhse on wildlife sanctuary. Spectacular views, lg patio, blk to beach, frplc. Totally unique, \$795/mo, Scott 747-8468

IB-New 3Br/2 1/2 Ba 2 story house, gar, fplc, w/d, \$995, \* New 2Br/2 1/2 Ba, Ocean vu condo. 2 mo rent free, Pet OK, \$850, 423-3023

OB-\$1050, 3Br/2 1/2 Ba, near bch, fplc, w/d, Avail NOW 223-1621/224-5079

Sp Villy-2Br/2Ba Ashford Park. Gated complex, pool/spa. 1 yr new. Lease \$850. Trident Pacific 435-9442

205 Apts. Furnished

Furn studio & 1Br, apts. \$125 week, \$435 mo. \$25 dep! Includes: util, 19 in. cable TV, full kitchen, bath, linens, no lease required. Near Naval Hosp. The Park Regency, 233-0287

205 Apts. Furnished

**HAWAIIAN GARDENS** \$557 up, big studio, 1 & 2 Br, 2 Ba. Security, pool, sauna, FREE CABLE/HBO. Short/long term. **Mil Disc.** Imp Bch. 429-5303

**IB 1Br & 2Br, \$599-\$709 BEST IN TOWN** Beautifully furn Candlelight Apts. All util pd! Htd pool/spa, 1/2 blk to Ream Field Commissary. 1555 Satellite Blvd. 429-5733

210 Apts. Unfurnished

\$300 off 1st mo! Beaut 2yrs new, sec gar, off Strand in IB. 2Br, 1Ba, all appl, w/d hu. \$695 & up 575-0738

1Br, Quiet, landscaped, 1 yr lease. 291-3951

Cor-2Br/2 1/2 Ba. \$950, 2 story, patio, appl, xtra-lg, 830 E Ave, 437-4655

Coronado-\$695, 2Br/1Ba, new crpt, qt comp, nr bay, 129 1/2 D Ave, 274-9080

CV-\$515-\$615. 1Br & 2Br, free cable, balcony, park like pool, secure, quiet 691-1490

210 Apts. Unfurnished

CV-\$605 & up, quiet, newer 1 & 2Br. Pool, spa, patio, tennis, cov prkg. 3136 Bonita Rd, 420-6621

CV-From \$595, 2Br/2Ba \$300 OFF 1ST MONTH Quiet secluded location, private patio, balcony, laundry facilities, off St parking, close to freeway & trolley, new carpets, floor tile 671 Sea Vale St. 691-8387

Del Cerro \$525 & up. Move-in bonus Lg 2Br. Pool, patio. Pet neg 5757 College, 286-1777

Downtown-\$425 incl util & basic cable. Quiet clean Studio. Control entry. 550 W Grape 238-6191

El Cajon-\$485-\$525. Quiet clean 1 Br. pool, patio, cov prkg. near freeway. 1475 Graves, 588-0224

Hillcrest-\$450-595. Quiet newer Studio & 1 Br. Controlled entry. Pet on approval. 4022 Albatross, 295-7333

IB-\$415-\$515, 1&2Br, 2nd mth rent free! 1 blk bch, frig, drps, stv, 429-3823

210 Apts. Unfurnished

IB-\$565, 2Br near beach, stv, refrig, cpts, drps, Indry, off street prkg, 266 Daisy. Call 438-1658

IB-2Br/2Ba Townhouse, sec prkg, 1 blk to bch, \$845, Avail NOW, 294-8679

IB Duplex-2Br/1Ba, pvt Indry, new crpt, pnt, verticals, fncd yd, Mil ok, 479-7777

La Mesa-\$560 Gets You In, 2Br, cable, freeway close. Realty World Pro Consultant-Barb, 548-1289

N.C-2br/1ba \$575 up. Pool, fncd yd, ldry rm. Near shop cntr, bus 477-6818

NC/KENSINGTON, 1-3 Br, Move-in discount \$425 move in. 474-3118

Point Loma-\$610-\$780, Lg quiet 1 & 2Br. Pool, spa, patio, rec rm, exercise rm, cntrl entry, undergrnd parking. 3950 Leland 223-1390

Santee-\$495, Clean new redecorated 2Br. D/W. Near freeway. Pet on approval. 8832 Olive Ln, 448-5758

210 Apts. Unfurnished

Sunny 2Br, new carpet/paint, gar avail, Indry, \$565, 809 9th St. IB 435-2362/429-9729

220 Houses Unfurnished

Bonita 3Br/3Br townhome, over 1800 sq ft, gar, pool/spa. Lease \$1350. Trident Pacific 435-9442

Coronado-\$750, upgraded 1Br duplex, Coronado Beach Properties 435-3655

DC ORDERS? 3-lvl twnhs in Alexandria VA, \$1150. Walk to metro. 3BR(master w/study)2 1/2 Ba, Lg country kitchen, w/d, ref, patio, lawn svcs, sm pet ok. Avail Apr 7. 338-3681/575-6996.

★DUPLEXES, \$550, 1Br with gar. Carpet & draped through out. Lg yd. Gardener, water & trash paid. ★\$750. 3Br/2Ba, carpet & drapes, fireplace, fenced yd, sprinkler system, garage w/laundry hook-up. Tex Warren Realty 429-7333

IB-\$750 2Br den, twnhm, new cpts/paint, fplc, ocean vu. Cor Bch Prop 435-3655

# CLASSIFIED

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

**220 Houses Unfurnished**

IB-\$895, Nice 3Br/1 1/2 Ba, fncd, gar, patio, \$200 off move-in, 429-6439

★\$550, 1Br, all util paid. New kit & appl. New paint & drapes. Large walk-in closet. Off street parking. ★\$800, 3Br/2Ba. Carpet & drapes through out. Large yard Gardener, water & trash paid. Tex Warren Realty, 429-7333

IB-5Br/3 tiled Ba, \$1350, custom kit, lg fncd yd, gardener, fplc, deck, lg indry, 423-8959/757-4890

NoPark-1Br, completely furn with everything. \$510, near Nav Hosp, 435-3918

Oak Pk-3Br, \$900, fm rm, lg fncd yd w/fruit trees, stv, ref, w/d, 10 min to NS/Hosp. gar & off st pkg, pets ok, Avail 3/15, 266-2042

Rancho SD-3Br/2 1/2 Ba, 2 fplc, 1850 sqft, 15 min to dwn twm, quiet, clin, 2cr gar, grt schls, \$1100, avail 2/94, w/d & refrig neg, 660-0441

SoBay-\$800, Great 4Br/2Ba, new paint, fncd yd. Cor Bch Prop 435-3655

SoBay Ranch Style Exec home \$1200, 4Br/2Ba, fam rm, on 1/2 acre, rm for horses, gardnr incl, 424-7454

SoSD-\$1200, 4Br/3Ba, garage, fplc. Pets OK. Agent 585-8655

**225 Rentals to Share\***

Quiet prof, no smkr/rap/pet. Share 2Br/1Ba house \$500+ 1/2 util. 435-2541 msg

**235 Vacation Rentals**

Ski Tahoe. 3Br/2Ba condo, Lake Tahoe, amens, Neg. rates, Jeff 272-7011

**245 Rooms for Rent**

IB Lg nice furn apt, private Ba, fplc, pool/jacuzzi \$375 + 1/2 util, 575-1078

**303 Furniture Appliance\***

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