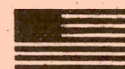


The Hercules Herald

August 20, 1982

Volume 3, Number 41

Serving Spring Lake and Fayetteville, N.C.



Millions in construction underway at Pope

By Sgt. Tanya L. Lairamore

About \$23 million worth of construction projects are currently in progress at Pope or will start in the next few weeks according to MSgt. Charley Walker, chief of Contract Management, 317th Civil Engineering Squadron.

Since most of the work is either contracted or sub-contracted to Fayetteville area businesses he said the projects will have a significant impact on the local economy.

In addition, many more small and major projects are planned for the next couple of years to improve the overall appearance and function of the base. (See related article on page 3.)

In fiscal year 1982, 126 projects were programmed. Most have been completed or are currently under construction. The few remaining projects will soon be started.

Projects currently under way, levels of completion and their current working estimate costs are:

- A hydrant fuel system, 92 percent complete, \$4.6 million.

(Continued on page 4)

Pope people support exercise

Six Pope people will be going on temporary duty to several locations in support of this year's *Reforger* exercises in Germany.

Two fire protection specialists, SrAs William Dixon and Patrick McDowell, from the Base Fire Department will augment a crew from Charleston AFB, S.C. to go to Goose Bay, Labrador to support deploying aircraft. SSgt. Bobby L. Brown, 3rd Mobile Aerial Port Squadron, will also go to Goose Bay.

A three-man mission support team will be sent to Memphis, Tenn., to set up a miniature Airlift Control Element. The team will be made up of CMSgt. Harry P. McCommons, ALCE, SSgt. David R. Wyman and Sgt. Robert M. Lee, 3rd MAPS.

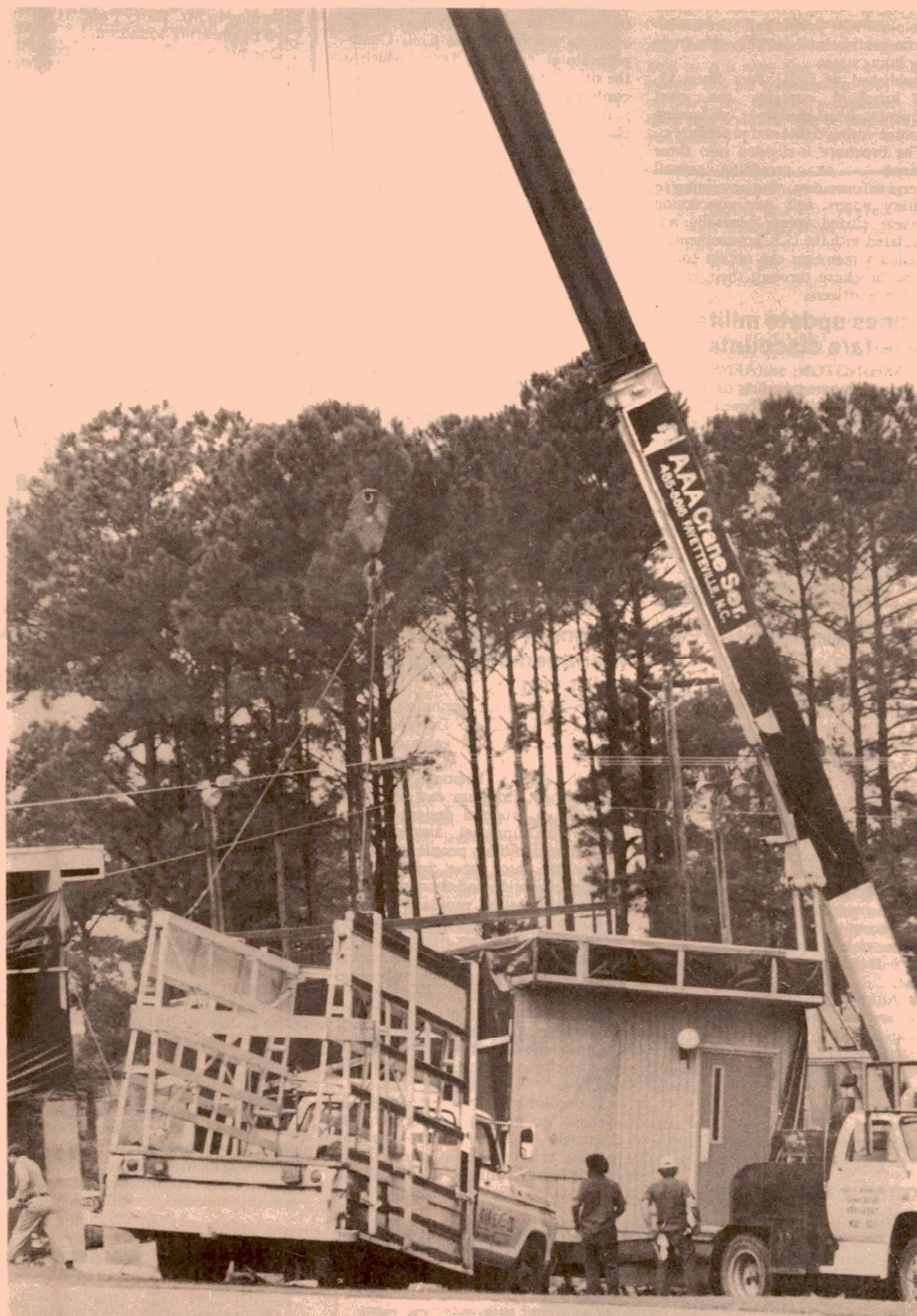
Pope will also act as a staging area from Aug. 29 to Sept. 11 for 38 deploying aircraft that will stop here to pick up equipment and airborne troops.

DUIs

Year to date through Aug. 11 . 50
Aug. 12-18..... 1

Total..... 51
Last year at this time 73

DUI results in automatic one-year loss of base driving privileges.



(Photo by SrA. Tanya L. Lairamore)

A giant crane lifts a section of clinic expansion into place

Pope AFB—“We put the Air in Airborne”

The *Hercules Herald* is an unofficial newspaper published weekly under exclusive written agreement with the 317th Tactical Airlift Wing commander in the interest of personnel of Pope AFB, N.C. of the Military Airlift Command. It is published by the Cumberland Publishing Company, Inc., Hope Mills, N.C., a private firm in no way connected with the Department of the Air Force.

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expression of the Department of the Air Force. The appearance of advertisements, including inserts, in this publication does not constitute an endorsement by the Department of the Air Force of products or services advertised.

Briefs

Absentee voting brochure tells how

WASHINGTON (AFNS) — A survey conducted after the 1980 general election showed that non-voters did not vote mainly because they didn't know how.

A brochure titled "Absentee Voting: How to Do It," has been prepared by the Federal Voting Assistance Program to explain how people can vote absentee no matter how far they are from their home states.

Published as DOD Fact Sheet-13, the brochure contains the most frequently asked questions concerning absentee voting rights and procedures.

The brochure is divided into three sections — one providing overall general information, one pertaining to military voters and one concerning overseas citizen voters generally not associated with the U.S. government.

Military members can obtain copies of the brochure through their voting assistance officers.

Airlines update military leave-fare discounts

WASHINGTON (AFNS) — Military members traveling off-duty at their own expense are advised to shop around for the airline that offers the best deal, say officials of the Military Traffic Management Command in Washington. MTMC travel experts say airlines continue to revise their discount programs, and sometimes members can save more on the special promotional discounts offered to the general public.

MTMC is the Department of Defense agency that negotiates with the air carrier industry for the best possible rates for military members and their dependents.

Recent discounts include:

- The companies offering one-half off fares for military on all routes are TWA, USAir, Northwest, Air Midwest, Empire and Jet America.

- Airlines offering discounts of 50-65 percent on selected routes are Alaska, AltAir, American, Aspen, Delta, Eastern, Mississippi Valley, Ozark, Pacific Southwest, Pan American, Piedmont, Republic, United and Wien Air Alaska. The usual discount on other than selected routes is one-third off. Frontier offers a 55 percent discount with a seven-day advance ticket purchase, and 35 percent without the advance ticket purchase.

- Airlines with one-third off regular fares are Air California, Air Florida, Continental, Texas International and Western.

- Airlines offering one-fourth off are Air Wisconsin, Britt, Rocky Mountain, Southwest and World.

Updates are available from local scheduled airline traffic offices, airline representatives or travel agents.

Armed Forces chili cookoff slated Sept. 25

GOODFELLOW AFB, Texas (AFNS) — The most savory-tasting, "lap-

ping-good" chili concoctions to be simmered in the West will be taste-tested for honors during the ninth annual armed forces chili cookoff Sept. 25. The cookoff will be at the Goodfellow recreation camp on Lake Nasworthy, near San Angelo, Texas.

Goodfellow officials say more than 50 teams, some from as far away as Florida and California, will brew what they think is the finest tastin' chili in the West. The winner of the event can compete for the World Chili Championship at Terlingua Texas, which is the site of the first chili cookoff — according to chili history.

Rules for the cookoff are that chili chefs must don their hats and prepare their brew from scratch that day using their own ingredients and equipment. Chili-cookers will make at least one gallon of their recipe for a hearty sampling from each brave, unsuspecting judge.

Since this is an Armed Forces event, officials said at least one member of the team must be either active-duty or retired military.

Chili teams will perform skits and compete for a showmanship trophy. Awards will also be given for the best site preparation, said officials.

Judging will be made on palatability, presentation, showmanship and flair. Those who'd like to put their "John Henry" on the participant list can do so by calling 2nd Lt. Sheila Click at Autovon 477-2272.

Meal cards mandatory

All people who come to the dining hall without a meal card will have to pay for the meal or will not be allowed to eat. This policy goes into effect Monday and will be strictly enforced.

Personal Financial Management Program is for you

Is your paycheck beginning to look smaller and smaller? Do you know how to get the most value for your money?

Well, Pope's Personal Financial Management Program can help you. PFMP is a program designed to increase the financial awareness of civilians and military people at Pope. It is divided into three parts—information, education and counseling.

The information program provides tips on how to stretch your dollar and manage your finances wisely. Articles and research are available on a variety of financial topics such as budgeting, buying on credit and spending habits.

The education part of PFMP provides briefings and pamphlets on various subjects. It also includes advice on where to go to receive the help that you need.

The counseling part of PFMP is available to help in solving personal financial problems, implementing budgets and buying on credit. Also, counseling is available on checkbook maintenance, buying insurance and loans.

The services offered are free and available to all Pope employees on a voluntary basis.

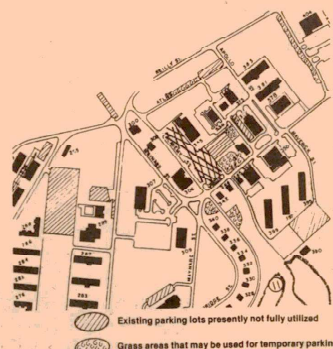
Work on new CBPO underway

The construction of a new Consolidated Base Personnel Office started in May between the Headquarters Bldg. 306 and the Medical Administration Bldg. 302. After the CBPO is completed, all the military and civilian personnel and some related functions will be housed in a single, modern facility, according to Mr. Harry Page, 317th Civil Engineering Squadron.

One phase of the work is a complete repair of the parking lot behind Bldgs. 302 and 306. The repair started with the installation of a drain line between Bldg. 302 and the Base Exchange. When complete Aug. 24-27 the entire parking area will be blocked off for five weeks.

During this time, people who normally use this parking lot must park in other areas and in some designated grassed areas. Other nearby parking lots not fully used are shown on the accompanying map. Parking in the grassed areas indicated will be permitted if parking spaces are not readily available in the paved parking lots.

Everyone is encouraged to use car pools whenever practical and people living on base should walk or ride bicycles, Mr. Page said. Everyone is asked to be patient and cooperate fully with the building contractors and base contracting officer's representatives during this period he added.



Doctors provide health tips to joggers

Every day more Air Force members and their spouses join the many other Americans getting back in shape by jogging. As time passes, even former high school or college athletes face the mirror one day to realize all they have left of their athletic career are the memories and some extra pounds. At that point comes the decision to jog.

Medical authorities advise those who may be thinking of joining others on the joggers' trail first to consider their own physical condition. A medical checkup is important, especially if the prospective jogger is past 30 years of age, overweight, or has a history of health problems such as heart or lung disease, high blood pressure or diabetes.

Experts advise joggers to buy a pair of running shoes that fit well and absorb shock. They suggest setting up a controlled running program, jogging only a short distance at first, combining jogging with walking. When the distance feels comfortable, it may be gradually increased.

Many physicians agree that how often and how far a person should jog depends on the individual. About 15 minutes of jogging, three or four times a week should provide enough "training effect," according to National Jogging Association officials.

Another consideration is jogging speed. One way for joggers to determine a suitable training pace is by checking their breathing with the "talk test." The jogger who cannot talk comfortably while jogging should slow down. Other signs of overexertion include dizziness, tightness in the chest and nausea. Medical experts say joggers will feel some small aches and pains when they first begin jogging. If these become pronounced, they advise stopping immediately.

Avoid the summer heat as much as possible. Joggers are advised to do their jogging early in the morning or late in the day. Other points to remember are: drink enough water to avoid dehydration, don't overexert — and take it slow and easy at first.

Medics going overseas receive combat arms training

RANDOLPH AFB, Texas (AFNS) — Medical personnel being assigned overseas and those on mobility to overseas areas are receiving combat-arms training before leaving the states, announced Air Force officials at the Air Force Manpower and Personnel Center.

The training is being provided to medical personnel for self-protection and to protect their patients in the event of hostilities. Officials said the

protection is necessary since medics are responsible for security when their Officers train with the .38-caliber handgun, while enlisted members receive familiarization with the M-16 rifle.

Combat-arms training for medical personnel is allowed under the Geneva Convention.

Only status-documented, conscientious objectors are being exempted from the training, officials said.

The Hercules Herald

The Hercules Herald is published every Friday. Address all advertising inquiries to Cumberland Publishing Company, P.O. Box 366, Hope Mills, N.C. 28348. Phone (919) 425-4131.

All new material, stories and pictures, must arrive in 317th TAW Public Affairs Division by noon Monday. The PAO reserves the right to edit all items submitted.

Everything advertised in this publication must be made available for purchase, use or patronage, without regard to race, color, national origin or sex of the purchaser, user or patron. A confirmed violation or rejection of this policy of equal opportunities by an advertiser will result in the refusal to print advertising from that source.

All photos in this publication, unless otherwise indicated are U.S. Air Force photos.

Editorials

Commander's Forum

Col. Edsel R. Field

317th TAW
commander

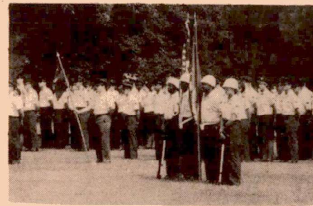
If you have a question or recommendation you want to bring to my attention, dial 4357 (HELP). Your message will be recorded and your question with answer will be

published in the newspaper or will be answered personally as soon as practical. Please clearly give (or spell) your name to insure a reply. If you request anonymity, your name will not be used in answer preparation. I would like to use this column, however, to select those questions which pertain to more than the individual involved.

We've been slighted

Why was there nothing in this week's Hercules Herald about the people who supported the retreat/retirement ceremony? The ceremony is very uplifting to some people who don't get to wear their blues often. It makes you feel good when you stand out there. But

when you pick up the paper and there's nothing about anyone else participating in the ceremony, it is a real shock. I would just like to see it in the paper.



You're right. We certainly blew in this time. The staff of the base newspaper made an editorial decision

on which photos of the ceremony to run. Here is one of the other choices we probably ought to have run. Fourteen base honor guard members presented the colors and lowered the flag. Four flights made up of about 80 representatives of Headquarters Squadron.

Services Squadron, Civil Engineer Squadron and Security Police were also in formation for the ceremony. It

should be noted that these people put in several hours of preparation and rehearsal prior to the ceremony. This was the first formal retreat ceremony held at our new flag pole and these people did an outstanding job. They certainly do deserve recognition for their performance. We're sorry we let you down.

How to recognize a leader

By Brig. Gen. Richard A. Ingram
Commandant, Air Command and Staff College
Maxwell AFB, Ala.

Stripes, bars, oak leaves, eagles and stars on our uniforms tell the world that we're leaders. Our uniforms are outward, visible symbols of the leadership authority the service has vested in us. But I would ask you to pause for a moment.

Consider the observation of the prominent evangelist of some decades ago, Billy Sunday, who had some keen insights into human nature. On one occasion, he stated to the effect that going to church makes you no more a Christian than going to a garage makes you a car.

So it is with us in our profession. Just because we wear a uniform and declared to be leaders doesn't make it so.

How can we tell if we're good leaders? I have a few rules of thumb I'd like to share with you, and would advise you to apply them in your daily lives.

Set a good example. You can do so by making sure your act is together. Remember, you're a leader 24 hours a day, in and out of uniform, on and off base.

Avoid the "nine-to-five" syndrome. The Air Force is not just an occupation

— it's a way of life. We're part of the service all the time. Clock-watching is not something we should practice or condone in others when there's pressing work to be done.

Get involved in the lives of your subordinates. Know their family situations. This will enable you to be of real help when they experience personal problems.

Keep your standards high and keep those of your subordinates high as well. Haircuts and uniforms may not be the most important things at the office or shop, but if they slide, so will everything else, including discipline and job performance.

Have a positive attitude and share it with your subordinates. Don't let them carp, and certainly don't support them or reinforce them when they do.

Be loyal to your subordinates as well as to your superiors. Support them when they deserve support, and they'll

go the extra mile for you every time.

And finally, don't be swayed from your high standards when you see your superiors fail to live up to your expectations. Work and work hard, even if your boss doesn't. Your subordinates deserve it.

We live in a fishbowl environment. We have to understand that. But instead of being resentful, we have to realize that it's the price of leadership and a tool of leadership if we use it wisely. If we don't use it wisely, it becomes an oppressive burden.

Remember when an airman sees us acting improperly we lose credibility. The tragedy is that we all lose credibility and the service loses credibility, even if just one person in a leadership position behaves poorly. Inappropriate behavior on our part deprives our younger members the leadership they need and deserve.

We are, after all, their leaders.

'Thanks, MAC, for the good times'

(Editor's Note: The following editorial appeared in the "Letters to the Editor" column of the *European Stars and Stripes* July 22 edition.)

By SSgt. William S. McAfee
Erzurum, Turkey

Being one of the many Air Force

personnel assigned to Turkey at a very isolated site, I had to take the time to thank everyone in the Military Airlift Command for the good times I had when I went home on leave.

I went home on leave as a space-available passenger. After flying some 20,000 miles throughout Europe and the United States, I never enjoyed a trip as much as I did flying Space-A.

Flying in everything from a commercial DC-10 to MAC's C-5, C-141B, C-130 and C-12, was quite enjoyable, but the \$20 price tag was even better. Seeing places I had never experienced before — like Athens; Rhein-Main AB, Germany; Shannon, Ireland; Madrid and Naples — has opened my eyes and

my mind when I fill out a "dream sheet" the next time.

While flying the friendly skies of MAC, I have made some new friends and met some of the most courteous people working in their terminals. From Charleston AFB, S.C., to McGuire AFB, N.J., to Dover AFB, Del., the MAC personnel took time to explain the best route back to my station in the least amount of leave time.

MAC's maintenance personnel must be the best. They will do almost anything to keep your plane flying safely to its next destination and avoid delays encountered by any system malfunctions. By keeping me from

being bumped off the plane, it indicates to me that the maintenance people keep all their aircraft in the air and on schedule.

Most of all, you MAC people made my trip as comfortable as possible. For when I was cold flying in that C-141, you gave me warmth: a warm smile and two blankets. When I was hungry, you fed me. And when there was no room in the inn (Charleston House and Jodja Inn), you gave me shelter in the MAC terminal area.

Thank you all for bringing a little happiness in my life by taking me home to my family while on leave. As I sit on top of this mountain, I'll think of the good times.

Careless fires in living quarters

Courtesy Base Fire Department

In the past we have experienced several fires in our dormitories which are of great concern because of the fatality threat.

In this atmosphere hazardous conditions are often overlooked or ignored. One fire in particular resulted

when a lighted candle, which was unattended, burned the top of a desk.

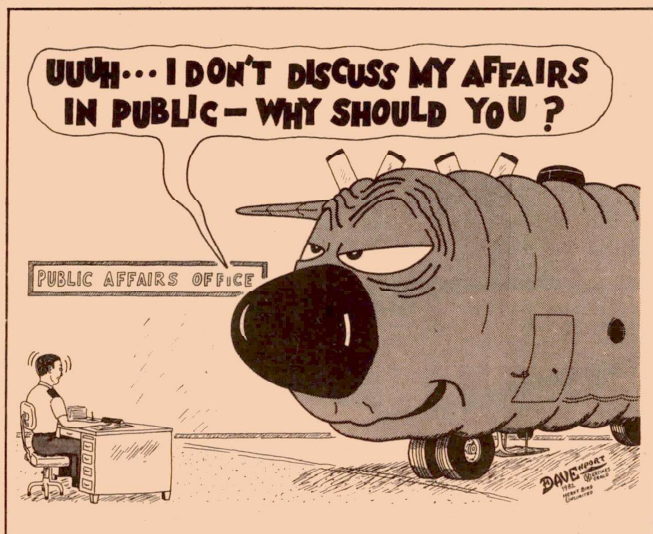
Although monetary loss was minimal, the implications of this careless act are serious. It is obvious that a fire in a living facility carries with it a high risk of loss of life.

It is well recognized that burning candles and incense appeals to many of our younger airmen. However, use of candles and incense in the dormitories is prohibited on Pope.

To avoid reoccurrences of this type fire, we request dormitory managers bring this to the attention of all occupants, insuring they are aware of all fire safety procedures and made to realize that they share in the responsibility for the health and welfare of all individuals living in the dormitories.

The burning of candles, incense or any open flame devices cannot be permitted nor can there be any compromise in the interest of fire safety.

Remember, one careless act can be a spark away from disaster.



Pope construction explained

(Continued from page 1)

- Flight simulator, 78 percent complete, \$2.1 million.
- Alter/repair Base Exchange, starts Sept. 15, \$375.5 thousand. Reopening of Exchange is planned for April 15, 1983.
- Special Ops Complex, 13 percent complete, \$5.3 million.
- Alterations to three dormitories, 10 percent complete, \$4 million.
- Dental Clinic, 9 percent complete, \$1.6 million.
- New Consolidated Base Personnel Office, 4 percent complete, \$2.3 million.
- Fuel cell, starts Sept. 1, \$374 thousand.
- Alter/repair dining hall (flightline side), 98 percent complete \$284 thousand. Planned reopening for end of August.
- Alter/repair Officers' Club (phase I), 15 percent complete, \$78.5 thousand.
- Removal of airfield taxiway lines, just begun, \$3,700.
- Paint buildings 764, 723 and 708, 12 percent complete, \$5,900.
- Construct prefabricated modular medical clinic, \$77,000 for building and \$22,000 for set-up.
- Install emergency lights in three dormitories, \$8.8 thousand.
- Install water lines in three

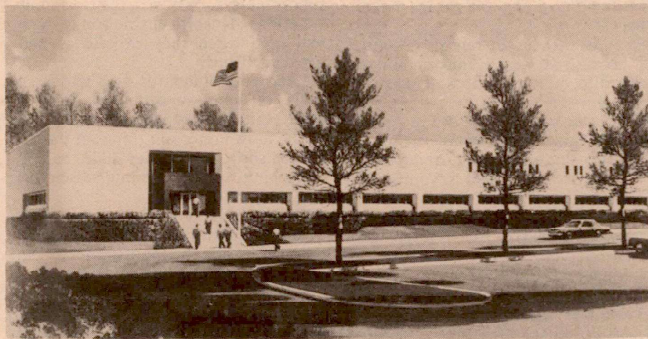
buildings, \$16,555.

- Repair storm drains near photo lab, \$100 thousand.

Projects to begin in the next few weeks are:

- Officers' Club renovation (Phase II).
- Construction of MARs station.
- Construction of Base Package Store in front of NCO Club.
- Add four lanes to bowling alley.
- Install sewer line.
- Replace airfield lighting generator.
- Repair POL dykes.
- Replace gas lines in family housing area.

- Install electric ignitors on furnaces in family housing area.
- Pave our railroad tracks near supply complex.
- Addition of offices to 3rd Mobile Aerial Port Squadron facility.
- Reception/administrative area for billeting complex.
- Change light fixtures in three dormitories.
- Replace hydraulic lift in transportation shop.
- Pave Yellow Ramp.
- Construct addition to Youth Center (indoor basketball court).
- Alter and repair medical administration building.

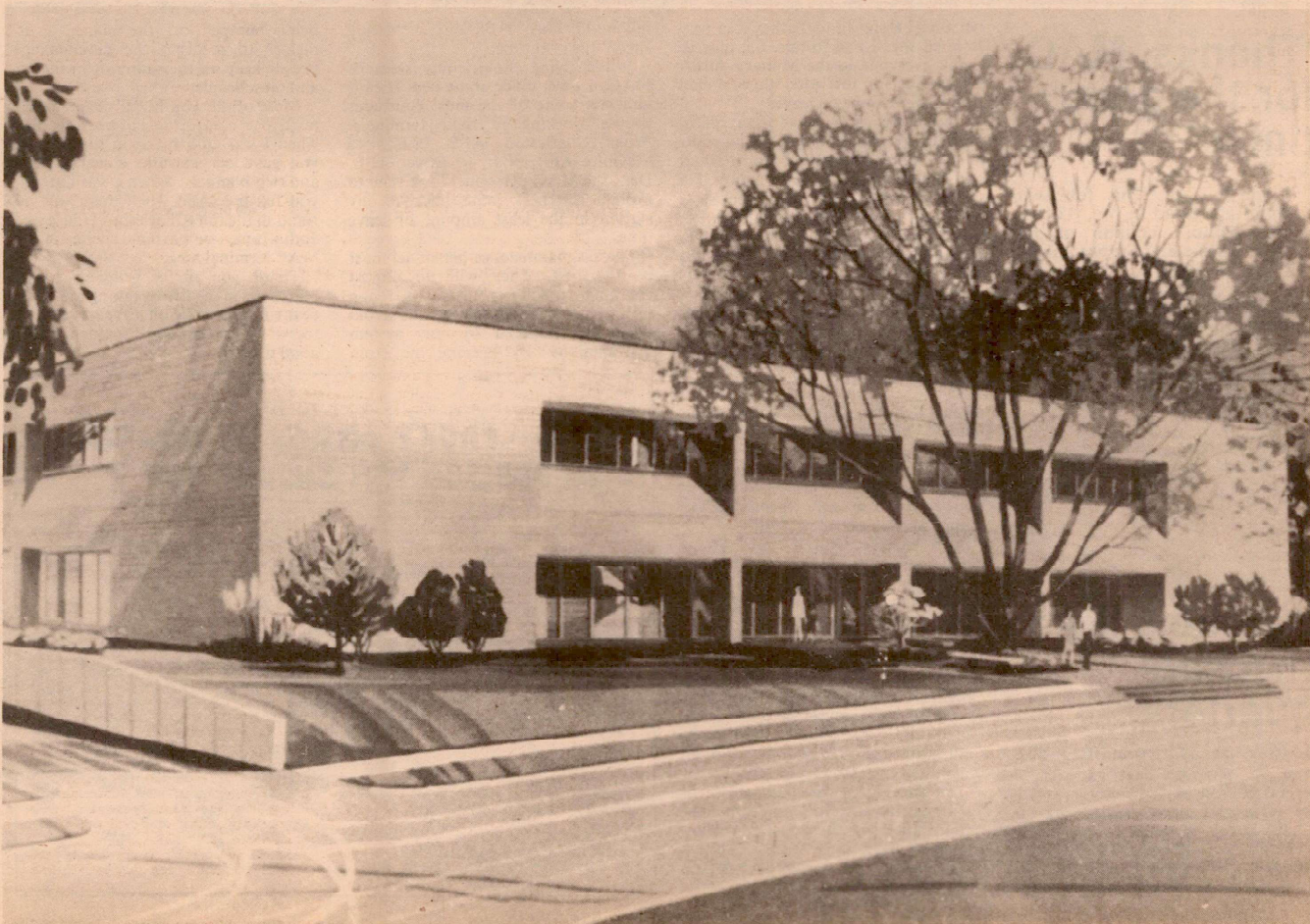


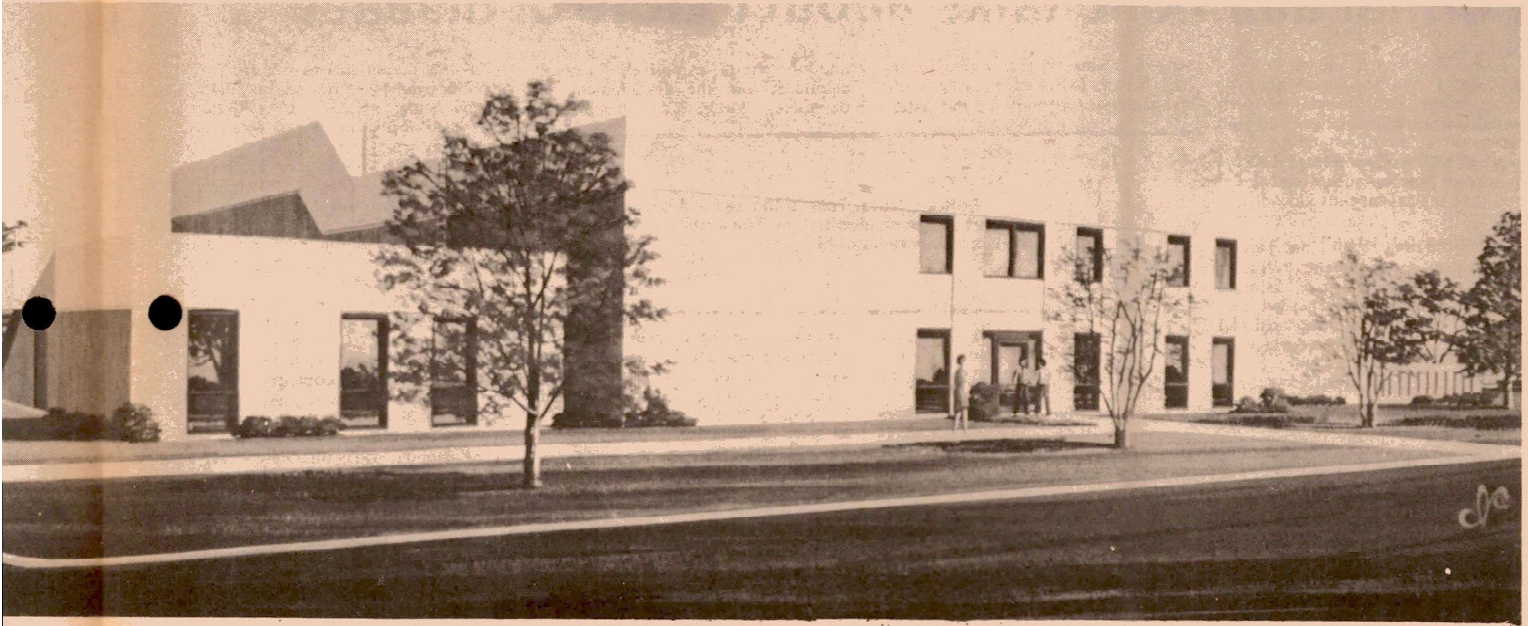
(U.S. Air Force photo by Sgt. Tanya L. Lalramore)



New Operations complex
as seen by architect

Artist's sketch of new
CBPO building





The flight simulator which is currently nearing completion will look like this artist's rendering

Planning Assistance Team makes suggestions

By Sgt. Tanya L. Lairmore

An intensive study of Pope's facility and land use was conducted in May by a recently-formed six-member Air Force Planning Assistance Team.

The type and quality of base facilities and how they coordinate transportation and land use planning was the focus of the study, according to Omega Weeks, 317th Civil Engineering Squadron.

The team made an extensive report on how Pope could be developed in future projects. The recommendations were studied by a base committee which decided to approve or disapprove the ideas.

An architect/engineer now will be hired to study and refine the team's recommendations. The base master plan will be revised accordingly if funding is available.

Recommendations and planned actions include:

Base access

Redesignate Reilly Street gate (No. 5) as main entrance for base. Place directional signs on Butner to guide visitors to Gate 5.

Redesign Gates 4 and 5 to correct radical change in street alignment through gate. (Approved.)

Design proposed gatehouse to remove curve just south of Frank's/Manchester intersection. Remove curve by widening Manchester to four lanes between off-base Frank's Road and on-base Reilly Street. (New gatehouse is already planned to eliminate curve. Widening of road approved for long term.)

Eliminate visual obstructions as much as possible from south leg of Hurst Drive approaching Gate 1. Maintain stop lines at Hurst Airborne intersection to designate proper place to stop and to optimize sight distance. Ultimately, relocate Gate 1. (Continued study recommended.)

Base street network

Reserve an 80-foot right-of-way to allow widening of Reilly Street to four lanes in future. (Approved.)

Widen Reilly to four lanes from Gate 5 to Hurst Drive. (Approved.)

Realign Armistead Street to extend west of Bldg. 454 starting at NCO Club. (Approved.)

Relocate service station. (Approved.)

Construct new parking for Gym and Bowling Center. (Approved.)

Delete Maynard and Academy Streets bet-

ween Virgin and Reilly Streets. (Approved.)

Realign Reilly Street through acquired land to intersect with Surveyor Street. (Approved for long term.)

Remove roadside parking from Surveyor Street. (Approved.)

Eliminate private auto parking and movement in apron, hangar and runway operations area. (Approved to fence maintenance area on short term and to fence airfield on long term.)

Relocate Hurst Drive south of the public traffic boundary line for hot zone. Relocate Munitions Storage area and site small arms range on land opened up by relocation of Hurst Drive. Cluster functions requiring explosives safety distances efficiently and move traffic as far away from Hot Spot as possible. (Approved in principle. More study called for.)

Keep Hurst Drive highly maintained to encourage its use as opposed to Reilly flightline road. (Approved.)

Airfield operations

Use hardened overruns only when maximum length of runway is needed, not for convenience of other aircraft. (Approved. Widen overruns 200 feet instead of 150 feet.)

Discourage incompatible land development in AICUZ to reduce noise and accident hazard. (Approved.)

Check for violations of 7:1 slope and glide slope and amend obstruction clearance criteria. (Approved.)

Extend taxiway system to the end of the overrun. (Disapproved.)

Reinforce taxiways where needed so that aircraft carrying maximum loads can use them to reach all potential take-off positions. (Approved.)

Widen runway so that biggest aircraft can use it without introducing foreign debris on the runway. (Approved, but widen runway to 200 feet. Extra 25 feet on each side of runway will be stabilized shoulders. Widen overrun to 200 feet instead of 150 feet.)

Expand Ramp by filling in nine grass islands (Approved) and grass area adjacent of DC hangar (Already planned.)

Extend ramp from Base Operations easterly to a point at east end of runway. (Approved.)

Construct dangerous cargo ramp. (Already planned.)

Load tracked vehicles from dangerous cargo ramp. (Approved in principle but more study required.)

Industrial facilities

Relocate passenger terminal, air freight terminal and snack bar in same vicinity as present terminal and snack bar if ramp is expanded easterly. (Deferred.)

Relocate Base Operations near Command Post. (Deferred.)

Move aircraft washing facility next to existing open air facility or in vicinity of the

western-most hangar, Bldg. 736. (Already planned.)

Construct a new AGE facility to consolidate the function. (Already planned.)

Base support facilities

Relocate Base Supply to land to be purchased. (Approved.)

Relocate Transportation adjacent to proposed supply complex. (Approved.)

Convert vacated transportation facilities to Moral Welfare and Recreation facilities for Auto Hobby Shop, Arts and Crafts and Woodworking shops. (Approved.)

Construct a pedestrian or cycling trail to connect Bldgs. 395, 397 and 399 to MWR facilities and outdoor recreation in Armistead Street area. (Approved.)

Relocate CE to vacated supply buildings on south side of base if proposed supply complex is constructed. (Approved.)

Relocate Central Heating Plant near CE compound if compound is relocated on south side of base. (Already being studied.)

Construct proposed Ground Defense Storage facility next to existing Security Police Ops facility. (Approved.)

Relocate munitions storage to southwest quadrant of base of Hurst Drive. (Approved in principle.)

Construct a small arms range near munitions storage in southwest quadrant of base. (Approved in principle.)

Site proposed Comptroller Services Facility south of Bldg. 309 with parking between new facility and Base Chapel. (Facility already sited. Save concept for future siting.)

Relocate Medical Supply and Bioenvironmental Engineering functions. Dispose of Bldgs. 300 and 302 and construct parking lot on site. (Approved.)

Construct a new Family Support Center to include space for Military Family Housing and Housing Referral. Construct the new facility behind the existing Family Housing and Housing Referral Offices. (Approved, but tear down Bldgs. 342 and 344 and consolidate Housing office in new building.)

If the existing Auto Hobby Shop is moved to the vacated transportation facility, move Golf Course Maintenance to Bldg. 390 (Approved, but retain some space in building for MWR storage.)

Site a FAMCAMP next to Pope Park if a requirement is established. (Approved.)

If Arts and Crafts moves to vacated transportation facility, permanently locate the Post Office in Bldg. 373. (Approved.)

Construct new Commissary on site of existing FTD facility after the facility is disposed of. (Approved.)

Construct new library diagonally from existing library, behind proposed Data Automation Facility. (Approved.)

Instead of constructing a separate religious education facility, add it on to the existing facility. (Approved.)

Relocate exchange service station to a site northwest of Bldg. 454 if Armistead Street is

realigned to extend west of Bldg. 454. (Approved.)

and train guards at the gate to deal with visitors. (Approved, but the present gate hours will be kept.)

Add a football field behind Pope Elementary School next to the soccer field. (Approved, but must be coordinated with Department of Education.)

Locate a proposed swimming pool south of the Youth Center in the family housing area. (Approved.)

Locate a parade ground in field west of NCO housing. (Parade ground has been located south of Bldg. 309.)

Locate the Harley Pope monument on proposed parade ground. (Will be located in area east of Bldg. 309.)

Conduct another base-wide survey to determine if permanent housing needs are being met. (No justification exists for a survey at this time.)

As new housing is needed, construct enlisted and officer housing north and east of Pope Elementary School, and along south-east boundary of base from Fort Bragg to Pope. Construct needed dormitories perpendicular to existing dormitories south of Reilly Street. (Approved.)

When NCO housing becomes too expensive to repair, demolish it and relocate the units in the area north and east of Pope Elementary School. (Approved.)

Relocate the parcours trail near the existing nature trail. (Approved.)

Construct needed VOOs north of Bldg. 223 across from proposed Billeting and TLF facility. (Approved.)

Construct Temporary Lodging Quarters north of Bldg. 229. Colocate with Reception administration. (Approved, but playground/amusement area for children must be addressed.)

Develop appearance

Develop an exterior master color plan which will be part of guidelines for any future construction/renovation. (Currently being done.)

Develop an all-encompassing sign program. (Currently being done.)

Develop a base-wide landscaping plan. (Approved.)

Redevelop some of the open areas with grass and trees and small parks. (Approved.)

Develop pocket parks along main thoroughfares, next to administrative buildings, dining halls and dormitories. (Approved.)

Consider developing a large park near Youth Center. (Approved.)

Extend a new pedestrian walkway up to the area between the airmen's dormitories and ending in a landscaped, open-space mall at the northern portion of the existing parking lots. (Approved.)

Design and develop secure bicycle paths between the cantonment, recreation, community services and administrative areas. (Approved.)

Former alcoholic talks about nature of disease

I never knew such a living hell was possible. I had virtually withdrawn from family and friends into my secluded world of drinking. I had built an impenetrable wall around myself to ward off all threats, and I strayed from that world only for such necessities at work and replenishing my alcohol supply.

My world was secure, but painful with its pent-up resentments, self-pity, and other magnified and distorted emotions. I hated it, yet needed it to survive. I feared being discovered and went to great lengths to camouflage my drinking. At the same time, I had reached such a point of suffering that I hoped, in the back recesses of my mind, I might be discovered in order to receive help. I knew I drank too heavily, and felt, perhaps, I was losing control.

But, me? An alcoholic? Never! Irrational thinking? Completely. Real? Very much so. This was my world during the last two years of a 24-year journey of slow, progressive alcoholic deterioration before encountering the crisis that led to my recovery.

I suspect I tripped across that invisible line into alcoholism while ser-

ving in 'Name, as that was when my life began to revolve around the availability of alcohol. To this date, I

and sometimes explosively released emotions; and the development of defensive mechanisms such as



Editor's Note: This is the second part of a six-part series on alcoholism. The author of the series is a recovered alcoholic.

do not know why I drank the way I did. I had no valid reasons, but I always had an excuse to justify or rationalize it.

My protective wall of defensive mechanisms grew with my drinking. During the latter two years, I was drinking in the morning and during the day, not to get high, but to function without the shakes and the inherent emotional pain. I drank myself to sleep almost every night.

This thinking and behavior is not unique, but reasonably typical in the advanced stages of alcoholism. It is marked with self-denials that a problem exists; dangerously pent up

rationalization, minimizing,, withdrawal and projection. The alcoholic's world is out of kilter, and the individual feels, yet denies it. The denial is partially due to the individual's inability to be honest with himself or herself, and in part to the overpowering compulsion to satisfy the need for a drink. Control over the compulsion has been lost.

The alcoholic's behavior swings from nervously waiting for that next drink to being drunk. During "dry" periods, usually forced through sheer "gut-power," the alcoholic is like a fish out of water—he is suffering. His problem becomes apparent through his behavior.

The best definition I have heard for alcoholic behavior is the question, "Do normal sober people behave that way?" Do normal people get arrested for driving while intoxicated, for getting into fights, or engaging in other anti-social behavior? Do they repeatedly arrive to work late, pass bad checks constantly, or withdraw from their family and friends? Do normal sober people repeatedly justify their inappropriate drinking habits? When they experience trouble at work, do they say the boss doesn't like them, the supervisor is out to get them, or the organization is trying to put the screws to them? Do normal people repeatedly make empty promises to quit or cut back their drinking to prove to the world they don't have a problem?

The alcoholic will continue to believe he is a "normal heavy social drinker" until he undergoes a personal crisis. The crisis may come naturally, often tragically, or it may be induced through confrontation or intervention (to be discussed later). It is only after encountering this crisis that treatment for the alcoholic can begin. Without the crisis and treatment, most alcoholics will literally drink themselves to death.

Happenings

Cinema schedule

Friday: Some Kind of Hero (R) 7:30 p.m.

Saturday: The Great Brain (G) 2 p.m. Josiah (PG) 7:30 p.m. An action-packed western in which the falsely accused Josiah must fight his way out of a Mexican prison. He returns to the American wild west to right the wrongs that have been done to him.

Sunday, Monday and Tuesday: The Thing (R) 7:30 p.m. Kurt Russell stars as a member of a scientific expedition in the Arctic who must hunt down "The Thing," in the remake of the classic horror movie.

Wednesday: Wolfen (R) 7:30 p.m. Alien beings of extraordinary intelligence create chaos and terror as New York City detective Albert Finney struggles to solve his most challenging case.

Thursday: Hanky Panky (PG) 7:30 p.m. Gene Wilder and Gilda Radner are two innocents thrown together by international intrigue.

Rec Center

Friday: Marathon card party begins at noon. Prizes will be awarded and free refreshments will be available.

Saturday: An all day deep sea fishing trip tour will depart at 6 a.m.

Sunday: Two tournaments are held every Sunday: pinocle at 2 p.m. and pool at 5:30 p.m. Dungeons and Dragons play begins at 1 p.m.

Monday: Checker games will be played at 7:30 p.m.

Tuesday: A free live jazz concert featuring "Grandadady" will begin at 8 p.m.

Wednesday: A free one day CPR course will be held in the Recreation Center from 8 a.m. to 4 p.m. Talent show rehearsal will begin at 7 p.m.

Thursday: Spaghetti dinner for dorm dwellers. All airman who live in the barracks are invited to a free spaghetti dinner at the Pope Recreation Center on Aug. 26 at 6 p.m.

Friday: Final rehearsal for base-wide talent contest begins at 7 p.m. The Myrtle Beach tour on Sunday, Aug. 29 departs at 8 a.m.

Watch for the September classes through Fayetteville Technical Institute at the Recreation Center. For more information stop in or call 394-2279.

Officers' Club

Friday: Prime rib special in the dining room from 6-9 p.m.

Saturday: Ladies' night with steak for two from 6-9 p.m.

Sunday: Ala carte breakfast from 9 a.m.-1 p.m.

Monday: Shrimp platter special from 5:30-9 p.m.

Tuesday: Chef's choice from 5:30-9 p.m.

Wednesday: Lemon and butter covered cod special from 5:30-9 p.m.

Thursday: Mongolian barbecue feast from 5:30-9 p.m.

NCO Club

Friday and Saturday: A new group from

Myrtle Beach "Gina and Reminiscing" plays from 9 p.m.-1 a.m.

Sunday: Membership appreciation buffet 1 p.m.-5 p.m. Member and spouse or date free. Guests and children, 2 and up, a nominal fee.

Monday: Two for one steak night.

Tuesday: Disco with "Chantilly and the Kid" from 8 p.m.-midnight.

Wednesday: Western night with "Ferris Wheel" from 8 p.m.-1 a.m.

Thursday: Disco with "Rick the Kick" from 9 p.m.-1 a.m.

Bowling tickets: See Denise for free ticket for three games of bowling.

Golf tournament: Retirees' appreciation Saturday.

Bowling Tournament: 2nd Annual mixed doubles Aug. 28-29.

Baseball trip to Atlanta Sept. 10-12. Call 497-4051 for more information.

Ball tryouts

Tryouts for men's and women's varsity basketball will be soon. Anyone interested in trying out for the teams must sign up by Sept. 1 at the Base Gym.

Coaches needed

Anyone interested in coaching varsity men's and women's basketball should contact the Base Gym Ext. 2671 or 2892. Also anyone who plans to take part in this program must sign up by Sept. 1.

Adult swim time

Effective Aug. 24-Sept. 3, from noon - 1:00 p.m. adults (18 years and older) only will be allowed to use the Consolidated Pool.

Call the pool at Ext. 2629 for information.

Bowling tourney

The King & Queen of the Hill scratch bowling tournament will be held every Saturday night at 7 p.m. at Pope Lanes. This tournament is open to all active duty, retired, military dependents and DOD employees 18 years or older. There are sign-up sheets at the Bowling Center and entries will be taken on a first-come-first-served basis. For more information contact the Bowling Center at Ext. 2891.

Pool parties

The base pool can be reserved from 8 p.m.-midnight any day of the week except Mondays. A minimum fee is charged for use of the pool. Food and beverages are authorized. Call Ext. 2629 for more information.

Global II Volksmarch

The Air Force's second world-wide volksmarch, Global II, will be Sept. 25 at Raven Rock State Park. The IVV/AVA Sanctioned event has two courses: 10 kilometer (6.2 miles) and 20 kilometer (12.4 miles.) Walkers completing either course will receive a pewter medal with the Global II insignia. The medal for the short course will have a bronze bar; the medal for the medium course will have a silver bar. A pre-

registration fee of \$4 will be accepted until Sept. 10. A registration fee of \$5 will be accepted through Sept. 25. For more information call 394-2779.

Boxing match

The Fort Bragg boxers will compete against Miami Aug. 25 at Lee Field House beginning at 7:30 p.m. Admission will be 50 cents with children under 6 years old admitted free. Lee Field House is located on Longstreet Road, across from Hedrick Stadium. For more information, call 396-1216.

Red Cross classes

The Cumberland County Chapter of the American Red Cross is sponsoring a Vital Signs course to be at the chapter house, 807 Carl Street Sept. 1 and 2. Classes will run from 6:30-9:30 p.m. both nights.

Students will learn skills for taking temperatures, pulse and respiration rates the first night and blood pressure the second class. Deadline for registration is Aug. 27.

A Cardiac Pulmonary Respiratory Instructor Course will be from 6-10 p.m. Aug. 24 and 25 at 807 Carl Street. Registration is open to people who have current CPR certifications. Deadline for enrollment is Aug. 19 and class size is limited.

Call 867-8151 for information on enrollment for any Red Cross class.

Base level photo contest

The base level photo contest will be at the Recreation Center Oct. 15. Deadline for entering photos is Oct. 8 at 4 p.m. Stop by the Recreation Center for entry forms and guidelines. Winners will receive trophies and the winning entries will be forwarded to the Maintenance Airlift Command level contest. For more information call 394-2779.

Police Blotter

July 31
4:56—A Security Police Vehicle was flagged down at the pizza parlor and told someone had taken a key which had been left in the door. A search was conducted with negative results.

Aug. 1

1:35 a.m.—An airman was apprehended for reckless driving, and eluding a police officer.

5:53 a.m.—An Army private was apprehended for driving under the influence, and driving while license suspended.

Aug. 2

1:26 a.m.—A reserve staff sergeant apprehended for driving under the influence.

3:40 p.m.—A airman was apprehended for indecent exposure.

Aug. 3

8:30 a.m.—A woman called the Law Enforcement Desk via Crime Stop, Ext. 4111, that the neighbor's house she was watching while they were on leave was insecure. A patrol was dispatched

and the house was found to be all in order. Windows and doors of the home was secured, and periodic checks were conducted by Security Police.

11:55 p.m.—The gate 2 sentry apprehended a airman first class for use and possession of a controlled substance and drug paraphenalia, and driving under revocation.

Aug. 5

11:15 a.m.—The gate 5 sentry apprehended four Army members for use and possession of a controlled substance. Fort Bragg Drug Suppression Team was notified, and assumed investigation.

11:43 a.m.—An Army private was apprehended for disorderly conduct and assault. Individual was later released to his unit.

Aug. 6

1:15 a.m.—A civilian was apprehended on base for driving under the influence.

5:13 p.m.—The Law Enforcement Desk received a call via Crime Stop, Ext. 4111, that someone was burning marijuana in Bldg. 285. A patrol was dispatched with negative results.

8:32 p.m.—A man notified the Law Enforcement Desk that loud music was coming from a room in barracks 397. A patrol responded and the music was lowered.

Aug. 7

1:59 p.m.—Two Army dependents were apprehended for illegal entry to a U.S. installation.

Aug. 8

12:49 a.m.—An airman was arrested by Fayetteville police for driving under the influence, and careless and reckless driving. The airman was later released to his unit.

6:35 p.m.—The Base Fire Department responded to a fire at Building 350. The Fire Department declared the area safe at 7:02 p.m.

Look for new feature

The Hercules Herald is starting a new feature for its readers.

Starting next week, the Herald will set aside a section for readers to list items for sale or trade. The listings are free to any Pope military, civilian or family member. The following guidelines apply:

Ads must be typed or legibly printed on 3 by 5 inch index cards.

Must not exceed 15 words.

Must have the name and duty phone of the submitter on back of card.

Must be submitted to 317th TAW/PA (Swap Shop) no later than noon Friday for inclusion in the next week's paper. There will be no exceptions to the deadline.

Cannot be for a business venture or for something that will benefit the seller on a continuous basis (baby-sitting services, house rentals, etc.).

Houses for sale must be registered at Base Housing Referral Office and must be stamped before submission.

Classified Ads

A&A Thrift Shop

A/C-\$129.99; Bunk Beds - \$99; Baby Bed - \$39.99; New Mattress & Foundation - \$59.90; Beds (twin or full) - \$29.95; 5 pc dinette - \$59.99; Odd & End tables - \$15; Couch & Chair - \$60; Double wide refri/freezer - \$179; Office Desk - \$89.99; Redwood chair & settee - \$59.90; Rocker - \$24.95; Bird Bath - \$19.99; 3-pc Coffee table - \$69.99; New Hope chest - \$39.99; Odd baby clothes - 25 cents each; Scatter rugs - \$2.99; 17-pc socket sets - \$17.99. 867-1976, 3102 Bragg Blvd.

MUSICIANS NEEDED: Head Over Heels, Fayetteville's future top (40) band forming - interested and experienced need only apply. Call Phil at 394-2245 between 9 a.m.-4 p.m.

FOR RENT: Holly Hills near Pope AFB, 3 bedroom house, air conditioner, carpet, refrigerator, stove, washer, dryer, 1½ baths, garage and fenced. \$260 a month (6921A) Rental Locators Inc. 484-2193, fee.

FOR RENT: Convenient to Pope AFB, 2 bedroom, furnished house, all electric, air conditioned, carpet, kids and pets fine. Ready now. \$150 a month. (7032A) Rental Locators, Inc. 484-2193, fee.

FOR RENT: Wall to bases furnished apartment, air conditioned, carpet, kids, pets OK. \$130/month (7531A) Rental Locators, Inc. 484-2193, fee.

SEWING MACHINE REPAIRS: All makes parts & buttonholers in stock - scissors & pinking shears sharpened - EXCHANGE CONCESSIONAIRE, Bldg. 8T, 2105 Knox St., Ft. Bragg - 436-4500.

PREOWNED HOMES: The U.S. Gov't has a large selection of homes For Sale throughout the Fayetteville area with little to No Down-payment. Many of these homes have C/A, fireplaces and assorted built-in appliances. VA eligible not required. Call Bill Freeman at Yadkin Realty, Inc., 864-4451 days or 867-1259 nights and Sunday.

RENT: Office located at 2419 Robeson St. (next to Z's Pizza) 4 offices, lobby, bath, furnished, safe, central heat and air -- \$350 month - Call 864-4726 after 5 p.m. 6/18

CLOSE TO POPE AFB, 3 bedroom furnished trailer, air conditioner, carpet, washer, children and pets OK. Ready today. \$140 month. (8012A) Rental Locators, Inc. 484-2193, fee.

OFF HWY. 210 NORTH, convenient to bases, brick 2 bedroom furnished house, central air, w/w carpet, washer, dryer, electric heat, covered patio, fenced and kids OK. \$250. (7501A) Rental Locators, Inc. 484-2193, fee.

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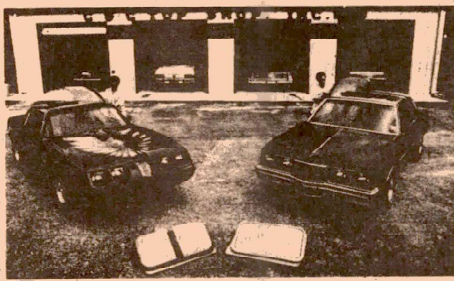
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*Youth Center (394-4512)

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*Classes for Youth Only!

For more information on classes listed, call the phone number listed, or visit the facility. Interested in a class not offered? If 15 others are

interested also, we will be happy to offer the class at a later date. So put your suggestions in now.