

What is an American?

He is the fellow who yells for the government to balance the budget, then takes the last dime he has to make the down payment on a car.

He whips the enemy, then gives him the shirt off his back. He yells for speed laws that will stop fast driving, then won't buy a car if it can't make 100 miles per hour.

He knows the line-up of every baseball team in the American and National Leagues--and doesn't know half the words of the "Star Spangled Banner."

He'll spend half a day looking for vitamin pills to make him live longer, then drive 90 miles an hour on slick pavement to make up for the lost time.

He ties up his dog, but lets his 16-year-old son do what he wants.

He will work hard on a farm so he can move into (con't. on page 4)

Goodies

We would like to distribute toys, goodies, and clothes to surrounding orphanages. We'd be deeply appreciative if you would help us to get these gifts by writing to relatives, friends, and clubs. The clothes should be summer clothes for ages one to twelve. CPT. Raymond J. Guidry, Ch., 24th Evac. Hosp.

9th Med Lab

FORUM

Volume 1 Number 1 Vietnam November 26, 1969

Hours

MESS HALL

Breakfast---0530-0830

Dinner-----1130-1330

Supper-----1700-1900

CHASE-MANHATTAN BANK

Mon.-Fri.-----0900-1500

Sat.-----0900-1300

Sun.-----closed

MAIN PX

Mon.-Sat.-----0900-1800

Sun.-----1000-1500

HOSP. PX

Mon.-Sat.-----0900-1700

Sun.-----1000-1500

24th EVAC. APO

Tues.-Thurs.-Sat.

MAIN PX SNACK BAR

Daily-----0800-1630

HOSP. GIFT SHOP

Tues.-Sat.-----1000-1800

Sun.-----1000-1500

Mon.-----closed

MAIL CENTER-9th MED LAB

Mon.-Sat.-----0900-1645

Sun.-----0900

MI's

Mon.-Sat.-----0900-1700

Sun.-----1000-1600

USARV MAIN PX

Mon.-Sat.-----1000-1900

Sun.-----1000-1700

Christmas Mailing Deadline Set

WASHINGTON (AFPS)

The latest mailing deadlines listed by the U.S. Postal Department for surface and air includes: **FAL (Parcel Airlift)**--FAL mailing costs the regular parcel post rate to the APO or FPO departure point plus \$1 for air service from your city to the overseas base. Packages are accepted up to 30 pounds in weight and 60 inches in combined length and girth. Mailing is from Oct. 28--Nov. 30.

SAM (Space Available Mail)--SAM mailing parcel post rate to APO or FPO departure points is the only fee. SAM parcels can be up to five pounds in weight and 60 inches in combined length and girth. Packages are airlifted overseas from the APO or FPO departure point. Mailing is from Oct. 20--Nov. 23.

Air Parcel Post--For small package mailing. Air Parcel Post should be considered. On parcels weighing two pounds or under, airmail postage should be used and packages mailed Nov. 30--Dec. 11.



KAN CITY, Okla. (AF)--A sign in Wright's cafe reads: "In case of an atomic bomb attack, keep calm, pay check, then run like mad."

"The Betel and The Areca Tree"

During the reign of King Duong there lived a Mandarin named Cao. Cao had two sons who resembled each other like two drops of water. Both sons were handsome, respected each other very much, and were never seen apart. While the brothers were still young, a fire burned down their house and killed their parents. To avoid charity, the young brothers went into the world searching for work.

The brothers, Tan and Lang, went to the house of Luu, an old family friend. Luu had no sons of his own, but had a beautiful daughter named Kato. Both brothers were welcomed into the family, and to tighten the bonds of friendship within the family Luu offered to give Kato in marriage to one of the young men. Tan and Lang both wanted to marry Kato but both hid their feelings, each not wanting to hurt the other. Luu decided the elder should marry his daughter, and decided on a little trick to find the elder brother. He placed two bowls of rice with one pair of chopsticks before Tan and Lang. Lang picked up the chopsticks and passed them to Tan, who accepted them naturally. Luu immediately chose Tan to be the husband of his daughter.

Tan was very happy, and spent most of his time composing love poems for his new wife. Lang felt unwanted, and one day decided to leave. He walked and walked and soon reached the sea. He sat by the sea until he died of grief, and was changed into a white chalky rock.

When Tan learned that his brother had left, he felt ashamed of his selfishness and went to search for him. He followed the same trail to the sea. Exhausted, he sat down on a white chalky rock and wept until he died, and then changed into a tree with a straight trunk and green palm leaves. Tan had changed into an Areca tree.

When Kato learned that her husband had left from their home, she set out in search of him. She also followed the same path to the sea, and came to the spot of the white chalky rock and the straight Areca tree. She sat down at the foot of the tree and wept until she died. She turned into a creeping betel plant that twined itself around the trunk of the areca tree. (cont. on page 3)

FORUM STAFF BOX

The FORUM is an authorized publication of the 9th Medical Laboratory, Vietnam. The views and opinions herein are not necessarily those of the Department of the Army.

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PIN-UP — This week's AFPS' pin-up selection is Miss Pat Priest. She is shown here as she appears in Paramount Picture's "Easy Come, Easy Go".

GI FINGERS

1200 hours lunch time
GI fingers boost a tiny
opener into orbit around
a can of C-ration
brown crackers spoon up
yellow cheese
a belt of tongue runs
them rapidly over the
edge of the esophagus
drops them

d
e
e
p
l
y
into an empty stomach
echoing with hunger.
CPT. Raymond J. Guidry,
Ch., 24th Evac. Hosp.

HISTORICAL NOTE

Robin Hood robbed the rich because the poor didn't have any money.

WHAT IS BUGGING SP/5 JAMES J. COCOLA JR.

"The thing I most dislike in Vietnam is "BUGS!" Thus declared Sp/5 James J. Cocola Jr. during an interview.

Coke, as he is better known by his friends, clarified his statement by recalling a most unforgettable event. Being covered with only a tor sheet, he slumped off to a deep sleep on the tor bunk one night. The fan directly above him causing billowing ripples to flow across his sheet.

His aversion to "bugs" having gotten the better of our G.I., he dreamt that there were snakes crawling on him.

Leaping off his bunk he ran around the room screaming that "the snakes" are after me and are going to get me! Sp/5 Cocola carried on

like this much to the dismay of his bewildered friends who finally calmed our fighting lab specialist.

A 1968 graduate of Niagara University Graduate School where he received his M.S. in Natural Sciences-Biology. Coke enlisted for OC but later he withdrew for a better opportunity to get into the medical field. Awarded the 92B20 Medical Laboratory Specialist MOS he eventually found his way here to the 9th Med Lab.

Future plans include attending Cornell University after his separation from the Army 21 April 1970.

Until that blissful moment he is performing his "thing" in Medical (continued on page 5)

ISMS

Socialism----You have two cows and give one to your neighbor.

Communism----You have two cows; the government takes both and gives you some milk.

Fascism--You have two cows; the government takes both and sells you some milk.

Nazism---You have two cows; the government takes both and shoots you.

New Dealism--You have two cows; the government buys both, shoots one, milks the other and throws the milk away.

Capitalism--You have two cows; you sell one and buy a bull.

Water Bug

With a little needle the nape of the neck of this insect is puncture in the spot where a small gland of bile is located. Catch the liquid in a little bottle well sealed in order that it may not evaporate.

This liquid is used to add the seasoning of exquisite delicacies. It is also very expensive in Vietnam. The price of one milliliter may be more than one thousand piastres. Courtesy of Mlle. Dong Thi Ninh.

Con't

VIETNAMESE LEGEND

The peasants of the village built a temple in commemoration of the fraternal and conjugal love of the unfortunate brothers and the young wife. On the temple they inscribed the motto: "Brothers united, spouses faithful."

Years passed and during that period of exceptional drought which marked the end of the reign of King Duong, the areca tree and the creening betel plant were the only green things left in the kingdom. The news of this miracle spread, and pilgrims from all parts of the kingdom went to the temple. The minister of justice, a wise old man, explained the miracle to the people. He said when one wished to know the paternity or devotion of a child, they are bled, and if the blood coagulated, the response is positive. "We should crush together the leaves of this betel plant, the fruit of the areca tree, and a fragment of that rock" he said. When this was done, the mixture took on a beautiful red color and the proof was clear. It was decided that the betel plant and the areca tree be grown everywhere in commemoration of this story.

Brothers and sisters began to chew the quid of betel to demonstrate love, and newly wedded couples chew it to demonstrate conjugal love. The custom spread and it is now considered proper to offer the quid of betel at all functions to maintain mutual affection.



HOLIDAYS — Traditional free holiday celebrations are held at all USO clubs to bring home a little bit closer for the troops.

DON'T BE IN A HURRY!

We came across this bit written in 1893:

The Art of kissing. Don't peck a woman on the forehead or the end of the nose, or jerk at her bonnet strings in haste to get through. Be cleanly washed and remove your chew of tobacco. Now--take the left hand of the young lady in your right; let go of your hat--just let it drop. Throw your left hand over the lady's shoulder and let it fall down to her waist. Draw her gently and lovingly to your heart. Don't be in a hurry. Her left hand is in your right...clasp it firmly, gently, and with thought and respect. Do not be in a hurry. Her head lies on your shoulder. Look into her half-closed eyes. Gently, manfully, press her to your bosom. Don't be in a hurry. Her lips are almost open. Lean forward with your head not your body. Take good aim...the lips meet...the eyes close...the heart opens...the soul rides the storms, troubles and sorrows of life (don't be in a hurry)...the heavens open before you and the world shoots from under you as a meteor rides across the evening sky (don't be in a hurry)...then the nerves dance...the heart forgets all bitterness, and the incomparable art of kissing is learned.

DECEMBER

SHORT TIMERS

- Berman, Howard H. IAJ.....USAR Flood Park
- Folaja, Gerald CPT.....VET
- Argo, William N. SSG.....9th Med Lab Mbl ON
- Jones, Billie M. Sp/5.....TSN Mortuary
- Alway, John Sp/4.....Motor Pool

AWARDED SSG STRIPES

- Cadungur, Benjamin C.....20 November 1960
- Woschula, Alexander.....20 November 1960

James Cocola Interview

Zoology. That is confirmation and diagnosis of malaria. Off duty hours you will find him listening to his stereo equipment and catching up on current events.

A most memorable incident our hero relates with all the expressions and gestures only attributed to Italians, was while he and Sr/5 Ralph Gattuso (who PTSed Oct. 8, 1969) were sitting in the parking area in front of the lab when Sp/5 Gattuso casually mentioned, "I think that we are going to get hit tonight..." No sooner

had he finished when, as Coke declares, "11 hell broke loose!" What a way to make a living, he adds, summing up his candid feelings.

To see Sr/5 Cocola mimicing the all time great Groucho Marx, cigar and all is a sight to behold. Watch the birdy

But this comical G.I. of the 9th Med Lab has his quieter moments as attested to by this comment..."We live in two tenses, the past and/or future. The present is not really in our minds. We think about the good things--NOT Vietnam!"

A YANK Classic

July 29, 1942



"What Did You Do In Civilian Life, General?"

PROGRESS

In 1907, horsedrawn vehicles in New York City's midtown traffic averaged 11.5 miles an hour. Today, automobiles on those same streets average 6 m.p.h.

LTC SALGAR, COLOMBIA'S GREAT SUCCESS STORY

"Travel is the story of his life," states Major James O'Hara about fellow pathologist Lieutenant Colonel Alberto Salgar.

LTC Salgar speaks Spanish, Italian, French, and English, and he has toured Europe five times. He has visited Italy, Switzerland, Holland, Portugal, Spain, France, Germany, Luxembourg, England, and Belgium. In the Orient he has visited Vietnam, Japan, Thailand, Hong Kong, and Singapore. "I like to see different places, different cultures, and meet interesting people. These are necessities for educating oneself," he explains.

One of his favorite places is Havana which he visited in 1955--it has the variety of European customs, night-life excitement, and the casinos. Mexico, with it's Aztec and Maya ruins, is another of LTC Salgar's favorites.

The doctor's full name is Alberto Salgar-Aya. He was born in Bogota, Colombia and he comes from a political family. His great-grandfather was President of Colombia, and his father was a banker and Mayor of Bogota, the Colombian capital. His grandmother was decorated as the "Woman of the Americas," and twice given the keys to the city of San Juan. "My grandfather was a General of the Liberal Army during the Civil War in Colombia, but I don't like the political field, probably a reaction against it," he commented.

LTC Salgar had six years of medical school at Xavier University in Colombia, and he taught anatomy at the same time he took his internship. After spending almost three years as a general practitioner he came to the United States. Prior to being drafted he had seven years of Pathology work behind him.

While in school he became an excellent tennis player, losing only one match in six years. He shoots in the low 70's in golf, and played soccer well enough to be given a pro offer. "My father wouldn't let me accept. (continued on page 6).

WHAT IS AN AMERICAN

town where he can make more money so he can move back to the farm. He couldn't fight his way out of a paper bag, but spends 20 bucks for ringside seats, and tells the professionals how to fight. We're the country that has more food to eat than any other country in the world and more diets to keep us from eating. We're the most ambitious people on earth, and we run from morning until night trying to keep our earning power up with our yearning power.

We're supposed to be the most civilized nation on earth, but still can't deliver payrolls without an inured ear.

But we're still pretty nice folks. Calling a person "A Real American" is the best compliment you can pay him. Most of the world is itching for what we have, but they'll never have it until they start seratching for it as an individual. (By LCDR. N. D. Andersen)

Song "TITLES" Do Their Thing

- "Indian Giver"--- Supreme Court
- "Tomorrow, Tomorrow"--- George Wallace
- "Blowing in the Wind"--- Ronald Reagan
- "Those were the Days"--- Nikita Khrushchev
- "Hot Fun in the Summertime"--- Motte
- "Light My Fire"--- K.K.K.
- "Games People Play"--- Vietnam War
- "Bad Moon Rising"--- 177
- "Piece of my Heart"--- Dr. Christian Howard
- "I Want to Testify"--- Bobby Fero
- "Muddy River"--- Crystal Creek
- "See You in September"--- Judy
- "Destination Anywhere"--- U.S. Polley

QUESTIONS and ANSWERS

The Question and Answer department has been established for the benefit of all military personnel. If you have a question, call 16:00 am. We'll answer or discuss it; space allows. Address your questions to: Editor, Armed Forces Press File, 11177 W. 10th St., Arlington, Va. 22207.

Q: One Army sergeant has returned from a military action in Vietnam. He is a potential Vietnam Veteran. A: The Army program is basically designed for military study. However, the program can be extended to include military history with the use of military mission.

Q: About Vietnam veterans. A: The Vietnam Veterans Administration is a federal agency that provides support and services for Vietnam veterans.

Q: I thought... A: ...

Recipe for Sea Crab Pâté

The necessary ingredients for this delicacy are three crabs and three duck or chicken eggs, 200 grams of pork, 50 grams of pork fat, 150 grams of onions, 10 grams of carrots and 50 grams of green beans.

Procedure

After boiling the crab, remove all the meat.

Chop up the pork meat well.

Cut the pork fat in little pieces.

Cut the onions in little pieces.

Remove the peel of the carrots and cut them in the form of little rods.

Cut the green beans into thin slices.

Into a big bowl containing the eggs already well beaten, add three teaspoons of brine and one teaspoon of sugar and all the ingredients prepared above. Mix well for three minutes. Pour the contents into a covered frying pan containing a little bit of fat. Using a spoon or a fork make it into a bread 2.5 centimeters in thickness and place in the oven for a half hour. When the bread turns yellow, it is ready to be eaten.

Courtesy of Mlle. Luu Thi Phuoc

THE AMERICAN WAY

FREEDOM: Being able to do what you please without considering anyone except the wife, police, boss, life insurance company, doctor, state, federal and city authorities, neighbors and the Army.

"There was never a good war nor a bad peace."

--Benjamin Franklin

FORUM

LTC SALGAR

because he wanted me to finish medical school," he said.

The 35 year old pathologist is an avid museum goer, and feels a particular fancy for the Baroque period in art and music. He is acquainted with notables such as Andre Sevovia, world renowned guitarist, Salvadore Dali, the top surrealist painter, is a very good friend of the wandering pathologist. "I remember once in New York at the San Gregis Hotel," he commented, "a couple hundred flies he was going to use for a painting escaped and got into the air-conditioning system. What a mess!"

After his separation from active service in August, 1970, he plans to return to New York, his wife Barbara, and his five children. Ines Elvira, Maria Isabell, Camilo Mauricio, Tania Beatriz, and Louis Alberto Juan Carlos.

POETRY WANTED

An Anthology of Poetry written by military personnel during the past ten years is being compiled by Roger D. Brittain, 4301 Spruce St., Philadelphia, Penna., 19105. Anyone interested may submit his work for consideration.

