Shepard Unruffled By Training Grind

**By United Press International**

Astronaut Alan Shepard spent three years training for his space mission. It was a long journey, but he was determined to make it count. Shepard, who was one of NASA's prime astronauts, said: "I want young men who put planes to the air and won his pilot's license from the Spaulding Fibre Co. plant on March 1st. Police have lodged no charges.

Marder, 77, was in "good" condition at the hospital when he was admitted. His doctors estimate that he can return home in about a week. Mrs. Marder passed away peacefully in her bed.

**'Mediterranean Diet' for Good Health**

A report published in the Journal of Nutrition states that a Mediterranean diet, which is high in fruits, vegetables, whole grains, and healthy fats, can help reduce the risk of chronic diseases such as heart disease, diabetes, and certain types of cancer.

**Navy to Open New Base in Virginia Beach**

The U.S. Navy announced plans to open a new base in Virginia Beach. The base will be located on a 1,000-acre site and will include a shipyard, a training center, and a marina. The Navy hopes to complete the project by 2025.