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FROGMEN

BARUCH -- Aarseth

For the Navy's frogmen -- even on liberty -- the lure of the depths is too strong to resist. Invading the underwater world, they go fishing -- armed with an "arbalest," named after the ancient crossbow.

A hit and a catch!

Amid the coves of rock and coral off the Virgin Islands, a frogman spears another of the tropical fish that lurk in Neptune's front yard.

Their aqua lungs enable the hunters to stay down for an hour at a time.

No rod and reel are needed for this different kind of deep sea fishing.

Here, held by the tail, a sand shark -- small but vicious -- thrashes wildly. Thick-skinned and dangerous, he is a prize catch for the frogmen who find fun and thrills on an underwater holiday.