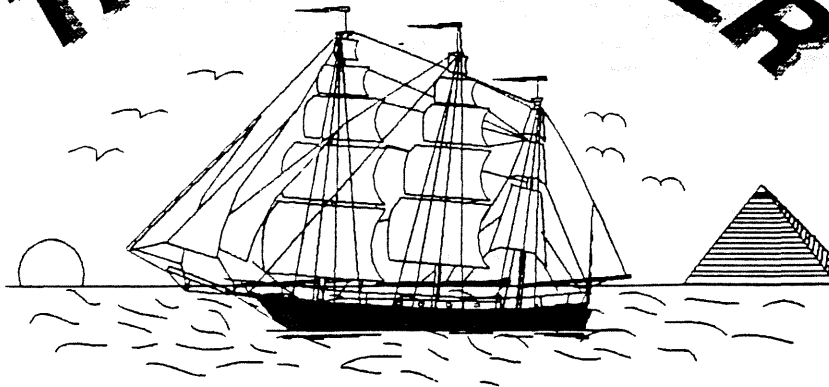
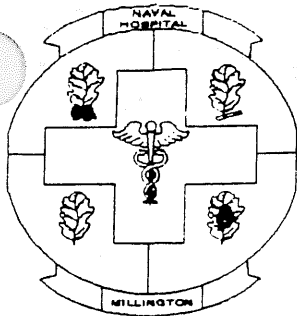


THE *CLIPPER



NAVAL HOSPITAL, MILLINGTON, TN

AUG 92

VOL. 1 NUM 7.

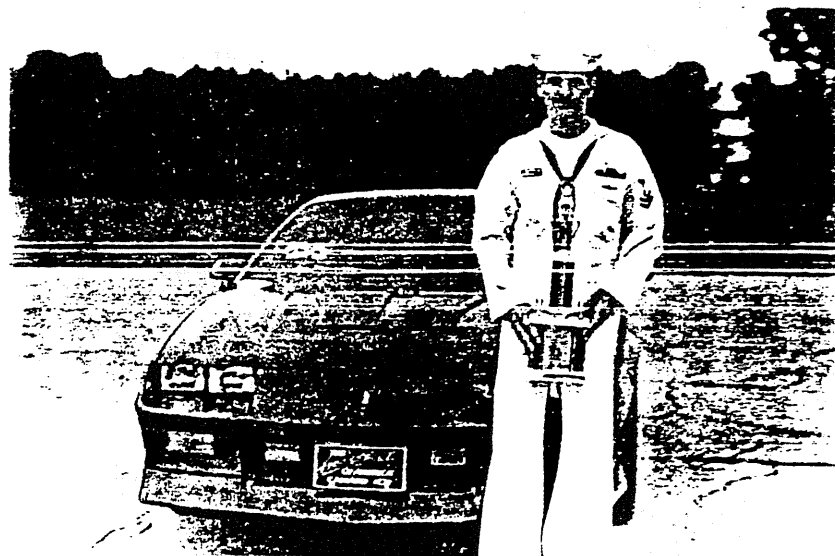


NATIONAL
AVIATION
DAY
AUG. 19TH

CONGRATULATIONS

IC2/SS Terry D. Parker...

Won first place in his division at a benefit car show held in Selmer TN. June 20th and 21st. IC2/SS Parker's car, a black 1991 SP Camaro Z28, was sponsored by the First and Second Class Association of Naval Hospital, Millington. The Show, called "Cars For Kids", had over 300 cars and raised over \$6000.00 for Muscular Dystrophy, Cerebral Palsy, Child Abuse, and Leebner Hospital.



The Life-Safety Upgrade is still tracking with an anticipated start date of November 1993. This project will have much impact on the command for its three year duration. We will maintain all services, but there will be limitations in some areas and a need to relocate services.

RA1M Rich, our responsible line commander, will retire and his relief will be RA1M Jones. We appreciate all his support and guidance and wish the Admiral and Mrs. Rich a fond farewell. We also look forward to working for RA1M Jones.

Have a great summer, drive carefully and school days are just on the horizon.

Calculations to our relief and three commander selectees. It is really a pleasure to see our staff members advance in rate and rank. With the continued down-sizing and resulting selective early retirements, advancement opportunities will diminish with selection becoming even more competitive. Unfortunately, not all top performers are going to be selected on their first board review.

As we move towards the end of the fiscal year, we must all be diligent in the utilization of all resources. The efforts already made are appreciated. The outlook for next year also appears to be difficult, but we will be informed.

Chaplain Mike's Top Sacred Message

On Becoming Too Prosperous

A Story is told about a man who, in the early days of his career, pledged to tithe all that he earned for the work of the Lord. His first week's paycheck was \$50, so he tithed \$5 that week. As he grew older and more prosperous, he received \$100 a week, then \$200 a week. All during that time, he continued to tithe, until his income finally rose to \$1000 per week. Then, he telephoned his pastor and said, 'I have to talk to you.'

The pastor came to the man's beautiful home. They had a good time talking about old times, and finally the man came to the point, 'do you remember the promise I made years ago to tithe?' 'I need to be released from it. It's like this,' the man continued, 'When I made the promise I had to give only \$5 a week. Now I'm making \$1000 a week, and it's costing me \$100 a week to fulfill that promise. How can I get out of giving \$100 a week?'

The old pastor thought for a moment, and then he said to his friend, 'I'm afraid that we cannot get you released from your promise, but there is something that we can do for you. We can kneel now in prayer and ask God to shrink your income so that you can afford to tithe \$5 a week once more.'

In His Service and Yours,

Chaplain Mike

M. K. WHITE

LCDR, CHC, USN

FROM THE PASTOR'S DESK



U.S. NAVAL HOSPITAL, MILLINGTON
PASTORAL CARE DEPARTMENT,
PRESENTS:

ROLLIN' DOWN THE RIVER
ON THE

"ISLAND QUEEN"

MOONLIGHT RIVERBOAT RIDE
(THREE-DECK STEERWHEELER)
SATURDAY, 22 AUGUST 1992

2000 POT-LUCK PICNIC ON THE COBBLE STONES
AT RIVERSIDE AND MONROE AT THE PARKING AREA

BOARDING AT 2100 DEPARTING AT 2130
RETURN AT 2330

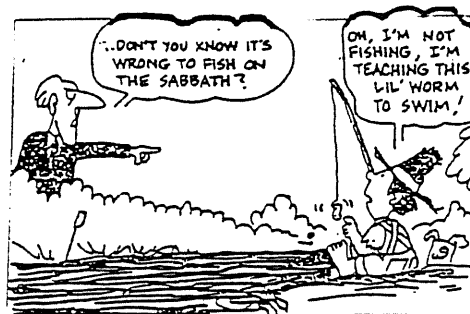
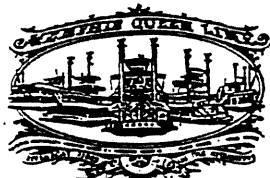
ENTERTAINMENT BY "ATLANTIS" (NAVY BAND)

ALL ACTIVE DUTY, FAMILIES, CIVILIAN PERSONNEL
AND FRIENDS ARE INVITED

\$8.00 PER PERSON

DOOR PRIZES TOO!

(TICKETS MAY BE PURCHASED IN THE CHAPLAIN'S OFFICE OR
QUESTIONS AT 3626/9)



BIBLE STUDY: Wednesday 1200
Hospital Chapel

Thursday 1100
Branch Clinic

AWARDS! AWARDS! AWARDS!

NAVY-MARINE CORPS
RELIEF FUND DRIVE

by: EM3 Hardy

Awards presented to staff personnel during the month of July.

CAPT Ward	- Meritorious Service Medal
LCDR Newsom	- Navy Commendation Medal
BM1 Perry	- Navy Achievement Medal
BM1 Donegan	- Navy Achievement Medal
BM2 Richardville	- Navy Achievement Medal
LT Luka	- Meritorious Unit Commendation
BM3 Corder	- Good Conduct Medal (1st award)
LCDR Lantelme	- Humanitarian Service Medal
HN Cullins	- Humanitarian Service Medal
BM1 Flannery	- CNDECHIRA 300 Point Club Award
Mr. Nesbit	- 10 year service award
MID	- Safety Award
LCDR Lantelme	- Letter of Commendation
HMCS Bulgin	- Letter of Commendation
MS1 Schohoff	- Letter of Commendation
HN Dishman	- Letter of Commendation
Ms. Nelson	- Letter of Commendation
Ms. Koziol	- Letter of Commendation
BM2 Lengyel	- Letter of Commendation
MS2 Bea	- Letter of Commendation
BM2 Jones	- Letter of Commendation
HN Cullins	- Letter of Commendation
HN James	- Letter of Commendation
Ms. Sharp	- Letter of Commendation
LT Whitley	- Letter of Appreciation
HA Everett	- Letter of Appreciation
Ms. Smith	- Letter of Appreciation
BM3 Wilson	- Letter of Appreciation
HN Frate	- Letter of Appreciation
LCDR Cooper	- Letter of Appreciation
BM3 Crawford	- Letter of Appreciation
BM3 Burns	- Letter of Appreciation
HN Rainer	- Letter of Appreciation
HN Harvey	- Letter of Appreciation
HA Barnett	- Letter of Appreciation
BM1 Gough	- Letter of Appreciation
BM2 Richardville	- Letter of Appreciation
BM3 Richardville	- Letter of Appreciation
LT Henry	- Department of Treasury Award
EMC Hartz	- Department of Treasury Award
Ms. Bolden	- COHN Board Certification

The following list of personnel were responsible for selling Navy-Marine Corps Relief Society tickets

LT Whitley
LT Wood
ENS Olivolo
HMCS Daily
MSC Graves
MS1 Baker
BM1 Donegan
BM1 Edwards
BM1 Freeland
BM1 Mickens
MS1 Schohoff
BM1 C. Williams
BM2 Cawthon
BM2 Hardy
BM2 Hayes
BM2 Moore
IC2 Parker
STS2 Schrayner
BM2 Selby
BM2 Signore
BM2 Underwood
BM3 Hopson
BM3 Jeffers
BM3 Sheehan
BM3 Stablein
BM3 Susa
BM3 Allen
DN Baker
HN Griffith
HN Long
HN Allen

PROTECT OUR PRECIOUS RESOURCE



AUGUST IS WATER QUALITY MONTH

OUTSTANDING !!!

The following personnel received Outstanding on the May Physical Readiness Cycle

LCDR Croasdale
LCDR Kellogg
LCDR McKivigan
LCDR Savoy
LCDR Walton
LCDR White
LT Glover
LT Luka
LT Nosek
LTJG Celeski
LTJG Poochoon
LTJG Trulove
ENS Bowers
ENS Olivolo
Hml Hairl
DTI Johnson
HM2 Behrens
HM2 Calvache
IC2 R. Parker
HM2 Willis
HM2 Young
HM3 Ballard
HM3 Lavery
HM3 Metzger
HN Dabbs
HN Englert
HN Ford
HN Hollifield
HN Hussey
HN Jowers
HN Mattingley
HN Miller
HN Oakes
HN Walker

PHYSICAL READINESS
IMPROVEMENT AWARDS

The following personnel improved on the May PRT cycle by either improving on their PRT category or by reducing body fat

LCDR Cooper
LCDR Croasdale
LCDR McKivigan
LCDR Walton
LTJG Romine
ENS Miles
ENS Roberts
HM1 Dombrowski
HM1 Girdler
HM1 Huntington
HM1 Thompson
HM1 J. Williams
HM2 Bacalso
HM2 Carrasquilla
HM2 Crawley
HM2 Edwards
HM2 Jones
SK2 Lane
HM2 A. Turner
HM2 Wakefield
ABF2 Woodard
HM2 Young
HM3 Carlson
HM3 Edwards
HM3 Lehenbauer
HM3 Mullins
HM3 Welch
HM3 Young
HN Bartholmew
HN Brekhus
MSSN Ferguson
HN Harris
HN Hawkins

HN Holliban
HN Hussey
HN Kimmons
HN Loftice
HN Oakes
ICEN Smallwood
HN Stafford
HA De La Cruz
HA Felix
HA Jones
HA Martin
HA Snipes
HN Wallace

ADP SECURITY NOTE

A new ADP Security instruction NAVHOSPMILLINST 5239.1A has been signed by the Commanding Officer. This instruction covers the requirements of OPNAVINST 5239.1A and SECNAVINST 5239.2. Within the next few weeks department heads and/or chief of divisions will be assigned by the CO as ADP systems Security Officers (ADPSSO's). The ADPSSO's will be tasked with assisting Mr. Hanisco, the ADP Security Officer (ADPSO) with the requirements for gaining full ADP security accreditation for all computer systems within the hospital and it's Branch Medical Clinic. ADP security accreditation will cover all the security and environmental requirements of ADP hardware, software and data.



AQCESS

AQCESS appointment and scheduling module, daily check-ins requires that all departments using AQCESS complete their daily check-ins for the appointment and scheduling module (ASM) no later than 0700 the following day. This will be accomplished in the following manner:

- a. Do all normal check-ins
- b. Enter "k" to check-in individual patient
- c. Enter the clinic, provider and date to check-in
- d. At the time field press "HELP"
- e. Check to see that the appointment status are one of the following:

- (1) "K" (Kept)
- (2) "W" (Walk-in)
- (3) "NS" (No show)
- (4) "NB" (Non bookable)
- (5) "C" (Clinic cancel)

It is requested that all schedules be "Unfrozen" at least on day prior to the date "Frozen". The schedule must be either "U" (Unfrozen) and left open for booking, or "C" (Cancelled) deleted from the system. If a schedule is left "Frozen" after the date has past, it can not be "Cancelled" and it will lock the system. If check-ins are not completed for the month prior to running monthly reports, the monthly reports will not reflect non-completed checked-in. The above requirements are necessary to ensure the accuracy of the monthly morbidity, clinic statistic, patient history and other reports utilized by departments.



BACKING UP TO SAFETY

Doing backups is a topic that most people don't think much about. Sometimes that's because they've been lucky and have never lost any files, more often it's because they've lost lots of files and would not rather remember it. There are many ways data can be destroyed. Computer viruses, obliterated sectors on a hard disk, power failures and the ever popular operator error are just a few. Every computer user should become familiar with a backup procedure that fits their needs. Tedious though it may be, developing an effective backup strategy, and sticking to it, is a vital part of any computer users routine. For those of you that have Enable 4.0 there are tools included in the program to it easy to back-up your files. There is also a program called "Fastback", Pkzip, the standard "DOS" backup command, tape backup units and numerous other utilities available to backup your files. No matter what method you choose to do your backups, it's important to develop a plan that you can stick with. Perhaps the best strategy is a daily backup of just data files, with a complete system backup once a week. Don't skimp on disks, if you backup your system daily you should have one set for each day of the week, and one set that is stored away from your area. The reason for multiple backup sets is to prevent a problem that may not be immediately evident from being copied to your backup disks. With a different set of disks for each day, if a problem occurred on Tuesday, but it was not discovered until Thursday, you would have a good back up from Monday to fall back on. Although a careful backup plan probably won't win you any awards, remember - it's not a question of if you'll need your backup files, it's a question of when!



HEALTH-CARE WORKERS FOUND NOT TO WASH HANDS

BOSTON - Most health-care workers don't wash their hands before examining patients, which may help explain why hospital patients develop infections, a study says.

The study at the University of Iowa Hospital was designed to see which cleaning solution was more effective in controlling infection - alcohol or antimicrobial formula. But researchers discovered that only three out of five health-care workers in the intensive-care unit bothered to scrub, even though they knew they were being watched.

"Experts in infection control coax, cajole, threaten and plead, but still their colleagues neglect to wash their hands," said Dr. Donald Goldman of Children's Hospital in Boston and Elaine Larson of the Johns Hopkins School of Nursing. Their findings were reported in today's New England Journal of Medicine.

Washing is one of modern medicine's basic tenets, but lack of hygiene apparently is a major problem. Other studies

have suggested doctors do not change when they should, which also can spread illness.

"Hand washing is the No. 1 way to prevent infection," said Cindy Cole, registered nurse and infection-control specialist at Baptist Memorial Hospital in Memphis. She said Baptist stresses hand washing during employee orientation and continuing education efforts.

Cole said the hospital also uses posters as employee reminders and tries to ensure sinks, soap and towels are always readily available.

At the Regional Medical Center at Memphis, Dr. Arthur Kellenmann, emergency room director, said the emergency employees have contact with 100 or 200 patients a day. "We probably all think we do a better job (in hand washing) than we do," he said, adding that the study suggests periodic evaluations might be needed to monitor hand washing.

Patient infections cost up to \$10 billion annually to cure.

ARTICLE SOURCE: COMMERCIAL APPEAL

WOMEN'S EQUALITY DAY-AUG. 26



Wear a Sardonyx or for thee
No conjugal felicity.
The August-born without this stone
'Tis said must live unloved and lone.

HAPPY BIRTHDAY TO ...

Submitted by HMI Debra Santee

Norma Hubbard
Cleatis Stacy
Sara Wilson
MS3 Durrion Jones
HM2 Michael Quatrone
HM2 Albert Dunbar
CDR Royal Jackson
LCDR Ricki Monson
HM2 Jimmy Hicks
HM3 Allan Stuart
HM2 Peter Bruner
DT3 Dale Palmer
HM2 Trudy Mullins
Sandra Doan
Donna Cochran
Otis Arnold, Jr.
HM Randy Cowart
HM Guadalupe Lopez
HA Alan Malone
HM Troy Taylor
HM2 Darren Cawthon
HA Michael Durant
HM3 Oscar Chatman
HM3 Tammy Susa
HM3 Linda Hall
HM Jimmy Hoffman
HM2 Timothy Marion
HM3 Jeffery Burris
EMC Joseph Earl
Medhat Elshamy
HM2 Anthony Lockett
HM1 Perry Dijkman
HM Paul Rowland
HA Gregory Carpenter

Nancy Polly
Dorothy Whitehouse
Hugh Wyatt
HM1 Lloyd Mickens
HM3 Samuel Coleman
HMCS Richard Bulgin
LT Melinda Tankersley
HM1 Raymond Lakes
HM2 Gaylord Jackson
HM1 Clifton Lane
HM2 Jeffrey Munsey
LT William Moore
HM2 Alphonso Whitt
Woodson Thomas
HM3 Clifford Edwards
DT1 Felton Johnson
HM2 Douglas McGuire
HM Richard Crim
HM Andrew Helleck
HM2 Barbara Licato
HM Walter Litwin
CDR Ira Davis
HM John Dabbs
HM Norman Womble
HA Shawn Hert
HM Paul Dufor
Tammy Hughes
MS2 Melanie Dupree
HR Jerry Parham
HA Jacqueline Gentry
HR Letra Colbert
HA Jeffrey Kaufman
HM Christopher Toth



WHAT IS LYME DISEASE?

By EML(AW) T. J. Gough

Lyme disease is an illness that is spread by the bite of deer ticks carrying certain bacterial strains. The disease was first recognized in Lyme, Connecticut in 1975. Since then, cases have now been reported throughout the country. Lyme disease may cause arthritis, heart problems, and central nervous system disorders. Deer ticks are very small, normally no bigger than the head of an ink pin. They feed mostly on mice and deer but can also feed on mammals. These ticks normally are capable of transmitting the disease in late spring, summer, and early fall.

There are three stages of Lyme Disease. In stage 1 symptoms include a red rash that is usually circular and blotchy and that expands around the bite, headache, fatigue, fever, pain and stiffness in the joints and muscles, swollen glands, and other flu-like symptoms. In stage 2 symptoms usually appear within a few days to within a few weeks. They include dizziness, poor coordination, weakness, severe fatigue, joint pain, headache, memory loss, irritability, and facial paralysis. Stage 3 can occur weeks to years after stage 2. The most common symptom of this stage is arthritis, often in the knees. This condition can disappear but can recur many times. The stages and symptoms may vary. Some people may not go through all stages and have symptoms that overlap between stages. It is important that you seek medical attention if you notice any symptoms of Lyme disease and that you inform the physician that you may have been exposed to ticks. Prompt attention and treatment with antibiotics is usually successful in preventing complications. The longer treatment is delayed the more difficult it becomes to treat.

Of course, using some preventive measures is important to reduce the likelihood of contracting the disease. If you are going camping, hunting, or venturing into a tick-infested area, you should wear a hat, long-sleeved shirt, long pants which are tucked into socks, and shoes. Also, use a tick repellent. Some companies are now using advertising gimmicks which lead you to believe that their product is the only one that will work. These repellants do work; however, they contain very high percentages of an active ingredient called "DEET" which may cause skin rashes. Any brand of repellent with "DEET" will work. So as a word of caution, you may be better off applying the repellent to only the clothing. After returning home from your outing, check your body for ticks. If you find one, use small pointed tweezers and grasp as close to the mouthparts as you can and pull the tick away from you. Avoid grasping the tick by the body and twisting the tick off. The use of petroleum jelly, motor oil, hot matches, etc. for removal is not recommended. For further information on Lyme Disease, contact the Occupational Health/Preventive Medicine Department at 873-5654/5657.

TAKE THESE, V.

BETTER YOU
THAN ME!



CHAMPUS NEWS

CHAMPUS WILL REVIEW CIVILIAN HEALTH CARE ON REGIONAL BASIS

Service families who receive civilian health care under CHAMPUS will have that care reviewed and monitored on a regional basis, replacing the state-by-state method of review that was in use before May 1.

A "CHAMPUS Regional Review System" (CRRS) has established five review centers nationwide, one in each of CHAMPUS' claims regions. These centers will look at the civilian medical and surgical care being provided to CHAMPUS-eligible persons. They'll decide whether care is medically necessary, whether it's being delivered at the appropriate level, and whether it meets acceptable standards of quality.

CHAMPUS mental health services won't be reviewed under this program; they are currently being reviewed by another CHAMPUS contractor.

Under the CRRS program, certain health care services require advance authorization. Hospitals and individual health care providers must ob-

tain these authorizations before the patient is admitted to the hospital, or before the procedure is performed. Getting the authorization isn't the patient's responsibility.

Effective May 1, 1992, the following inpatient conditions or procedures require advance authorization from the CHAMPUS contractor which serves the region where the care is provided: angioplasty/endarterectomy (removal of plaque deposits from coronary blood vessels), bronchitis/asthma, cardiac catheterization, cesarian section, cholecystectomy (surgical removal of the gall bladder), coronary artery bypass graph, gastritis/dehydration, hysterectomy, simple pneumonia, and abortions.

Certain outpatient procedures that will also require advance authorization will be added to the above list in the near future.

When a provider gets the advance authorization for civilian care for a CHAMPUS patient, that's not the same thing as when a patient obtains a "nonavailability statement" (NAS) from a nearby uniformed services hos-

pital.

The patient who lives within the military hospital's ZIP code service area must ask for the NAS (patients who live outside the Zip Code service area don't need NASs before getting civilian care). The NAS is then filed electronically with DEERS by the military hospital. It says the hospital can't provide the non-emergency inpatient care that the patient needs.

Once the NAS has been filed by the service hospital, the patient may seek care from a civilian source—and the civilian provider of care must get advance approval for the care, if necessary, as discussed earlier.

The regional review centers may also look at records after the patient has been paid. If the center finds that the care was not necessary, the hospital and doctor may have to return the money to CHAMPUS, and return any payments made by the patient. In most cases, the patient can't be held financially liable for such care.

Regional review centers will also investigate complaints from pa-

tients about the quality of care received in civilian hospitals.

In CHAMPUS' South-eastern claims processing region (which includes Tennessee, Mississippi, Alabama, Georgia and Florida), the review center is under development, and is expected to be in operation by Oct. 1 1992. The CHAMPUS contractor for California and Hawaii will also set up a review center in the near future.

Regional review centers will also investigate complaints from patients about the quality of care received in civilian facilities.

If a center denies payment for care or services under CHAMPUS, providers may appeal the decision or ask for a reconsideration. Both patients and providers will also be protected under a waiver-of-liability provision. Both will receive a written notice of a denial, and will be told whether or not liability for payment for the care is being waived.

General questions or requests for information about the program may be addressed to:

Submitted by: HMI Santee

Selective Re-enlistment Bonus (SRB) Program

Program Description

The Selective Re-enlistment Bonus (SRB) program increases Navy enlistments in hard-to-fill ratings and Navy enlisted classification (NEC) codes. Ratings and NECs are added or eliminated from SRB lists as retention drops or increases.

Eligibility

- completed at least 21 continuous months, excluding Naval Reserve annual training (AT), but not more than 14 years of active naval service
- eligible to re-enlist or extend for three or more years in the regular Navy
- not be entitled to, nor have received, re-adjustment, severance or separation pay
- be a petty officer or E-3 designated striker on active duty
- qualified for and serving in an SRB rating or NEC, or
- qualified for the Selective Conversion and Retention (SCORE) program or lateral conversion to an SRB-eligible rating
- not be extending nor re-enlisting to have sufficient obligated service for an officer program

Members with "broken service" (more than 24 hours since discharge) must be a petty officer and have less than a four-year break in active service. Members fall into Zones "A," "B" or "C" SRB eligibility, based on the number of years of total active military service, including active time in reserve components. Members may receive only one SRB bonus for each zone during a career.

Zone "A" Eligibility

Member must have completed at least 21 months of continuous active naval service, excluding reserve annual training (AT), but not more than six years of total military service.

The minimum time in service need not be immediately preceding the re-enlistment or extension.

Member must extend or re-enlist for at least three years.

The extension or re-enlistment must yield at least six years of total active military service.

Zone "B" Eligibility

Member must have completed at least six, but not more than 10 years of active military service.

The time computed must immediately precede the extension or re-enlistment date.

Member must extend or re-enlist for at least three years.

The extension or re-enlistment must yield at least 10 years of total active military service.

Zone "C" Eligibility

Member must have completed at least 10, but not more than 14 years of total active military service.

Member must extend or re-enlist for at least three years.

The extension or re-enlistment must yield at least 14 years of total active military service.

SRB Payments

Payments are computed from base pay. That amount is multiplied by the number of months of additional obligated service, then divided by 12. That result is multiplied by the SRB award level number.

Fifty percent of the total bonus is paid upon re-enlistment, with the remainder paid in equal annual installments on the anniversary of the re-enlistment date. Early payment of the next installment can be approved by the commanding officer, but requests for remaining amounts must be approved by the Chief of Naval Personnel (PERS-292B).

Special Policies

Some members may qualify for early re-enlistment for SRB prior to expiration of active obligated service (EAOS).

Others may qualify for an early re-enlistment waiver when obligated service is required for permanent change of station (PCS) moves, advancement, submarine duty pay and to re-enlist for the Selective Training and Retention (STAR) or Selective Conversion and Retention (SCORE) programs.

Requests to convert out of SRB-eligible ratings are normally disapproved.

SRB installments are suspended for sailors attending school for an officer procurement program. Members forfeit the remaining installments when they are commissioned.

Recipients must remain qualified for continued service in the bonus skill. They are expected to serve the full enlistment or extension in the SRB rating or NEC.

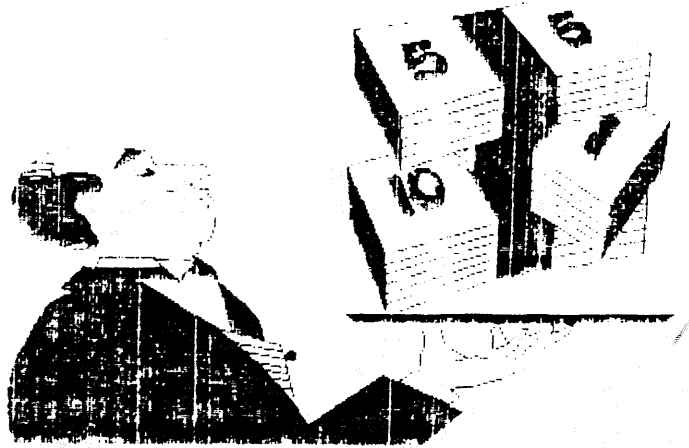
Out-of-skill assignments for one tour are permitted for:

- stateside/overseas rotation
- sea/shore rotation
- mission-essential requirements
- humanitarian or medically dictated assignments

For More Information

For more information on the Navy's Selective Re-enlistment Bonus (SRB) program, visit your command career counselor or see a command retention team member.

YOU AND THE NAVY. FULL SPEED AHEAD.



FOR SALE

1981 Plymouth Sopporo
2.6 L Mitusbishi engine, 5 speed, New clutch
New tires, A/C,P/S,P/B
\$1000.00 OBO

Contact: HMC McConnell ext: 5654 or 388-5583 p̄ 5:00

1982 Ford Bronco 4X4 Full Size
302 with C6 transmission, P.S, P/B
24,000 miles on rebuilt engine, transmission and
r end. Very reliable. Runs great
\$2900.00

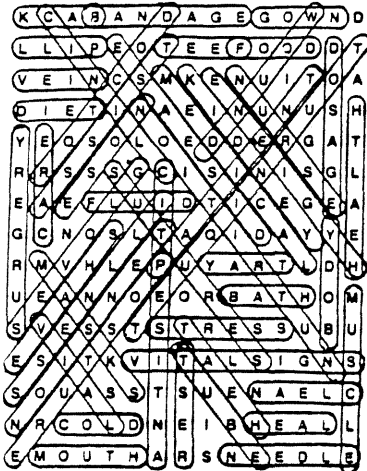
Contact: HMC McConnell ext: 5654 or 388-5583 p̄ 5:00

1984 Honda " Nighthawk " 650cc
New Tires, Tune-up, Complete records kept.
Burgundy Wine color, 4 cylinder, Garage kept.
Less than 11000 miles.
\$1900.00 FIRM

Contact: HM1(AW) Gough ext: 5654 or 476-3411 p̄ 6:00

Baby Dwarf Rabbits
Steel Gray, make wonderful pets
\$5.00 each

Contact: HM1 Santee ext: 5839 or 837-4658 p̄ 5:00



Submitted by: HMI Santee

More than in most callings, the sailor must practice his craft in tune with Nature. Disaster is never far away if he ignores her warning signs.

a sailor's life



- ~~Hull~~
- ~~Islet~~
- ~~Keel~~
- ~~Kelp~~
- ~~Lagoon~~
- ~~Lifeboats~~
- ~~Line~~
- ~~Liner~~
- ~~Mariner~~
- ~~Moorings~~
- ~~Navigation~~
- ~~Ocean~~
- ~~Passage~~
- ~~Pier~~
- ~~Pilot~~
- ~~Reef~~
- ~~Sales~~
- ~~Seas~~
- ~~Shallows~~
- ~~Shoal~~
- ~~Sounding~~
- ~~Tide~~
- ~~Travel~~
- ~~Voyage~~
- ~~Waves~~
- ~~Weigh~~
- ~~Wharf~~
- ~~Wind~~

- ~~At sea~~
- ~~Barnacle~~
- ~~Bays~~
- ~~Bearing~~
- ~~Brig~~
- ~~Cape~~
- ~~Cargo~~
- ~~Chart~~
- ~~Coast~~
- ~~Compass~~
- ~~Cove~~
- ~~Currents~~
- ~~Depth~~
- ~~Drill~~
- ~~Eddies~~
- ~~Estuary~~
- ~~Fathoms~~
- ~~Fleet~~
- ~~Gulf~~
- ~~Headland~~
- ~~Horn~~
- ~~Travel~~
- ~~Voyage~~
- ~~Waves~~
- ~~Weigh~~
- ~~Wharf~~
- ~~Wind~~