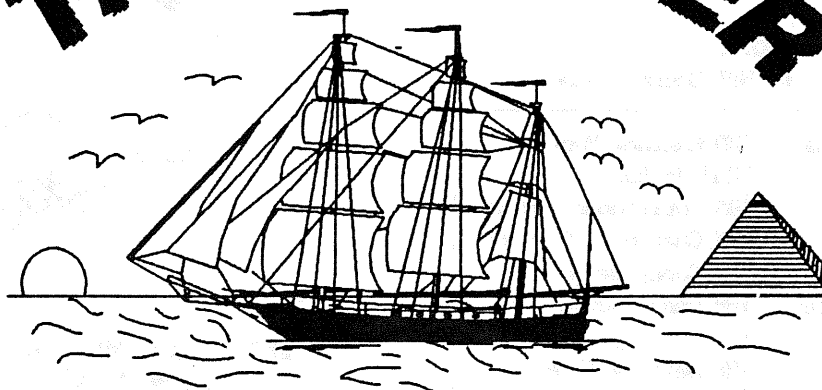
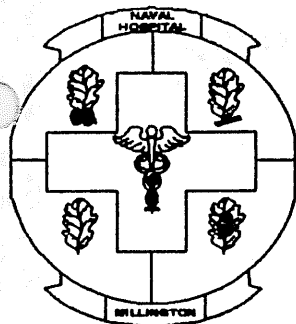


# THE \*CLIPPER



NAVAL HOSPITAL, MILLINGTON, TN

VOL. 1 NUM 5.



Happy Birthday to our largest Corps - the Hospital Corps - on your 94th year of dedicated service. May each of you take pride in what you do and your heritage! Have a great party on 27 June '92.

As we transition to a smaller Navy, there will be significant issues that must be addressed. This command had already implemented numerous cost-cutting actions to remain solvent and allow us to meet our mission. Taking these actions has not been easy, but the civilian and military staff working together has been most helpful and understanding. Clearly our goal is to have as

little as possible impact on both our patients and our own hospital staff.

In the "Good News" category, MWR will be able to open the hospital swimming pool three hours/day during the week and four hours a day on weekends. However, it is important that we maximally utilize this recreational activity to justify the expenditure of very scarce MWR funds.

As we pass through the summer months, please take the time to say thank-you and good-bye to those who are leaving and give a hearty welcome and helpful hand to those who are arriving.

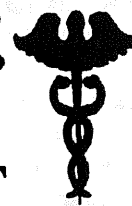
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Who comes with Summer to this earth  
 And owes to June her day of birth,  
 With ring of Agate on her hand,  
 Can health, wealth, and long life command.

HAPPY BIRTHDAY TOO...

by HMI Debra Santee

Frederick Williams	HN Matthew Mankin
Oscar Sears	HM3 Jo Hardy
Virginia McGary	HA Christopher Johnson
Joan Bernard	HN Charlotte Sanders
Jerri Richmond	HN Corey Brown
LCDR Raymond Foster	HN Danny Davis
LCDR John Thobe	HM3 Rickey Conrad
Karen Stanton	HN Jeffrey Allen
Elroy Blythe	HN Chancee Wilson
LCDR Patricia Jarnagin	HA Todd Labonbard
LCDR Richard Savoy	HN James Brekhus
HMI Jackie Wagner	HM3 Johnathon Nelson
LCDR Robert Kellogg	HA Gregory Murphy
LT Jennifer Myles	HM2 David Halm
Linda Romero	HN Jeffrey Everett
HM2 Karen Freeman	HN Jeffrey Altamirano
HM2 Vicki Ribolini	HN Deedra Wessel
ENS Kimberly Whisenant	HA Robert Lumus
ICC William Dick	HN William Sheppard
HMI George Schmidt	HA Purcell Jasper
Regina Smith	HN David Blessing
HM2 Kyle Norris	HA John Katz
HM3 Ruben Morales	
HM2 Steven Cook	
HM3 Neal Schroeder	
HMI Douglas Flannery	
HM3 James Drewery	
HN Bruce Leaf	
HM3 James Price	
HN Steven Kimmons	
HN Michael Devlin	

CONGRATULATIONS TO THE FOLLOWING  
 PERSONNEL WHO REENLISTED IN MAY

HMI Patricia A. Diaz	3 years
HMI Hector E. Diaz	3 years
HM3 Genovia R. Banks	4 years
HMI Bruce A. Burr	4 years
HM2 Juan Gonzalez	3 years

# Hail & Farewell



"PEOPLE COME AND GO SO QUICKLY HERE"  
 (from The Wizard of Oz)

DEPARTING PERSONNEL...

Fair Winds and Following Seas!

HMI Patricia Diaz  
 HMI Hector Diaz  
 HN William Sheppard  
 HN David Johnson  
 HMC Terry Zihlman  
 HMC Micheal Montoya  
 HM2 Juan Gonzalez  
 HN Edward Snyder  
 HN Jackie Womack

REPORTING PERSONNEL

Welcome Aboard,  
 Naval Hospital Millington!!!

HMI James McCliment  
 MSSN Rodgrick Montgomery  
 HMC Evelyn Conway  
 HMI Perry Dijkman  
 ABEC Thomas McGee  
 HA James Walker  
 HR Christopher Wagner  
 HN Thomas Kelso  
 HR Eric Irby  
 HA Shon Falconer  
 HR Anthony Clementi  
 HN Tabitha Kemmis  
 HA Tammy Wilson  
 HN Christopher Toth  
 HN Paul Rowland  
 HR Brian Moore  
 HR Aaron McEntire  
 HA Jeffrey Kaufman  
 HA Zachary Gillispie  
 HA Gregory Carpenter  
 HA Robert Stevko

**AWARDS! AWARDS! AWARDS!**

**USN/USNR CYCLE 135, E-4/5/6 ADVANCEMENT QUOTAS  
MARCH 1992 EXAMINATIONS**

by: HM3 Smith

Awards presented to staff personnel during the month of May.

CAPT Clarkson - Navy Commendation Medal  
 CDR Smith - Navy Commendation Medal  
 LTJG Sullivan - Navy Achievement Medal  
 EMC Earl - Navy Achievement Medal  
 HM1 Schmidt - Navy Achievement Medal  
 HM2 Willis - Navy Achievement Medal  
 HM2 Bolin - Navy Achievement Medal  
 HN Johnsen - Navy Achievement Medal  
 HM3 Graham - Good Conduct Medal (1st award)  
 MS3 Jones - Good Conduct Medal (1st award)  
 HM3 Finley - Good Conduct Medal (1st award)  
 SK3 Joseph - Good Conduct Medal (1st award)  
 DN Baker - Good Conduct Medal (1st award)  
 HM2 Wandrych - Good Conduct Medal (2nd award)  
 HM3 Perkins - Good Conduct Medal (2nd award)  
 Ms. Malone - 10 year service pin  
 Ms Brigance - 10 year service pin  
 HM2 Cawthon - Letter of Commendation  
 MS2 Dupree - Letter of Commendation  
 HM2 Richardville - Letter of Commendation  
 HM2 Welch - Certificate of Commendation  
 LTJG Maxwell - Letter of Appreciation  
 ENS Bowers - Letter of Appreciation  
 HM1 Flannery - Letter of Appreciation  
 HM2 Rhoden - Letter of Appreciation  
 HM2 Willis - Letter of Appreciation  
 HM3 Wiggins - Letter of Appreciation  
 HM3 Lavery - Letter of Appreciation  
 HM3 Knighton - Letter of Appreciation  
 HM3 Amaya - Letter of Appreciation  
 HN Straub - Letter of Appreciation  
 HN Straub - Letter of Appreciation  
 HN Sheppard - Letter of Appreciation  
 Ms. Smith - Letter of Appreciation

RATE	E-4	E-5	E-6
HM	1113	77	208
IC(1)	33	4	4
IC(2)	200	29	9
DT	52	44	49
MS(1)	100	120	3
MS(2)	550	54	41
SK(1)	35	14	7
SK(2)	350	233	21
ABF	100	42	20

**NOTES**

- (1) = SUBMARINE QUALIFIED
- (2) = ALL OTHERS

**USN CYCLE 134 E-7 ADVANCEMENT QUOTAS**

RATE	
GM	130
HM	296
IC(1)	30
IC(2)	45
MS(1)	40
MS(2)	21
SK(1)	5
SK(2)	16
DT	40

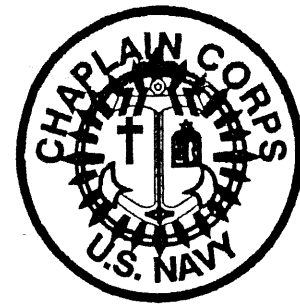
**NOTES**

- (1) = SUBMARINE QUALIFIED
- (2) = ALL OTHERS

**SPOT LIGHT ON JUNE 1992  
EVENTS FROM THE PAST  
BY HMI SANTEE**

3 JUNE 1949, the first Afro-American, John W. Brown, graduated from the Naval Academy.  
 4 JUNE 1942, the Battle of Midway began.  
 8 JUNE 1830, Sloop-of-war Vincennes, the first U.S. warship to circle the globe.  
 9 JUNE 1959, the USS George Washington (SSBN 598), the first nuclear-powered Fleet Ballistic Missile Submarine, is launched.  
 10 JUNE 1854, the first formal graduation exercises were held at the Naval Academy.  
 14 JUNE, FLAG DAY.  
 17 JUNE 1898, the Navy Hospital Corps was established.  
 19 JUNE 1942, the Battle of the Philippine Sea began.  
 21 JUNE FATHER'S DAY.

CHAPLAIN MIKE'S TOP SACRED MESSAGE  
FOR FATHER'S DAY-INDEPENDENCE DAY



On July 4, 1776 there was signed in the city of Philadelphia one of America's most historic documents: The Declaration of Independence. It marked the birth of this nation which, under God, was destined for world leadership.

But what we often forget is that, in declaring independence from an earthly power, our forefathers made a forthright declaration of DEPENDENCE upon Almighty God. The closing words of this historic document solemnly declare:

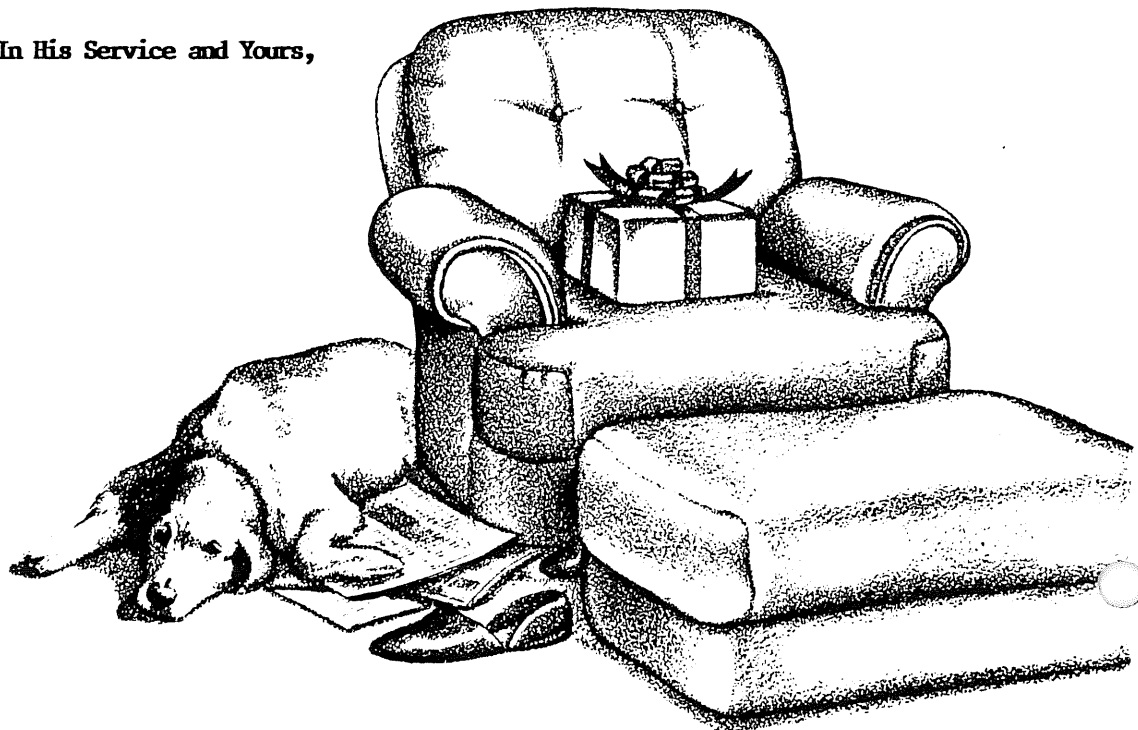
"With a firm reliance on the protection of Divine Providence, we mutually pledge to each other our lives, our fortunes, and our sacred honor."

On this upcoming celebration of Father's Day on June 21 and Fourth of July, we need to be reminded of the solemn warning that God our Father gave to another great nation which had just been declared independent. This warning is found in the Bible and, although written over 3,000 years ago, it might well refer to our modern family and our beloved country. Read Deuteronomy 8:7-14.

We, as children to a Father and as a Nation dependent on God, must pray that our country might have a new birth of freedom; not from God, the Father, but rather a freedom built UPON God, the Father! Then, as did the founding Fathers of our beloved country, we will find in Him life, liberty and the pursuit of true and abiding happiness.

HAPPY FATHER'S DAY AND INDEPENDENCE DAY 1992

In His Service and Yours,



CHAPEL OPPORTUNITIES

Hospital Chapel (Open 24 hrs. on 3rd Deck)  
Monday - Friday Prayer/Share Fellowship at 1545  
Wednesday Bible Study at 1200  
Friday - Roman Catholic Mass at 1130

Branch Clinic  
Thursday - Bible Study at 1130  
Other Worship Opportunities contact NAS Chapel at 873-5341.

Pastoral Counseling is available for individual, family marriage, pre-marriage, divorce, sacraments, death/dying, substance abuse, eating disorders, etc. Call the Chaplain's office at Rm. 2 873-5828/9.

Chaplain available 24 hrs. by calling NAS OOD at 873-5509.

*Father's Day*

**THE CIVILIAN COMMUNITY**

BY: Cyndi Eldridge

**WELCOME ABOARD TO NEW EMPLOYEES:**

Nancy Bratcher- Pt Admin  
 Freddy Pugh-Risk Manager  
 Cindy Pledger-Intg Logist  
 Crystal Weekley - Lab  
 Billy Reid - Pharmacy

**FAREWELL TO DEPARTING EMPLOYEES:**

R. Coffman - Purchasing  
 D. Bruner - Lab  
 \* \* \* \* \*

**BENEFICIAL SUGGESTIONS:**

You can transform your ideas into realities. Your ideas for improving the efficiency & economy of Government operations may be the very ones which SAVE the Government and PAY OFF for you.

A beneficial suggestion is an idea submitted in writing by an individual or group that proposes a method to do a job better, faster, or cheaper for the Navy, Marine Corps, or the Government. The idea must present a specific area for improvement and a workable solution, Before submitting your idea, ask yourself any of the following applicable questions:

1. Will it increase production through improved quality?
2. Will it combine operations?
3. Will it result in more effective utilization of manpower?
4. Will it improve methods of operation, maintenance, and construction?

5. Is the solution practical?

If the answer to any of the above questions is YES, then you have a constructive idea. Submit it in writing as a suggestion!!!!!!!!!!

All civilian employees paid with appropriated funds, both supervisory & non-supervisory, and military personnel are eligible to turn in suggestions. Awards are granted only if the suggestions are adopted.

To submit a beneficial suggestion, use the Suggestion Form OENAV 5305/1 (5/80) which is available from the Personnel Management Dept, ext 5826, or the Human Resources Office, Bldg S-1, ext 5324. Complete this form properly by filling in all information requested, including your work address and building number. Space is provided on the form to permit you to express your idea. Use additional sheets of paper, if necessary, to describe your idea as fully as possible. If a sketch will clarify your idea, a free hand sketch will suffice. You may include photographs if it will help to explain your suggestion more thoroughly. Send your suggestion to the Administrator, Incentive Awards Program, Human Resources Office, Building S-1, or to D. Whitehouse, Personnel Management Dept for processing.

\* \* \* \* \*

**LET ME HEAR FROM YOU.....**

Any items of interest or concern regarding civilian matters (for input in the newspaper) may be directed to Cyndi Eldridge in room 238.

\* \* \* \* \*



**★ USA Baseball ★**  
*See Tomorrow's Stars Here Today*

THURS, June 11.....	Venezuela
<i>Mill. Rec. Dept. &amp; KIX 106 &amp; U.S. Flags</i>	
FRI, June 12 .....	Venezuela
<i>Coca Cola Bartlett Travel Trip/ Northwest Airlines</i>	
SAT, June 13 .....	Venezuela
<i>U.S. Military &amp; ROCK 103 &amp; Squeeze Bottles</i>	
FRI, June 19.....	Nicaragua
<i>Dairy Queen &amp; Mini Helmets/ Baseball Cards</i>	
SAT, June 20 .....	Japan
<i>Shoney's Mizuno Bating Gloves</i>	
SUN, June 21 .....	Japan
<i>Oldies 98 &amp; Team Pictures/ Autograph Night</i>	
MON, July 6 .....	Cuba
<i>Pizza Hut &amp; Surprise Giveaway</i>	
TUES, July 7 .....	Cuba
<i>Channel 13 &amp; T Shirts</i>	
TUES, July 14 .....	Canada
<i>Topps &amp; Baseball Cards</i>	
WED, July 15 .....	Canada
<i>Topps &amp; Team Patch</i>	

Millington-USA STADIUM  
 All Games at 7:00 P.M.  
 For Information Call: 872-7228 or 872-8326

# Departmental Highlight

## THE IC SHOP

The IC Shop is one of the smallest work centers in the hospital, yet this division has a long list of accomplishments, including 513 work orders completed since the beginning of this fiscal year with only 5 IMan, this includes myself ICC Dick. We also are lucky enough to still have ICC Gaugh present in the department. although he is not currently in the IC Shop, he still plays a vital role in our accomplishments toward hospital communications up-keep and upgrades.

The IC Shop maintains all telephone equipment and intercoms. We also make needed repairs to all hospital and branch audio and video equipment used on the wards by patients as well as those used by education and training. We also maintain all of the intrusion alarms as well as the hospital All Call System.

Since my arrival in January 92 we have installed new TV's on both

the 5th and the 6th deck patient rooms and lounges. This included repairs to the nurse call units so that the patients could utilize the remote TV changers while in bed. These replacements and repairs have put these systems at 100% availability to the hospital patients.

IC2 Reggie Parker and IC2N Larry Smallwood were both present when I arrived. They have since been joined by IC2 Calvin Turner, the shop LPO, and IC2/SS Terry Parker. Although IMan are telephone technicians the system in this hospital, as most of you know, is not exactly modern. None of the IMan have been to school for this system. This includes myself. Therefore, all of what is known and what is being learned is hands on OJT.

We spent about 6 weeks on shift work to install 33 new phone lines in the hospital and the branch. This included relocating social workers to make

room for the new Acute Care Clinic. Again thanks to ICC Gaugh for his experience in these areas. We also used part of the 6 weeks of night work to trace, label, and document cables. So you'll probably be glad to know that what you heard and thought were rats was just the IMan from the IC Shop, who spend allot of time in these dark, small, and awkward crawl spaces above your heads.

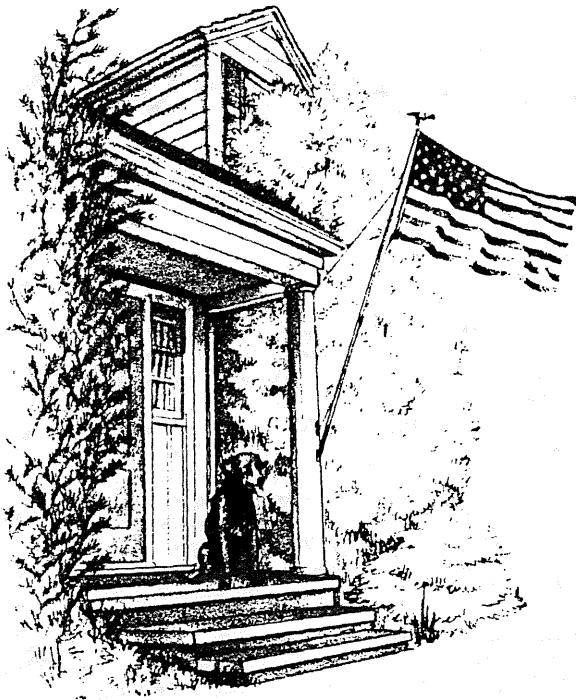
We have installed 36 new touch tone lines into the hospital bringing the total to 96. These upgrades have been put on hold due to the tightening of the hospitals budget. We will again be installing touch tone service to those departments who needs the service just as soon as the budget and the command gives us the green light. We are still installing the new intercom blocks which will allow them to be used with either the rotary type phone or the

touch tone phones. In the past it was either touch tone phones or intercoms, now it is possible to have both touch tone phones and intercoms.

Although the lack of funds slow down new installations we are still very busy. One of our major jobs is starting at the ground floor and completing the blue prints which we have begun. We will be going to each floor, and every room in the near future to complete this task. This needs to be done so that when the hospital renovations begin we will again be able to offer fast and effective telephone service to the hospital staff and patients during numerous departmental moves.

I would like to finish up by saying that we are here for your convenience and service. If you have any problems, questions, or suggestions just call us, we'll be glad to help you any way we can.

DID YOU KNOW?  
By: LEJG Romine



#### PLEDGE OF ALLEGIANCE TO THE FLAG

I pledge allegiance to the flag of the United States of America and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

Flag Day, June 14, 1992 was the 215th Anniversary of the adoption of the national flag by the Continental Congress of the newly formed United States.

Congress resolved that "The flag of the United States shall be thirteen stripes, alternate red and white, with a union of thirteen stars of white on a blue field, representing a new constellation."

Although the 13 stars are usually pictured as being arranged in a circle, no rule had been made and was no uniformity. Some flags were made with 12 stars in a circle with 1 star in the center, other flags had, the stars in three horizontal rows of 4, 5, and 4.

Contrary to what we were taught in grade school, there is no historical documentation that Betsy Ross sewed the first flag, presented it to Congress and that the flag she designed and crafted was adopted. It is believed that Francis Hopkins, a member of the Naval committee and a signer of the Declaration of Independence, drew the design which he then presented to Congress.

Lieutenant John Paul Jones is credited with hoisting the "the flag of

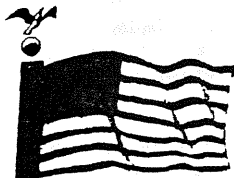
freedom" the first time it was displayed on a naval vessel. The first foreign salute to the flag was on February 14, 1778 in Quiberon Bay, France.

On May 15, 1795, a new flag appeared with 15 stripes and 15 stars and remained unchanged until 1818. On April 4, 1818, with the addition of 5 more states to the union, congress voted that the flag should contain 13 alternate red and white stripes, representing the original 13 states, and that a star for each new state should be added on July 4th following its admission to the union.

Lack of uniformity of displaying the flag by civilians led to the adoption of a flag code. For the most part the code was followed; however, at the beginning of WWII, congress was asked to enact a federal flag code. That code became Public Law 623 on June 22, 1942.

Read more about our flag and Public Law 623 in the Encyclopedia Britannica located in the Hospital's library.

Editor's note: HAPPY 94TH, Hospital Corps. Thanks for being there when we needed you!



# FLAG DAY

## THE UNITED STATES FLAG

By HA Jasper

To veterans throughout American history, the Stars and Stripes has served as a symbol of their service and as a continuing testimony that the service was worthwhile.

Since many flags of early America contained stripes in their design and several others had star devices, there are varying accounts of when and where the first Stars and Stripes was flown. Flag history experts agree, however, that the first Stars and Stripes flag to have the general form we recognize today did not appear until the summer of 1777, when the Continental Congress formally resolved "That the flag of the United States be 13 stripes, alternate red and white, that the union be 13 white stars in a blue field representing a new constellation."

Interestingly, the Congress did not specify the arrangement or shape of the stars, the direction of the stripes, or the relative size of the various components. Consequently, military units and civilian public alike flew a confusing array of local, state and home-made interpretations of the congressional flag description.

It was not until 1912 that the flag was finally assured a uniform appearance, when President Taft signed an executive order prescribing the relative size, shape and positioning of the flag's components.

A subject of almost as much debate as the shape and design of the flag has been the question of how and when to display the Stars and Stripes.

Since 1942, when a law was first enacted to govern actual display of the flag, the guiding statement has been that the flag should be flown on "days when weather permits." The generally accepted interpretation was that the colors could be shown only between sunrise and sundown, and then, not during inclement weather.

Growing sentiment that "Old Glory" should be kept flying irrespective of darkness and foul weather culminated in 1976, when President Ford signed legislation providing that: "When a patriotic effect is desired, the flag may be displayed twenty-four hours a day if properly illuminated during the hours of darkness." The new law also permits the Stars and Stripes to remain flying through inclement weather when a flag of all-weather materials is used.

In addition to its historical significance for permitting the national colors to remain aloft indefinitely for patriotic effect, the 1976 legislation may be remembered for giving life to "Old Glory." The new flag code contains the provision that: "The flag represents a loving country and is itself considered a living thing."

### RESPECT YOUR FLAG

The Pledge of Allegiance to the Flag should be rendered by standing at attention facing the flag with the right hand over the heart. When not in uniform, men should remove their headdress with their right hand and

hold it at the left shoulder, the hand being over the heart. Persons in uniform should remain silent, face the flag, and render a military salute.

Display the U.S. flag on all days but especially on national and State holidays and other U.S. flags should be half-staffed until noon.

The U.S. flag should be displayed on or near the main building of every public institution, during school days in or near every school-house, and in or near every polling place on election days.

Always hoist the U.S. flag briskly. Lower it ceremoniously.

### THINGS NOT TO DO

Never in any way should any disrespect be shown to the U.S. flag.

The U.S. flag should never be dipped to any person or thing.

Regimental colors, State flags, and organization or institutional flags are dipped as a mark of honor.

The U.S. flag should never be displayed with the union down except as a signal of dire distress.

The U.S. flag should never touch anything beneath it, ie, ground, floor, water or merchandise.

The U.S. flag should never be carried horizontally, but always aloft and free.

Always allow the flag to fall free, never use the U.S. flag as drapery, festooned, drawn back or up in folds. For draping platforms and decoration in general, use blue, white and red bunting.

Always arrange the bunting with blue above, the white in the middle and the red below.

The U.S. flag should never be fastened, displayed, used or stored in a manner which will permit it to be easily torn, soiled or damaged in any way.

Never use the U.S. flag as a covering or drape for a ceiling.

Never place anything on the U.S. flag. The U.S. flag should never have placed upon it, or on any part of it, or attached to it, any mark, insignia, letter, word, figure, design, picture or drawing of any nature.

Never use the U.S. flag for receiving, holding, carrying or delivering anything.

The U.S. flag should not be embroidered on such articles as cushion, handkerchiefs, and the like, printed or otherwise impressed on paper napkins or boxes or anything that is designed for temporary use and discarded; or used as any portion of a costume or athletic uniform. However, a flag patch may be affixed to the uniform of military personnel, firemen, policemen and members of patriotic organizations. Advertising signs should not be fastened to a staff or balcony from which the flag is flown.

When the U.S. flag is in such condition that is no longer a fitting emblem for display, it should be destroyed in a dignified way, preferably by burning.

NOTE: THIS ARTICLE WAS REFERENCED FROM: A GRATEFUL NATION REMEMBERS



ARE THERE ANY REASONABLE PEOPLE OUT THERE  
Submitted by CDR Rander

Sometimes I get nostalgic about my time at sea aboard USS MIDWAY (CV-41). I was on the north side of the base a few weeks ago and a couple of A-4s came screaming into a fan break. The wind was just right. The noise and the jet exhaust took me back a couple of years and several thousand miles.

**THE SITUATION:** The XO was an A-7 driver with a thousand plus hours, hundreds of traps, and an Air Medal with multiple strike awards. 8 o'clock Reports (when anyone talked at all) had degenerated into name calling contests:

- The SUPPO got hit because meals were late which put the flight schedule (among other things) behind.

- AIR department took abuse because they were agitating to get head of the line privileges at meals so they could get

their guys back on the flight deck.

- The CHENG was mad because there had been a rash of foreign (but not biodegradable) objects attempted to be flushed and his troops had to go in there and clean them out.

- Everyone was FOed at the CHENG because of all the heads that were secured for maintenance or repair.

- The CHENG was mad at everybody because someone who thought they knew everything there was to know about sanitation engineering had turned on a valve and then used and flushed a commode that had been secured. An open pipe further down the line caused GHT flooding in the galley which caused meals to be late.

**THE SOLUTION:** The XO called us all back at 2200 and told us a little story about his past,

similar to this one. Then he talked about the "REASONABLE MAN".

- The REASONABLE MAN figures that colleagues and co-workers are actually attempting to do their job to the best of their ability just as he is.

- The REASONABLE MAN realizes that things that he does may have impact on others. He attempts to forewarn co-workers about changes, keeps disruptions and changes to a minimum consistent with his mission, and returns things to normal as soon as possible.

- The REASONABLE MAN understands that colleagues may not realize the impact that certain of their actions have on him. He talks to the person involved directly (first) to try to resolve conflicts.

- Above all, the REASONABLE MAN talks to

people. He does so in a calm and coherent manner. Sometimes he even does it in an unofficial capacity when he doesn't want something to happen or needs something done. Then he said "Are there any REASONABLE MEN out there?"

**THE RESULT:** Things quieted down at 8 o'clock, things went smoother on the ship. The oldest carrier in the Navy with the least deck space, the fewest number of catapults, the smallest air wing and ships company won the Battle E as best carrier in the Pacific Fleet. More important, during actual combat during Desert Storm they didn't lose a man or an aircraft while doing more than their fair share of strikes and missions.

ARE THERE ANY REASONABLE PEOPLE OUT THERE?

OPD NEWS

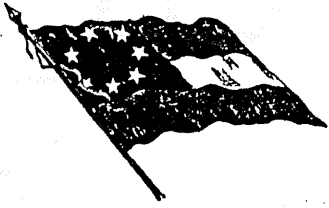
Recently, the Naval Hospital "survived" a Pre-Inspector General (I.G) Inspection. For most of us who attended the I.G.'s out-brief; it was extremely informative. It provided valuable, constructive suggestions for us to incorporate into our areas, hence that we may improve these aspects for the real I.G. inspection in October. This article, however will not focus on the I.G.; it will focus on one particular department but will serve as a clear message for all of us.

During the I.G.'s out-brief, LT Walraven of HSD Jacksonville, Florida, commented on how well the staff of the Outpatient Division (OPD) knew the ins and outs of their job and how high the morale was that ex-

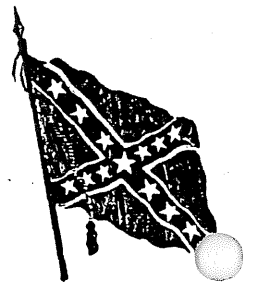
isted within our area. She went on to say that it was indicative of the management staff within OPD. I only partially agree with that comment. It is the ladies and gentlemen in the "grass-roots" or "trenches" of the records stacks who are the ones to thank for our success. Those hard-charging young people that flag, file, verify, and deliver medical records; everyday, on a 24-hour basis who are mainly responsible for turning this division around in the right direction. At one point during the Pre-I.G., the Lieutenant "requested" forty records be brought upstairs for review. In minutes we had eleven staff members sitting at "our table" in OPD verifying these records for

review. However, there was one caveat attached to LT Walraven's request—we only had 2 hours to completely verify these records. Every few minutes I would step back into the records area to ask if they needed any help or more time. The comments I received back were, "no problem sir", "got it covered", "relax-its under control". In one hour and fifty five minutes I had forty records on my desk; completely verified and all with new record jackets attached. This act of dedication, to me, defines Total Quality Leadership (TQL). It is not all Project Action Teams, Quality Circles or Statistical Variance Formulas. One of the main principles of TQL is solving problems

or "making things happen" at the lowest level for the good of the entire organization. That is what the OPD personnel do; 24-hours a day, seven days a week. In my opinion, OPD's secret has been the continual guidance the staff has received, from their Senior Chief down to the Petty Officers supervising at the worker level. However, their work is not done yet. At present, they have embarked on a mission to verify all 70,000 health records before the real I.G. inspection in October. In closing, I would like to publicly thank my OPD staff for their hard work and encourage them to keep up the A plus effort.



SOUTHERN CORNER  
BY: HM2 DEWAYNE K. MARTIN



The Confederate Battle Flag is a true symbol of both Southern Heritage and the struggle which has made Southern History. Recently this proud and honorable symbol of the South has been under attack. A lot of Southerners want to know why all the fuss over this Southern symbol of heritage. The following article was written so that some of the fuss could come to an end.

First, we must ask the question of how did this symbol of southern heritage come about. At the beginning of the war which Southerners acknowledge as the war for southern independence also known as the War Between the States or the Civil War, both the flag of the United States and the Flag of the Confederate States are very much alike. Flag number (1) known as the, "Stars and Bars" was created by the granddaughter of ex-president of the United States John Tyler. This flag was adopted by the Congress on March 4, 1861. Soon after the flag was adopted problems arose. During the Battle of Bull Run (also known as 1st Manassas by the North), it was noted that during the battle the Stars and Bars looked like the Stars and Stripes in the smoke and dust of the battle. So to prevent anymore prob-

lems with friendly fire, General P.G.T. Beauregard (CSA) designed what is known today as the Confederate Battle Flag. This flag, number (2) although never adopted officially by the Confederate Congress, was conceived on the battle field and was proudly carried by the Confederate troops from Bull Run in 1861 to the surrender of the Confederate forces at Appomattox Court House in 1865.

This flag has a red background and a blue Saint Andrews Cross on which thirteen stars are placed. This pattern is designed from the old Scottish Battle Flags. Each star represented a Confederate State, the states represented are: South Carolina (Dec. 1860), Mississippi (Jan. 1861), Alabama (Jan. 1861), Georgia (Jan. 1861), Louisiana (Jan. 1861), Texas (Feb. 1861), Virginia (Apr. 1861), Arkansas (May 1861), North Carolina (May 1861), Tennessee (Jun. 1861), Missouri (Aug. 1861), and the state of Kentucky (Dec. 1861).

Presently two states have the Confederate Battle Flag incorporated into their flag. Those two states are Georgia and Mississippi. Two states have their state flag copied from the old Confederate Saint Andrews

Cross pattern, they are Alabama and Florida. Some states still fly the battle flag over their state capitol such as, South Carolina and Alabama.

Recently, polls were taken in both Georgia and Mississippi to see if the public wanted the Confederate flag removed from their state flag. In both states over 70% of the public wanted to keep the flags as they are at present. The biggest fight has been in the state of Georgia where in a few years Atlanta will host the Summer Olympics. A small group of people are trying to take this proud southern symbol and hide it away because they say it stands for slavery and racism. Recently in the Commercial Appeal there was an article explaining that the reason Georgia even incorporated the flag on to their state flag was to support segregation in 1956. Well if were going to tell the story let's tell the truth. On Feb. 13 1956 John Sammons Bell was an Atlanta attorney and Georgia State Democratic Party Chairman, and later he was a Chief Judge for the Appeals Court of Georgia. Mr. Bell thought of incorporating the battle flag and the Georgia State Flag while attending a Confederate

Veteran reunion in 1923 at Millen, Georgia at the age of 9. He though it would be a great way to honor those men who fought for both their state and for southern independence. It was his idea of a living memorial. Mr. Bell's idea became a reality in 1955 when he not only did research on the project, but was also credited with the design. The flag was flown proudly in 1956 in the same historical city of Atlanta for which to day this small group wants it removed.

So as one can see this flag is not about racism or slavery or anything else people want to associate this southern symbol with. It is about true southern heritage and honor. So let the record show that racism is not brought on by symbols such as the Confederate Flag, but by those who are ignorant about history.

HM2 Martin is a member of the Son's of the Confederate Veterans, A Confederate States of America Historian, an Honorable Kentucky Colonel for his work on Confederate ancestors, and a gun crew member of Bankheads Battery a re-enactment unit out of Memphis, TN CSA. If there are any questions he asks that you please let him know.

## CHAMPUS SELECT NETWORK EXPANDS

Memphis area CHAMPUS beneficiaries now have access to over 100 CHAMPUS SELECT health care providers. Health care services are available from providers specializing in a variety of medical and mental health care practice areas.

CHAMPUS SELECT is not a CHAMPUS supplemental insurance plan, it is a voluntary health care benefits program offered by the Department of Defense as a cost effective option to standard CHAMPUS. CHAMPUS SELECT is now available in the states of Alabama, Florida, Georgia, Mississippi and Tennessee. CHAMPUS SELECT will also be available in the Ft. Campbell area of Kentucky.

When health care services are not available at Naval Hospital, Millington, CHAMPUS SELECT offers health care benefits at reduced rates, resulting in lower out-of-pocket costs for beneficiaries. Even if a beneficiary has supplemental insurance, this program can offer significant benefits. By taking advantage of CHAMPUS SELECT, beneficiaries are entitled to:

- lower cost shares (the portion of the health care claim that beneficiaries are responsible for paying);
- automatic claims filing, as claims are prepared and submitted by network providers; and
- easy access to qualified health care providers from among those within the network.

Use the CHAMPUS SELECT program, all beneficiaries have to do is choose the provider of their choice from among those that

participate in the program and schedule an appointment. The CHAMPUS SELECT hospitals serving the Memphis area are:

- Methodist Hospital - Central\*
- Methodist Hospital - North\*
- Methodist Hospital - South\*
- Le Bonheur Children's Medical Center\*
- Germantown Community/Methodist East\*
- Charter Lakeside Hospital (psychiatric/chemical dependency only)

All basic CHAMPUS eligibility requirements must be met, so it is necessary to check with the Naval Hospital first for nonavailability statement requirements for civilian inpatient care and certain outpatient surgical procedures.

For more information about the program and a copy of the CHAMPUS SELECT Health Care Provider Directory, contact the CHAMPUS SELECT coordinator at (901) 873-1928 or the health benefits advisor at (901) 873-5824.

\* Only outpatient services are covered under CHAMPUS SELECT at this facility.

### BE HEALTH CARE SMART!

With the rising cost of health care services, choosing the right health care program for your family has become increasingly important. CHAMPUS SELECT is a new, more efficient way for CHAMPUS beneficiaries in the southeastern region to receive sound, affordable health care.

While you should always try to seek health care services from a military treatment facility (MTF) first, when the care you need is unavailable at the military hospital, turn to CHAMPUS SELECT as a cost effective alternative to standard CHAMPUS. As a Department of Defense health care improvement program, CHAMPUS SELECT offers health care services at less out-of-pocket cost to you. With the freedom to select among multiple provider locations, you have easy access to the program. CHAMPUS SELECT health care providers also prepare and submit claim forms for you, making the program more convenient to use.

Consider the advantages of CHAMPUS SELECT:

- REDUCED COST-SHARES ■ AUTOMATIC CLAIMS FILING ■ EASY ACCESS ■
- THE SMART CHOICE FOR YOUR HEALTH CARE NEEDS



Under Contract With The Department Of Defense

Contact Your Health Benefits Advisor For Details

**THIS IS NOT A CHAMPUS SUPPLEMENTAL INS.**

## COMMAND FITNESS CORNER

### Hot Weather and Exercise

Summer is racing towards us. We can all look forward to those balmy days of 90 degree temperatures and 90% humidity common here in the mid-south. This challenging climate is guaranteed to add a new level of complexity to your personal physical fitness program. A good overall rule of thumb is: Drink plenty of water, and avoid outdoor exercise during high heat index times.

Several factors are important for the individual participating in a summer physical fitness program. (1) Acclimatize to the weather conditions by reducing the intensity of your workout for two weeks. (2) Don't try for personal best performances in hot weather. (3) Exercise during the early morning or evening hours, while it is still cool. (4) Wear lightweight, light-colored, loose-fitting clothing. (5) Stop exercising if you feel dizzy, weak, lightheaded or excessively tired. (6) Drink cool water, and don't wait until you become thirsty before you drink. Remember, a good overall rule of thumb is: Drink plenty of water, and avoid outdoor exercise during high heat index times.

When exercising in hot/humid weather pay special attention to how you feel. Continually monitor yourself and your companions for signs of heat stress, heat exhaustion, or heat stroke. Heat stress and heat exhaustion (fatigue, pale skin, excessive sweating, cool/wet skin and altered coordination) can be cared for by stopping the exercise, moving to a cool place and proper hydration. If symptoms do not rapidly resolve, seek prompt medical care. Heat stroke is a medical emergency (no sweating, hot/dry skin, rapid pulse, rapid breathing, coma and seizures) and must be treated on an urgent basis. Remember, in order to avoid heat related illnesses a good overall rule of thumb is: Drink plenty of water, and avoid outdoor exercise during high heat index times.

People occasionally follow inappropriate advice concerning exercise. Two issues are particularly dangerous during hot weather. (1) You do not need to supplement your diet with salt tablets. Only use salt supplements if they have been medically prescribed. As part of the Acclimatization process your body learns to save salt, and very little is lost in sweat. (2) Do not wear rubber suits as an aid to weight reduction. Rubberized suits will only cause a temporary loss of body weight as a result of fluid loss. They will cause a more rapid increase in body temperature, and greatly increase your likelihood of a heat related illness. Remember, in order to exercise safely and avoid heat related illnesses a good overall rule of thumb is: Drink plenty of water, and avoid outdoor exercise during high heat index times.

A	W	Z	Q	E	N	M	F	S	T	D	Y	O	P	L	K	H
M	V	Z	I	U	E	K	I	R	T	S	Z	V	K	B	B	G
N	B	E	C	Q	W	T	S	I	O	H	E	R	T	Y	S	U
J	N	T	X	T	H	E	L	F	L	A	G	P	O	E	R	I
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G	B	N	H	Y	U	J	M	K	I	O	L	P	S	D	E	G

#### WORD FIND

Hidden in the puzzle above are 18 words that are associated with the Flag. The words and their meanings are listed below. How many can you find?

- THE FLAG - a flexible cloth symbolizing a nation.
- COLORS - a call to...
- HALYARD - rope used to attach a flag to a staff.
- POLE - a flag is usually flown from this.
- HALF-STAFF - a sign of mourning.
- REEVE - to pass a rope through holes in the pole ornament to raise or lower the flag.
- FIELD - background of the flag.
- CANTON - the quarter of the flag nearest the top of the staff.
- FLY - the length of the flag and also the part opposite the staff.
- EMBLEM - coat of arms.
- VEXILLUM - Latin word for flag.
- WHITE - color of snow.
- HOIST - to lift the flag.
- DIP - to lower briefly as a salute.
- STRIKE - to lower as a token of defeat.
- BLUE - hue of clear sky
- RED - scarlet/vermilion color/flushed.

