



THE CLIPPER

NRMC MEMPHIS

VOL 12 NO. 1

AFRO-AMERICAN HISTORY

INSIDE

**CORPSMEN DESERVE BETTER
(SURGEON GENERAL)**

**ACCEPTING YOURSELF
IS THE KEY**

IS MARIJUANA SAFE?

**BASKETBALL TEAM IN
#1 SPOT**

**WES & TERRY:
SAILORS OF QUARTER**

"Roots, Achievements and Projections" is the theme of Afro-American (BLACK) History Month celebrated nationwide by Presidential Proclamation during February 1978.

This year's theme and observance centers on the origins, accomplishments, and on-going contributions of Black Americans. Various activities high-lighting past and present Afro-American leaders and events are being held at military installations during the month-long observance.

In 1915, history scholar Carter G. Woodson founded the Association for the Study of Afro-American Life and History, and in 1926 he spearheaded the first national Black History observance. Both the organization and the observance have a two-fold objective: (a) Stimulating pride among Black Americans in their African and American heritage; and (b) Increasing among all Americans recognition, understanding and appreciation of the contributions of Afro-Americans to our society and Nation.

Through 1975, the yearly Black History observance was a week-long event in February, including the birth dates of Abraham Lincoln, Feb. 12, and Fredrick Douglas, Feb. 14. Then in 1976, during the 50th Black History observance and the U.S. Bicentennial, Black History Week was extended for the entire month of February.

Designating a month-long observance has continued, says the Afro-American Association, be-

A 13 cent commemorative stamp honoring Black Liberationist Harriet Tubman was issued in Washington, D.C., on 1 Feb, the opening day of National Black History Month.

Mrs. Tubman, known as the Moses of her people and the conductor of the Underground Railroad, was born into slavery about 1820 in Dorchester County, MD. She escaped to free soil in Pennsylvania in 1849 and subsequently made at least 19 trips back into slave country at great personal risk. She is credited with helping more than 300 slaves escape to freedom.

The Tubman commemorative stamp is the first in a new Black Heritage USA series recognizing the contributions of Black Americans to the growth and development of the United States.



CAPTAIN C.W. BRAMLETT, MC, USN. , COMMANDING OFFICER
 CAPTAIN G.C. BINGHAM, MC, USN DIR., CLINICAL SERVICES
 COMMANDER F.E. BENNETT, MSC, USN. . . DIR., ADMINISTRATIVE SERVICES

DUPLICATED BI-MONTHLY ON GOVERNMENT EQUIPMENT WITH NON-APPROPRIATED FUNDS AND IN COMPLIANCE WITH NAVEXOS p-35 REV. JULY 1958. DISTRIBUTED FREE OF CHARGE TO PERSONNEL OF THE NAVAL REGIONAL MEDICAL CENTER MEMPHIS, MILLINGTON, TENNESSEE, THE CLIPPER SOLICITS ITEMS FROM ITS READERS.

LCDR J.C. NEW, MSC, USN. EDITOR-IN-CHIEF
 HM3 DAWN LAWING. EDITOR
 HM3 MARK SMITH ART EDITOR

from the Surgeon General

There is an old saying that nothing is too good for our enlisted personnel and nothing is what they get. While not literally true, it's close enough to give us pause.

It is skill, knowledge, hard work and dedication of the young men and women of the Hospital Corps that makes our system work. Without them, we could not operate.

Lack of adequate numbers of ancillary personnel is among the reasons I most commonly hear for physicians wishing to leave the Navy. Every day letters and messages come across my desk concerning some shortage among our Hospital Corps community - operating room technicians, biomedical equipment repair technicians, laboratory technicians, and so forth. We train them and they leave us.

In the course of my travels I routinely meet with enlisted personnel. The concerns they express are the same almost everywhere. Many of these problems are beyond our control. But the most frequently expressed concern, and the one which distresses me most, is the apparent lack of communication between the Command and the staff.

I encourage regular meeting of Command and Staff to improve communication. I have also directed that unnecessary watches be eliminated. And I have directed renewed efforts toward patient education - to teach our patients that they have some responsibility for their own health care. These things will help.

We must make the lives of our enlisted personnel better. We can't increase their pay but we can certainly show that we appreciate their service. When was the last time you recommended a hospital corpsman for a medal? When was the last time you said thank you?

These young men and women are Navy medicine. They know it: let's let them know that we know it. For too long we have accepted their service as a matter of course. They deserve better!

The American Heart Association
WE'RE FIGHTING FOR YOUR LIFE

'Time Out'

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The world isn't in too great a shape nowadays with all the violence, sexism, racism, and poverty governing our daily lives. Yet many of us wouldn't give up this life; so, we search for a way to lessen our strife. However, everyone has his own possible routes towards peace, which may create dissent instead of alleviating it. So where do we start?

First of all, we need a foundation, a basis on which to build our world into a better place to live. This foundation is found within each one of us; we must find peace within ourselves before we can find peace among our brothers and sisters. For, how can we expect to get along with others when we don't get along with ourselves?

Therefore, the first step is to work on Number 1. We have to accept ourselves before we can accept others. Even though we hate to admit it, we all have faults, and overcoming them isn't easy for some of us. In fact, overcoming them may take days, months, or years, but we should not just dwell on our faults; we should put the same emphasis on our good points. Show others how much we care about them - really care. One would be amazed to discover how many people - people we never would think of - care about us.

Life isn't a stage, so why put on an act? Just be yourself; we are all human and have feelings, too. Take it slow and easy. Share with others your "down" times as well as your "up" times. Hopefully, you will notice a change in their outlook. As they begin to understand that you accept them as they are, they will begin to accept you. It won't be an overnight success; some people are hard to reach. It may take a life time, but, isn't peace worth it?



Orthopedics seem to be dominating the selectees for Sailor of the Quarter for the period ending 30 November 1977. The one-time senior corpsman on the Orthopedic Ward, HM3 Wesley Hays was selected as the rated Sailor of the Quarter while HN Terry Walker took the non-rated honor.

At present, HM3 Hays is one of the Ward Managers on the Progressive Patient Care Unit. Wes joined the Navy in 1974 and became a corpsman because "I care about people." Prior to his enlistment, he worked on the ambulance crew for a steel mill and attended some college. His plans for the future indicate a major degree in Marine Biology, a long time desire.

HN Terry Walker spends his days in the cast room, rotating between the Center and the Branch Clinic. Terry joined the Navy in 1975, and reported to Memphis in 1976 where he began his on-the-job-training under HM2 Tom Clayton for cast tech. His future plans revolve around a Nursing Degree specializing in Orthopedics.

Our two Sailors of the Quarter received their certificates on the 9th of January 1978 from Captain Bramlett. Congratulations Terry and Wes.



Front row: HM3 Lewis, HM3 Tatum, HM3 McLeskey, HM3 Steele, HM3 Weller. Back row: HM3 Hopper, HM3 Proffitt, HM3 R. Powell, HM3 Rea, HM3 Robertson, HM3 Falciola and HM3 Jordan. Not pictured: HM3 Rincon.

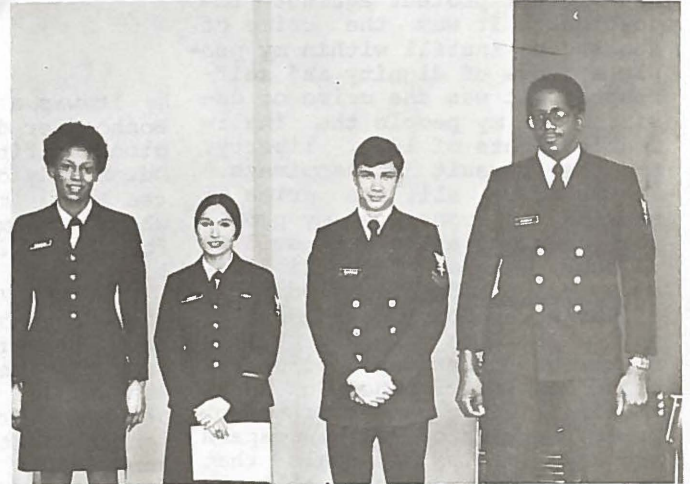


Front row: HM3 Reed, HM3 Barlaan, DT3 C. Clark, HM3 Glenn. Back row: HM3 Morehouse, HM3 Worrell, HM3 Lamb, HM3 Pate, and HM3 Wolf. Not pictured: HM3 Barby.

ADVANCEMENTS



HM1 Kline, HM1 Methany, HM1 Garcia.



HM2 Thompson, HM2 Yancey, HM2 Tempesco, HM2 Peterson.

PAY TRIBUTE
AND GIVE
THANKS
FOR LINCOLN'S
HELP
TO FREEDOM'S
RANKS.
...AFPS



KING: A Moral Duty

By Phillip R. Smith

"Stone walls do not a prison make, nor iron bars a cage." These words of a 17th century poet have special significance in regard to a twentieth century proponent of non-violence to advance his cause.

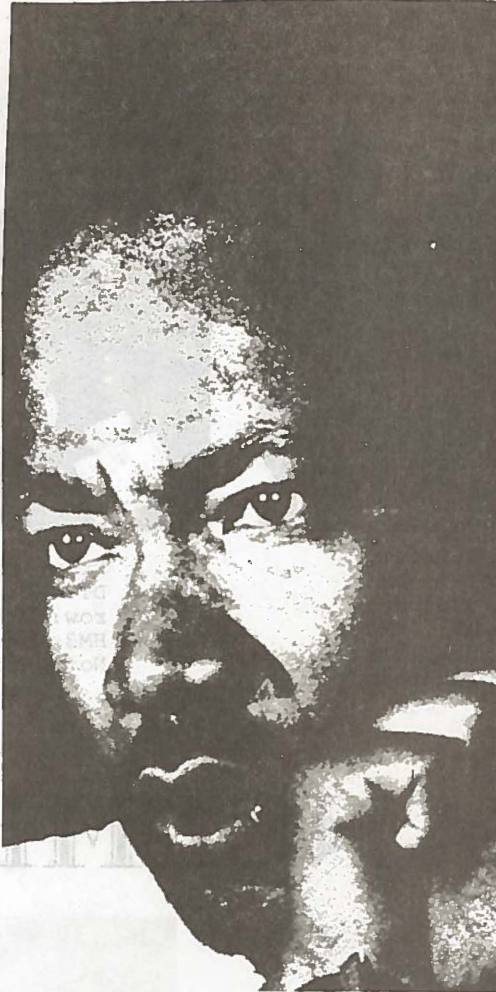
Dr. Martin Luther King Jr., whose birthday was observed on January 15th, proved in his short lifetime that a jail's iron bars could not imprison ideas and issues concerning freedom and justice.

As he said when sentenced after a civil rights demonstration in Montgomery, Ala., "Ordinarily a person leaving a courtroom with a conviction behind him would wear a somber face. But I left with a smile. I knew I was a convicted criminal, but I was proud of my crime. It was the crime of joining my people in a non-violent protest against injustice. It was the crime of seeking to instill within my people a sense of dignity and self-respect. It was the crime of desiring for my people the inalienable rights of life, liberty, and the pursuit of happiness. It was above all, the crime of seeking to convince my people that noncooperation with evil is as much a moral responsibility as is cooperation with good.

During another confinement in jail, Dr. King learned that a number of clergymen had criticized his interference in local affairs. Using pieces of toilet paper, margins of old newspapers and any writing materials that he could find in his cell, he wrote and smuggled out a statement.

"My dear Fellow Clergymen," he began, "I am here in Birmingham because injustice is here. I am cognizant of the interrelatedness of all communities and States. But I cannot sit idly by in Atlanta and not be concerned about what happens in Birmingham. Injustice anywhere is a threat to justice everywhere.

The dictionary defines prison as "a place where persons are confined." Although persons are confined there, history has proved that their inspirations and ideas were not.



It was a prison where Detrich Bonhoeffer did much of his religious writing; where the heroic Dutch lady of evangelism, Corrie ten Boom, made her commitment; where Alexander Solzhenitzyn found the inspiration to write his books.

Dr. King's philosophy of non-violence was drawn not only from his Christian faith but also from the teachings of Mahatma Gandhi. In explaining his philosophy, Dr. King wrote, "A fourth point that characterizes non-violent resistance is a willingness to suffer without retaliation, to accept the blows from the opponent without striking back. 'Rivers of blood may have to flow before we gain our freedom, but it must be our blood.' Gandhi said to his countrymen. The non-violent resister is willing to accept violence if necessary, but never to inflict it.

As we honor the memory of Dr. Martin Luther King Jr., we honor the rebirth of freedom which his life's work achieved.

 have a
nice weekend



Marijuana

..."Is Marijuana safe?"

"No!" says the National Institute on Drug Abuse in its sixth annual report on marijuana recently submitted to Congress by the Department of Health, Education and Welfare (HEW).

Marijuana smoking can lead to motor function impairment, decreased levels of male sex hormones, psychological disturbances and brain damage, according to the report. Marijuana is also alleged to increase susceptibility to birth defects in children and diseases such as cancer.

Although the number of people who have tried marijuana is constantly rising, overall use of marijuana is declining. Statistics show that many people still experiment with the drug, but more than half of those who have tried marijuana have quit using it. A growing number of people never used marijuana and do not intend to try it.

Because most marijuana users smoke low potency material and smoke only occasionally, many have not yet experienced specific health disorders. But even occasional use can result in intoxication as hazardous as that caused by drinking alcoholic beverages, especially when a demanding task such as driving is attempted. Some users even undergo changes in perception which can result in acute anxiety or paranoid reactions.

Chronic users risk more permanent damage since growth in their tolerance to marijuana often leads to more frequent use and stronger doses. As a result, a physical dependency develops with actual withdrawal symptoms during periods of non-use.

The National Institute on Drug Abuse stress that symptoms may differ from person to person and many people can smoke marijuana with no adverse consequences. However, continued testing reveals more potential damage from marijuana use than from either alcohol or cigarette use.

WASHINGTON, D. C. (NES)

BASKETBALL

NRMC's men's basketball team became the number one team after bouncing by ATC Maintenance 41-34 on February 16th. Bill Foster was high scorer with 12 points.

Coached by Steve McLeskey, our guys started the season off on the wrong foot by losing to NARU 40-46. However, they rebounded with six straight wins which brings their record so far to 9 wins and 1 loss (two byes).

High scorer goes to Andrew "Cat" Hairl with a total of 73 points. The team members according to points are: Morris Moulton-50; LCDR "Doc" McChristian-49; Scott Weis-44; Bill Foster-42; Willaim Harris-32; Bob Braden-26; Steve McLeskey-22; Bob Fanger-14; Leo "Spider" Holloway-12; Richard "Shoo" Shoo-6; Al Cadogan-4; and Randall Crocker-4. John Jordan, Aaron Peterson, Steve Smith, and Frank Holland make up the rest of the team.

The basketball games are scheduled for Tuesdays and Thursdays at 1630. How about some "sports fans" to cheer our guys to the top?



mixed league

TEAM	WON	LOST
#5	67.5	16.5
#7	47.5	36.5
#6	47	37
#1	44.5	39.5
#3	42.5	41.5
#2	29.5	54.5
#4	29.5	54.5
#8	28	56

HI AVE:	GAMBLE, G.	170
	CARLISLE, B.	146
HI SER:	GAMBLE, G.	657
	GAMBLE, B.	572
HI GAM:	GAMBLE, G.	249
	FAHNESTOCK, R.	218
HI SER:	FAHNESTOCK, C.	660
HDCP:	GAMBLE, B.	656
HI GAM:	KILCHESKI, R.	250
HDCP:	KIEL, A.	245

intramural

TEAM	WON	LOST
MIXERS	20	08
PBR's	17	11
EBONY	17	11
MSC's	15	13
LUCKY STRIKES	08	20
SNEAKERS	07	21

CLASS A:

HI AVE:	BENNETT	160
HI SER:	HOLLOWAY	591
HI GAM:	STONE	234
HI SER:		
HDCP:	HOLLOWAY	669
HI GAM:		
HDCP:	STONE	253

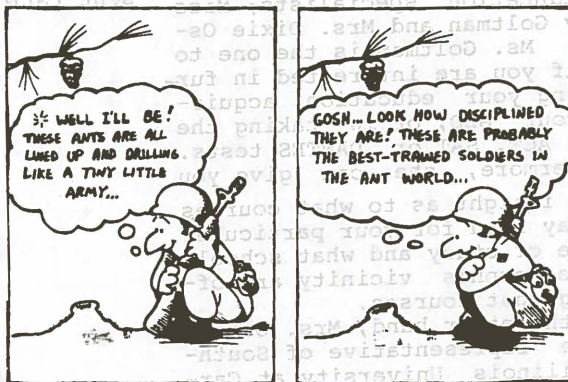
CLASS B:

HI AVE:	HOSKINS	141
HI SER:	TATUM	524
HI GAM:	TAYLOR	205
HI SER:		
HDCP:	TATUM	638
HI GAM:		
HDCP:	TAYLOR	233

Civilian Awards



Captain Bramlett presented service pins to Mrs. Eva Anderson, Patient Affairs, and Mr. Ed-advance Carter for 20 years service. Mrs. Marjorie Craven received her 10 year pin.



Gettin'



Educated

"Most of the time we're busy; sometimes we're not. Yet, everyone seems to catch us when we're not!" This is the motto of the Staff Education Office located in room 239.

HMC Philip Armstrong is the command career counselor and supervisor of Staff Education. As career counselor, he counsels and advises those personnel interested in reenlisting, applying for a 'C' school and being released from active duty. HM3 Karen Carney assists him by answering your questions on advancement requirements, typing up requests for 'C' schools and correspondence courses. She is also the one who calls when you miss inservice class (don't get uptight or hostile, she's doing her job).

The rest of the military aspect of the office revolves around HM3 Mark Smith and HM3 Dawn Lawing. Mark is the hospital illustrator, film librarian, art editor of 'The Clipper' and command photographer. HM3 Lawing is the editor of 'The Clipper' and 'The Word'.

On the other side of the Staff Education Office, we have our two education specialists; Miss Molly Goltman and Mrs. Dixie Osment. Ms. Goltman is the one to see if you are interested in furthering your education, acquiring your GED, or in taking the CLEP, ACT, SAT or DANTES tests. Furthermore, she can give you some insight as to what courses you may need for your particular course of study and what schools in the Memphis vicinity are offering what courses.

On the other hand, Mrs. Osment is the representative of Southern Illinois University at Carbondale. As of January 1978, SIU is offering a degree program in Health Care Services. Classes are held on alternating weekends and the next semester begins in May. So those personnel interested in participating in this program should contact Dixie at 872-8621 or room 224.

The purpose of the Staff Education Office is to ensure that our fellow staff members are made aware of the many possibilities and opportunities the Navy has to offer in the way of specialized training and advancement in rate. To find out what may lay ahead for you, stop in and see us.

more

advancements

CHIEF HOSPITAL CORPSMAN LEWIS W. BREWER was promoted to his present rate on 16 January.

HM1 GARY GAGE reenlisted for a period of four years on 05 January.

HM3 JAMIE CORDOBA reenlisted for six years on 16 January.

CONGRATULATIONS to HM3 SAMUEL WELLER who scored a 4.0 on the September advancement exam.

HM3 HOLLIS W. HENCE reenlisted 23 January for four years.

HA JOHN HORDAN was advanced to his present rate 11 January.

HA DIANA PAUTZ was advanced to her present rate 14 January.

The following personnel were promoted to HN 16 January:

HN MORGAN REDMON, HN BRENT BEDSOLE, HN BRIAN KOEHLER, HN DALE JOHANESSEN, and HN STEVEN TAYLOR.

LTjg KATHRYN BRADSHAW was promoted to her present rank 02 February.

HA THOMAS JUDAH was advanced to his present rate 14 February.

HA GERALD SCOTT was advanced to his present rate 16 February.

The following personnel were advanced to HN 16 February:

TODD SONNENBERG, STEVEN GINGRAS JAMES HOLLIS, and RAYMOND WOODS.

HM3 CONNIE WHEELER completed her OJT and received her NEC for cast tech 16 February.

HM2 JOSEPH POWELL and HM2 KEN GORE were promoted to their present rate 16 February.



HMC BREWER gets his "ANCHOR".

CONTINUED FROM PG. 1

cause of the demand from thousands of persons who feel that much still needs to be done in the process of teaching and learning about Afro-American contributions. The ultimate goal is placing Black History properly in all books and other media throughout the year.

Additional information on Black History studies and nation wide projects is available from the Association for the Study of Afro-American Life and History, INC., 1401 14th Street, N.W., Washington, D.C. 20005.

Home Delivery

"I didn't have time to really think about things until I got back home from the hospital." says HN Carl Powell of Patient Affairs. "That's when I really started to shake!"

It all began on Friday the 13th when Ann Powell went into false labor. However, she had no further pain or contractions that day. No further labor, that is, until 0449 the morning of the 14th, when Ann called Carl. When he reached her side, the baby's head was crowning. He carried her to the bed and by the time he got her into position, the baby's head was free.

"There wasn't anything else I could do except deliver the baby. It happened so fast, I just did what I learned in Corps School." Misty Kaye Powell was born at 0450.

"I didn't have a suction bulb so I laid her on her side. Then, I ran next door to HM3 Jimmy Hudson's house for some help." While Jimmy watched over the mother and child, Carl located a suction bulb & asked a neighbor to call an ambulance. "I was getting my shoe strings ready to tie off the cord, when the ambulance pulled up."

Mother and daughter were taken to the Center where they were reported to be in good health.

Carl's final remark on the events, "Never again, I hope!"