

NAVAL HOSPITAL, MILLINGTON, TN
VOL. 1 NUM 21.

## NOVEMBER 1993

Now wait a darn minute...this has gone too far! We're always giving weapons to impoverished countries so that they can blow each other up. Give give give...boom boom boom! Why should we give away perfectly good thanks? Ch...Thanksgiving! I thought you said... well, never mind!

As you well know, when the Pilgrims first came to this country, they had a very difficult first year. Many of the colonists did not survive the cold New England winter. By the middle of the year 1621, the colonists enjoyed a bountiful harvest of corn. Governor Willian Bradford decreed a day of thanksgiving and celebration be held on the 30th of July. The colonists brought geese, ducks and fish. Friendly Indians provided wild turkeys and venison. The women of the colony prepared cake, corn bread and squash. (but as LT Sullivan points out, those were the old days). The custon spread throughout the New England colonies. In 1789, President George Washington made November 26 a day of national thanksgiving. In 1941 , Congress made the third Thursday of November, Thanksgiving Day, a federal holiday.



## HMM(SW) Robert Frank

Grooming Standards. Going about the hospital there seems to be some "confusion" as to the uniform regulations concerning haircuts.

## MALES

Hair. Keep hair neat, cleaned and well groomed. Hair above the ears and around the neck shall be tapered from the lower natural hairline upwards at least $3 / 4$ inch and outwards not greater than $3 / 4$ inch to blend with hairstyle. Hair must not touch the collar. Hair shall be no longer than 4 inches and may not touch the ears, or collar, extend below the eyebrows when head gear is removed, show under the front edge of headgear or interfere with the wearing of headgear. The bulk of the hair shall not exceed two inches. Hair coloring must look natural and complement the individual. Faddish styles and outrageous multicolored hair are not authorized. The unique quality and texture of curled, kinked, waved and straight hair is recognized, and in sone cases the $3 / 4$ inch taper at the back of the neck may be difficult to attain. In these cases hair must present a graduated appearance and may combine the taper with a line at the back of the neck. One natural narrow part (cut, clipped or shaved) is authorized. Sideburns shall not extend below the botton of the earlobe and, shall have a clean shaven horizontal line.

Mustaches. Neat and closely trimmed, no portion of the mustache shall extend below the lip line of the upper lip. In addition, the mustache will not go out beyond a horizontal line extending across the comers of the mouth and no more than $1 / 4$ inch beyond the vertical line drawn from the corner of the mouth.

## FEMALES

Hair. Keep hair clean, neatly shaped and arranged in a professional style. Hairstyles with a maximm braids may be worn. Faddish and exaggerated styles are prohibited. Ponytails and pigtails are permitted. When in miform, hair on the back of the head may touch but not fall below the lower edge of the collar. When wearing jumper uniforms, hair may extend $11 / 2$ inches below the top of the collar. Long hair, including braids, must be neat and inconspicuously fastened, pimed or secured to the head presenting an attractive hairstyle and may not dangle free at any point. Hair coloring must look natural and complement the individsal. Faddish and outrageous multicolor hair is not authorized. Hair onuments shall not present a safety hazard. A maximm of two barrettes (similar to hair color) may be used to pin up hair. Conspicuous rubber bands, combs and pins are not authorized.

The 'Bottom Line" is that this isn't the Master Chief's policy or even to Captain's policy but the Deparment of the Navy's Policy. It's everyones job to enforce the policy! What is "faddish and outrageous"? The answer is that if it takes a second look then it's probably not within Navy Regulations. Totally shaved scalps, "High and Tights" without a tapered appearance, hair that is colored blonde/brown are not acceptable! We can see that the regulations concerning hair are very clear. Let's get this area of concern "back on track." We looked great at command inspection!

Happy Holidays! I would like to wish everyone a safe and happy holiday season. Remember to not drink and drive. Those of you going on leave - recharge your battery! Those of you staying behind - recharge your battery! This should be a time to reflect and relax. As always if you're too relaxed (intoxicated) and you need a ride home because the only way you have to get home is to drive - don't - give me a call. I'd rather do that than have to go to jail or worse - the morgue!!!


Tuberaulosis corr tinues to be a public health problen in the Uaited States with over 20,000 cases reported amilly. Since 1984 we have not seen the decline in morbidity as expected. In fact, there bave been aubetntial incresses in tuberculo sis mocbidity in areas with high provalence countries (ex. Asia, Africe, and Latin Arectica). Substratial increases are also seen in medically urderserved low-incore populatiocs, including high risk minorities, especially Blecks, Bispanics, and sative Americans; aloobolics and intravenous drug vears; and sesidents of loogterm care fa cilitias, such as cors rectional institutions and nureine hous.

* An estimeted 10 million people in this country are already infected with tubarcle bacilli. It is eatimated that about 90 percent of bew cases in the U.S. sriex from this already infected graup.

> * In 1986, after 3 decades of IB decline, arual IB morbidity in the U.S. increased.

The number has increased minly in ar ens with large numers of AIDS cases, which suggest that the EIV epidemic has begun to influence $\operatorname{TB}$ mocbidity.
> * Deathe from it still ocarrs in the D.S. and about 5 percent of all cases are first re ported after death.
> * More than 80 percent of chilchood cases of IB ocar in uinocity groupe.

Rewenber the beat wis. to stop trancission is to stert ancitur berculosis therapy which quickly elininates a lary nuber of the petieats' be cilli and rander the patient ooninfections. A boepital care persocnel we should coure our an per sonl shote ase up to date. For moce informetion on aberar losis or other infectione disenses contect the Preveative Madicine / Ocapptional Bealth Depertint at eransion 5654/5657.

## NAVAL HOSPITAL MILLINGTON PETYY OFPICER ASSOCIATION



This past summer, the First and Second Class Association was reformed into the Petty Officer Association. This gave all Petty Officers a chance to be a part of the traditional organization. The purpose of the association is to bond the E4, B5, and E6 community into a close relationship, to establish better lines of communication and to aid personnel attached to the Naval Hospital and tenant commands. The association also provides a common bond for keeping with customs, traditions, and ethnics of the U.S. Navy.

To maintain efficiency and order in the association, we elected the Executive Council which is comprised of the following officials:

President - HM1 David<br>Secretary - HM2 Hayes<br>Vice President - BM1 Van Hooser Master At Arms - HM1 Porter<br>Ireasurer - HM1 Dombrowski

The Petty Officer Association would like to take this opportunity to invite any new or old Petty Officers of the command to our Association. For more information about this organization, please contact HM2 Hayes at ext. 5831.


BMC SPOTLIGHT
By: HM2 Darren Cawthon
This month's Branch Medical Clinic Spotlight shines brightly on HMC Don Stedry. Born April 9, 1962, HMC Stedry is a native of Saginaw, Michigan. During his growing years, hobbies such as wrestling and track filled his free time that wasn't being spent with his Boy Scout Troop or in the library. Upon graduation from Vassar High in 1980, Donald Stedry began his "adventure."

When he entered the Navy in November 1980, he had a goal: to become an Operating Room Technician. After a year as a general duty corpsman at Portsmouth Naval Hospital, he graduated 8483 school with "Honors and Distinction". Now as a grown-up 0. R. Tech, his first duty station was Camp Pendleton for Field Med. Sequential duty stations included Okinawa, the USS Peleliu, and Naval Hospital Millington where he was LPO of the O.R. Then it was time for a change, and in 1988 he graduated with "Honors and Distinction" (again) from IDC School. Next came tours on the USS San Diego and the USS Iwo Jima, both homeported in Norfolk.

In 1991 HMC Stedry returned to Naval Hospital Millington and was assigned to the Education and Training Department. In 1992 he was assigned to the "front line" as an IDC at the BMC. Here he sees an average of $20+$ patients per day with any of a variety of problems. The pinnacle of his career thus far happened on the 16th of September 1993 when he pinned on his anchors. HMC Stedry keeps busy with a variety of things more than just patients as he also heads the Smoking Cessation Course, is the BMC Training Petty Officer, Brig Corpsman, and a BLS Instructor Trainer. Let's not forget education for himself as he recently graduated Summ Cum Laude from George Washington University with a Bachelor's Degree in Health Science.

HMC Stedry enjoys Millington very much as it affords him the chance to see his wife, Arne, and son, Donny, almost every night. He still spends time assisting with a local Ry Scout Troop and his hobby of restoring British cars. Just ask him and he will tell you all about his prize 1977 MGB. On a final note, HMC Stedry leaves this advice:
"Do the best you can, no matter how small the job:" "Always take care of your junior troops."

## CIIPPER STAFF

LT Sullivan, Editor<br>LCDR Luka<br>HMI Gough<br>HM2 Comrad<br>HM2 Hayes<br>HM2 Cawthon<br>HM2 Willis<br>HM3 Hardy<br>HM3 Reese<br>RPSN Hammonds<br>J. Thaupson<br>C. Olson<br>C. Malone

OFF-THE-WALL DEPARTMENT

Dear me, said Allison. This white rabbit is pretty fast. Since she was sporting her new Nike "Air Coyotes", she demonstrated an amazing burst of speed and dived for the white rabbit. Now of course you're probably thinking that she
was merely trying to follow him to the tea party. This is the 90's! She hated tea parties and was really trying to him into a rabbit casserole. She made a desperate grab for the little rodent just as both of then fell into a deep hole. But not just any hole...this was a black hole! So instead of hitting bottom, they both merely came or in the next century.
"How curious," said Allison, I see that they finally solved the problem of universal access to health care. Mc Doc's Golden crutches - over 4 quadzillion sold. What concept...drive-thru surgery. May I take your order please? Uhh...I'11 have a nose job, a tumny tuck, and two implants to go. And look at that theater, she exclaimed to no one in particular. Rocky XVI, Rambo 13, and Star Trek - The Search for Depends. Poor Allison had forgotten all about the white rabbit by this time. She glanced at a newspaper headline: CUBS WIN WORLD SERIES! Now I know I'm really dreaming! Just about then, she was accosted by two ruffians named Tweedle Dee and Tweedle Dum. NAFTA, yelled Dee as he poked Dum in the eye. Never, yelled Dum, twisting Dee's nose.

Attempting to run away from these annoying individuals, she again fell into another black hole. This time, she came out in Priladelphia in 1789. Hearing voices, she cautiously peered through a window and saw several elderl; gentlemen arguing, "I tell you Ben, it has to be the eagle. It has a noble bearing and looks fierce." George, George, George, the eagle is a scinangex. who eats carrion! What sort of symbol does that make? On the other ha the turkey is clever, quick, and has phenomenal vision. Ben, uy good feinow, we can't have a symbol that everyone wants to eat for Thanksgiving. You know George....I believe your right.

That darn rabbit got me into all of this, said Allison, as she tripped and fell yet once more into the black bole. She stepped out into a strange world of fantasy, castles, and a white rabbit! Why you... I'll take you home and microwave you, she said while attempting to subdue the rabbit. Wait. . .said the rabbit. I'm not that white rabbit - I'm Roger Rabbit and you're at Disney World! Now if you'll excuse me...Miss Jessica, I need to go do the Burmy Hop!

How does the little crocodile improve his shining tail? Poor Allison was totally confused at this point, like myself and our readers. Just what did it all mean? Should she invest in Blue Chip stock offerings or should she put her money into mutual funds? Did her knowledge of the future constitute insider trading? She invested wisely of course, becane financially secure by age 30, and retired to New Zealand where she lived happily ever after.

This is a colum for our readers to express their personal views on current issues. The editorial staff takes no position on these issues, and only asks that you allow your name to be printed if you want to express your opinion. For this month, we asked the question:

## WHAT' DO YOU THINK <br> ABOUT THE NAVY PRT PROGRAM ??????

The Navy PRC progran is fair because of the importance of physical fitwses while serving in the military. I think that junior and senior enlisted and officers should be discharged in accordance with the PRI instruction. Ae an organized unit we all can work together to make this new PRT progran work. In conclusion, keep doing those situpe, pustrupe and other activities that will tance your heart saile...
EXB Callin Harren

The Navy PRT program is not designed for wowen at all. They fail to realize thet we have totally different body structures then men and were not designed like them. They should take into consideration a different wis to meagre us.
日A Rimie Mocre

Ercellent! Mivy's top leadership is not cally to be mencally cape-
ble, but also physically able to carry out its isesion. Leaderahip by expleple is implied but not almeys carried out. We are the natione finest and mone reedy to defend our country and freedom.
hB Manuel Arreola
The Bible says that our bodies are the "Remples of the Boly Spirit" and that we should "present ar bodies as a Living Secrifice." The PRI progre presents an oppoctunity to do the beat veecen with the bodies God has given us. I don't espe cially like the idea of having to po through the PREI but I know I need somethins like it to keep $=$ honest as to ory phyaical well-being. I do 100-200 sit-upe every night, 75-80 pusb-upe and run 6-8 milea overyday anjwey, so the PET is no bis thing now but yeare ano then I rees almost 300 lbs , uca: Juat do it! Chaplain Mike


Wilburt David Hanisco，Head
Bobie M．Lewis，Computer Specialist（DOD Systems）
James D．Patton，Computer Specialist（Equipment）

Ext． $3821 / 5871$ or 7610

## Security Guardian Notes！

Log Report Procedures．
At the Security Guardian Menu press letter that responds to SYSTEM MANAGER＇S MENU
Press＇H＇for System Log Report
Press＇A＇for Admin Menu（a pull down will appear）
Press＇ M ＇or hit 〈Return〉 for Merge Data File
Press 〈Return〉（Yes）to Confirm merging of csslog0l file
（Merging Data ．．．．．．．．．Please Wait）
Press＜ESC〉 to exit menu and return to Load Data File
Press＜Return＞to Load Data File csslog01
File Loaded！〈Press Any Key To Continue〉
Press＜F4〉 to switch to＇Usage Reports＇Window


Press＜Return〉 to select＇Session Report＇
＇Sort By 1：＇press 〈F3〉 to select＇Sort Fields＇
arrow down to＇User＇and hit 〈Return〉 to select
Arrow down to＇Sort By 2：＇press 〈F3〉 to select＇Sort Fields＇
arrow down to＇Date＇and hit 〈Return〉 to select
Arrow down to＇Heading：＇and press 〈Return〉
Type in your Department，Computer type and Serial number and press
＜Return＞．（example：MID Everex Microcomputer EEI－12345678）
Now we are ready to Print
Press 〈F9〉 to print report
Print Now or enter time／date qualifiers：
Press＇D＇for dates
Press＇C＇to Clear Range and hit＜Return＞
Now press＇D＇for Date Range
to start data range use page up or page down to select month to start report and arrows to select day and press＜Return＞ to end data range use page up or page down to select month and arrows to select day and press＜Return＞
（Note：check highlighted Earliest Date：and Lastest Date：to confirm the dates chosen）

Press＇A＇to Accept Range
Now press＇$P$＇to print and key to continue or press 〈ESC〉 to cancel report．
After print complete press＜F10〉 to Exit Program and＇Yes＇to Quit Program Now？and 〈F2〉 to return to Main Menu
（For further information see pages 7－9 through 7－20 of your Security Guardian Users Manual．

Eval／Fitrep Program
Current version of the FitRep program should be version 7．02．If you do not have Eval／Fitrep program or the current version，please contact Nancy Polly to set up an appointment to have software installed on your computer．

INSIDE THE LENCH MOB
by HM2 Willis

The returning Base Flag Football Champion's (Lench Mob), not to go without controversy, regular season kicked off in October, with four returning veterans.

Even though the tean is fairly new, they have the potential of being Base Champions once again, regardless of their 7-3 record so far.

In the past five years, the Naval Hospital Lench Mob has been the Base Champion four out of five times with one loss coming in the closing seconds of the Championship game. It has been routine, for game refs and other commands to go after this team because of its winning tradition. Needless to say, this team still manages to excel against all adversaries and obstacles to regain championship status.

Now, introducing the All - Star Line Up: Coach/Quarterback-ABEC 'Warren Moon" McCee, HN "Michael Jordan of Football" Irvy, HMB "Michael Irvin" Pankey, RMD "Jerry Rice" Johnson, HN "Mr. Do It All" Allen, HMC "Ronnie Lott" Fells, HM2 "Mean Dean" Weaver, HMB "Razor" Warren, HMB "Jazz" Brown, HN "Too Quick" Brunson, HM Sharp, HN 'Don Bebe" Drake, HM2 'Mr. Grab" Moore, HM2 'Mr. OPD' Willis.

Introducing the Lench Mob Supporters:
HMC "Go For It" Weaver
HN "Ms. Halftime" Shackleford
RPSN "Ms. Texas" Hamonds
The Lench Mob will like to take this opportunity to thank all the fans that come out to support the team.

Next issue: Inside the Playoffs

## WANTED:

A NEW NAME FOR THE NEWSPAPER CLIPPER !!!
If you have any suggestions for a new name, drop them off at the Chaplain's office or see LT SulIivan in the Lab. The name and logo should reflect our mission and be related to healthcare.





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15 Ft. Trophy Bass Boat
35 HP Mercury Motor
Trolling Motor
Dept Finder
Brand New Seats (still in box)
Life Jackets
$3000.00 OBO Boat can be seen anYtime in MWR Parking Lot
Ask for Joe 372-7755 (15-30 NOV)
77 Chevy Truck
350,V8 Power steering
Runs great
Perfect for work truck
$1;200 OBO
Ask for Joe 372-7755 (15-30 NOV)
Moving sale
4 9 1 5 ~ N a v y ~ R D ~ \# 9 ~
2 Waterbeds, 1 Calif, King, 1 Twin size
Call anytime 873-2342
Need a Daycare Provider?
Previous certified provider on base is now state registered provider. Has opening for 1 to 2 infants or toddlers. Under U.S.D.A. program, so all meas are provided will do any shifts, overnight, part time, drop-ins. Please call Renee at 873-0872.
References available.
Ladies 10 K Gold diamond cluster ring, wide band, 7 diamonds. Retail \(\$ 350.00\), wholesale \(\$ 275.00\), sell for \(\$ 250.00\). Contact Sandy, ext. 7603,5194. Can be seen in QI Room 239.
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# ANSHERS TO LAST MONTHS PUZZLE 



1. Type of puzzle
Heclare
utting
atvian
2. Tract
3. Overthrow
4. Clothing size
5. Later than
6. Fermented
beverage
7. Wedding
attendant
8. Formal
assembly
9. Furrow
10. Withered
11. Collar or jacket
12. Succinct
13. Core in lumber
14. Footnote word:
Latin
15. Volcanic peak
16. Daisylike
flower
17. Sour people
18. Recourse
19. Diamond: slang
20. Confederate
soldier
21. Sweetheart
22. Flatter
servilely
23. Entertain
24. "Othello"
villain
25. Sustain
26. Soldiers
27. Disquiet
28. Siberian river
29. Highlander
30. Crooked
31. Genesis name
32. Bridge term
33. Toe growth
34. Energy type
35. Diving duck
36. Deposit at a
river's mouth
37. Frankie or Cleo
38. Deviate
39. Learned one
40. Wrathful
41. Spectacle
42. Placket; neck
43. Cloeee friend
44. Sailor
45. Il will
46. Secluded valley
47. Card suit
48. Ms. Adoree
49. Differently
50. Stock; reserve
51. Shooting: French
52. Distributed
53. Kind of sofa
54. Poplar tree
55. Persian tiger
56. Brooded

11 Manifest
Tit the sack"
tws
Jraw upon
15. Biblical mountain
16. Curriculum vitae
17. Rag
26. Ancestral country
28. Veceel
32. Lacerated
34. Man or Wight
35. Italian lake
37. Salt: French
38. Volcanic mouth
39. Miminate
40. Mistreated
41. Porgy's love
43. Heroic story
44. Object of devotion

| 47. Style of playhouse: 2 wde. 48. M8. Earhart | 70. Stiffhees <br> 71. Judge's chamber |
| :---: | :---: |
| 49. Occupy | 72. Pencil part |
| 80. Menu choice | 73. End |
| 63. Speck | 75. Not completed |
| 56. Cordelia's | 78. Actrees Laurio |
| ${ }^{6}$ father | 79. Belgian city |
| 57. Metallic clement | 80. Provide food |
| 58. Male pig | 81. Sheeplike |
| 60. Nothing more | 82.1492 veacel |
| than | 83. Moved side- |
| 61. Coin | Wayt |
| 62. Slight | 36. Yemen port |
| 64. Biddy | 89. Spread, as hay |
| 65. Sci-fi clastic | 91. Ma. Gardner |
| 68. - out, ditappeared | 93. Giante outfielder |

SUBMITTED BY: RPSN HAMHONDS
80. Vatican City -ight
84. Doctor's gropup: abbr.
85. Prong
86. Onward
87. Greedy
88. Tranquillity
90. Show off
92. Blowing a horn
94. Algonquian language
95. Football team
96. International
agreement
97. Trying
98. Fiery insect:

2 wods.
99. Secondhand tire

## DOWN

