



THE HOSPITAL CLIPPER



VOL. 5 NO. 3

NAVAL HOSPITAL MEMPHIS, MILLINGTON, TENN. 38054

MARCH 1971



The Navy Medical Corps officially will be 100 years old on March 3rd. The centennial will be observed in Navy Memphis on March 13th with a dinner dance at the Officers' Club. Dr. John ALBRITAIN, RADM, MC, USN, Deputy Surgeon General, will be an honored guest for the occasion.

Although the official recognition date is 1871, the Navy Medical Corps is as old as the nation. History records that surgeons and surgeons' mates served with distinction in the Navy of Commodore John Barry and Captain John Paul Jones, and later in the War of 1812.

Until 1793 medical men served

without a commission except as issued by the commanding officer of the ship in which they were signed for a specific cruise.

In 1842 the Bureau of Medicine and Surgery was created. There was a deficit in spending from the start, and the Navy Register for 1842 listed only 69 surgeons.

There was further progress in the Medical Corps during 1870 - 1900, when about 300 new appointments were made in the Corps. A good many of the new ideas were then being introduced into the practice of Navy medicine.

By 1900 some radical changes and innovations had been proposed. In the

next fifteen years the medical department was to see the establishment of the Naval Medical School and a basic school of instruction for hospital corpsmen; the establishment of a female Nurse Corps; the establishment of a Dental Corps; the remodeling of existing naval hospitals and building of new ones; increased numbers of Medical Department personnel; improved medical facilities above ships; improved sanitary conditions at shore stations; provision of facilities for treatment of tuberculosis patients; development of specialties in medicine and surgery; and recognition of the medical officers' standing in the Navy.

CAPTAIN R. D. NAUMAN, MC, USN.....COMMANDING OFFICER
 CAPTAIN F. M. BARNWELL, MC, USN.....EXECUTIVE OFFICER
 COMMANDER J. W. YOUNG, MSC, USN.....ADMINISTRATIVE OFFICER

DUPLICATED 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 HOSPITAL MEMPHIS, MILLINGTON, TENNESSEE. THE HOSPITAL CLIPPER SOLICITS NEWS ITEMS FROM ITS READERS.

EDITOR-IN-CHIEF
 EDITOR

LCDR F. D. SAINÉ, MSC, USN
 HM3 D. J. WILLIAMSON, USN

Candidates are needed for the below courses of instruction available to enlisted Hospital Corps personnel:

- HM-8402 Nuclear Submarine Medicine Technic
- HM-8407 Nuclear Medicine Technic
- HM-8409 Aerospace Physiology Technic
- HM-8416 Radioactive Isotope Technic
- HM-8417 Clinical Laboratory Technic (HM2 and below)
- HM-8432 Preventive Medicine Technic
- HM-8452 X-ray Technic (HM2 and below)
- HM-8463 Optician Technic
- HM-8482 Pharmacy Technic
- HM-8484 Eye, Ear, Nose and Throat Technic
- HM-8486 Urological Technic
- HM-8492 Special Operations Technic
- HM-8493 Medical Deep Sea Diving Technic

Interested personnel should contact the Information and Education Office for additional information.

MAJOR EMPHASIS FOR 1971 - SAVE MANHOURS! MATERIALS! MONEY!

Now, more than ever before, the awards program at each field installation and higher organizational levels needs a major and continuing promotional emphasis on the theme - SAVE MANHOURS, SAVE MATERIALS, SAVE MONEY!

Many Government installations have expanding missions that must be carried out with the same number of employees. Others are experiencing reductions-in-force. Budgets are tight in many agencies. For these reasons, Federal managers are vitally concerned with saving manhours and stretching the budget.

This is a time when the awards program is needed and can help Federal activities accomplish more than ever. You play a vital role in providing the means for management to encourage the entire work force to search actively for ways to conserve manhours, materials, and monetary expenditures. And when superior results are accomplished, you can help management to honor those who achieve more than others and thus demonstrate the appreciation of managers and supervisors.

Now is the time for you to make the program decisions for 1971 that will result in the most effective possible use of the awards program to help management with current problems. Combining promotional emphasis is necessary using all the effective means available. Decisions should be made on all promotional elements. These include the promotional theme - the 3-M SAVE MAN-HOURS - SAVE MATERIALS - SAVE MONEY might be used; how often you will issue a pay check flyer; how you will use local posters; the proposed time limit on evaluation of suggestions; and how supervisors and evaluators will be given favorable publicity for helping place beneficial ideas into use. These and other decisions for action, depending on what is most effective in your agency, should be made. Now is the time to help management make optimum use of the awards program. You are the key person in initiating necessary steps.

CHAPLAIN'S CORNER

The following is taken from an unknown author. It is a modern parable but not too much unlike those that Jesus Christ gave while on earth.

"Behold a ball team went forth to play a game of baseball. Just as the umpire was saying, 'Batter up', the catcher for the home team arrived and took his place. The center fielder didn't arrive until the end of the first inning, and the second baseman didn't arrive until the second inning. The first baseman didn't show up at all, but later sent his regrets, and said that he had to go to a chicken dinner at Aunt Mary's. The third baseman likewise failed to come to the game, having been up late the night before, and desired to spend a day in bed. The left and right fielders were away on a little week-end trip and couldn't make it. But, they were there in spirit.

"Verily, when the pitcher went into the box, he looked around for his team mates, and lo, his heart was heavy, for their places were empty. But the game was announced and the visitors were there in the stands, and there was nothing to do but to pitch the ball and hope for the best."

"So the pitcher tightened his belt and stepped into the box, and did his best to put the ball over the plate. But he was not at his best, for he had to serve as a pitcher, first baseman and third baseman. There were loud boos from the stands while the home team was badly beaten. It was a disgrace to the noble game of baseball. When the absent members of the defeated team heard that their team lost, a decision was made to get a new pitcher. But who lost the game?"

"See you in your place in church on Sunday."

COMPOSITE STANDARD MILITARY RATE TABLE (NAVY)
 EFFECTIVE 1 JANUARY 1971

PAY GRADE	ANNUAL	MONTHLY	DAILY	HOURLY
O-10	\$4,035	\$3,419	\$157.98	\$19.75
O-9	34,757	2,896	133.81	16.73
O-8	31,942	2,662	122.98	15.37
O-7	28,691	2,391	110.46	13.81
O-6	25,503	2,125	98.19	12.27
O-5	20,991	1,749	80.82	10.10
O-4	17,688	1,474	68.10	8.51
O-3	14,834	1,236	57.11	7.14
O-2	10,890	907	41.93	5.24
O-2	8,390	699	32.30	4.04
O-1	16,506	1,375	63.55	7.94
W-4	14,310	1,192	55.09	6.89
W-3	12,013	1,001	46.25	5.78
W-2	10,625	885	40.91	5.11
W-1				
E-9	13,304	1,109	51.22	6.40
E-8	11,685	974	44.99	5.62
E-7	10,083	840	38.82	4.85
E-6	8,717	726	33.56	4.20
E-5	7,028	586	27.06	3.38
E-4	5,644	470	21.73	2.72
E-3	4,057	338	15.62	1.95
E-2	3,227	269	12.42	1.55
E-1	2,998	250	11.54	1.44

RETIREMENTS

Captain Pauline W. Schmid, NC, USN, and Commander Melvin D. Bergquist, Jr., MSC, USN, retired at a 9 a.m. ceremony at Naval Hospital Memphis on March 5th.

CAPT Schmid, who has been Chief, Nursing Service since June 1969, completed 28 year's service. During her nursing career she served at various naval hospitals in the U.S. and overseas including the hospital ship USS Bountiful and the First Marine Division in Tientsin, China.

Before reporting to Memphis, CAPT Schmid served for over four years at the Naval Hospital at Camp LeJeune, N.C. She plans to make her home in Jacksonville, N.C. after retirement.

CDR Bergquist, who has been hospital Administrative Officer since 1968, retired after 34 year's service. A former enlisted corpsman, he attained the rating of chief hospital corpsman before he was commissioned an ensign in the Medical Service Corps in 1950.

During WWII he saw action with the First Marine Division in the South Pacific. After the war, he served aboard various ships and at naval hospitals at Philadelphia, Portsmouth, San Diego, Bethesda, Corpus Christi, and Guantanamo Bay.

Among his numerous medals, CDR Bergquist holds the Presidential Unit Citation, the Korean Presidential Unit Citation and the Navy Good Conduct Medal (three awards). After retirement the Commander will be the administrator at the West Tennessee Chest Disease Hospital in Memphis.

Captain Alice L. Davis, NC, USN, the new Chief, Nursing Service, reported aboard Naval Hospital Memphis from the Naval Hospital, Corpus Christi, Texas, where she also served as Chief, Nursing Service.

During her nursing career, she has served at various naval hospitals in the U.S. and overseas including tours of duty at Oakland, Annapolis, San Diego, Great Lakes, Pensacola, Long Beach, Yokosuka, and Guantanamo Bay. She received her B.S. Degree in Nursing from the University of Rochester, N.Y. in 1959.

Commander Johnny W. Young, MSC, USN, the new Administrative Officer, reported aboard Naval Hospital Memphis from the Marine Corps Base, Camp LeJeune, N.C.

From Apprentice Seaman to Chief Pharmacist's Mate as an enlisted man, and from Warrant Officer to Commander, CDR Young has dedicated his life to the U.S. Navy. Serving as a hospital corpsman from 1941-1945, he received his commission as a Warrant Officer in February, 1945, and progressed steadily upward to his present rank.

At the beginning of WWII, CDR Young was stationed at Pearl Harbor, and he was a member of the initial landing team at Guadalcanal. After the war he served aboard various ships and at naval hospitals including Great Lakes, Corona, Bethesda, Key West, Portsmouth, and Corpus Christi.

BASKETBALL

Near the season's end, our hospital basketball team currently holds first place in the intramural league with a 12 - 1 record. The sole defeat came at the hands of MARTD, but was avenged in a rematch, with our team coming out on top by a score of 65-60.

A round robin, double elimination tournament will be played by the teams holding 2nd through 5th place to determine the opponent for our team in the championship finals which will also be a double elimination tournament between the top two teams.

The current player roster is as follows:

PLAYER	POSITION
PFC R. N. Venciel	Center
LT J. A. Barnshaw	Forward
HN H. R. Reuter	Forward
HN D. H. Butler	Forward
HM3 J. A. Otto	Guard
HN R. A. Prince	Guard
HN W. E. Conlon	Guard

The team is coached by LCDR C. W. NULL, Patient Affairs Officer, and the scorekeeper is DN Myrtle Potter of the Dental Department.

LCDR C. W. NULL, Patient Affairs Officer at the Naval Hospital, and LCDR W. J. GERMANN, Resources Management Officer, NAMTG, NAS, have several things in common.

First of all, they met in boot camp company 143, at Great Lakes, Ill. in 1948. LCDR GERMANN was the company CPO, and after graduation in June, 1948, they both went their separate ways.

By chance in 1957, they met once again while on duty at Port Lyautey, Africa. This time they were both first classes.

Now in 1971, Mr. NULL and Mr. GERMANN are Lieutenant Commanders stationed at the Naval Hospital and Naval Air Station respectively, at Memphis, Tenn. Small Navy!!

Among his numerous medals CDR Young holds the Silver Star, Navy and Marine Corps Medal, and the Purple Heart.



(L-R) CAPT SCHMID, MRS. BERGQUIST, AND CDR BERGQUIST



CAPT. DAVIS



CDR. YOUNG

COMING EVENTS

This article is to inform you of the events and entertainment that are taking place around Memphis for the month of March. Anyone desiring further information please contact HM3 BOOTH in the Health Records Office, topside across from Staff Personnel, or call Ext. 540. Also anyone desiring tickets to any of the below listed events and entertainments please bring your money by, and arrangements will be made for the purchase of your tickets. See HM3 BOOTH, or HM1 BOSS in the Education Office, Ext. 540.

The following listed events are for the MEMPHIS AUDITORIUM:

- 06 MARK TWAIN
- 08 CLAY-FRAYSER FIGHT
- 09 WRESTLING
- 10 CHRISTIAN BROS. COLLEGE - PLAY
- 14 MEMPHIS ORCHESTRA - CONCERT
- 15 WRESTLING
- 16 MEMPHIS ORCHESTRA - CONCERT
- 20 GOSPEL SINGING
- 21 CONCERT BY THE BEETHOVEN GROUP
- 22 WRESTLING
- 29 WRESTLING

The following listed events are for the MID - SOUTH COLISEUM:

- 03-07 BOAT AND SPORT SHOW
- 08 HIGH SCHOOL BASKETBALL STATE TOURNAMENT
- 16-21 HOLIDAY ON ICE
- 23 MEMPHIS PROS vs NEW YORK
- 24 MEMPHIS PROS vs DENVER
- 27 ROLLER DERBY
- 28 GRAND FUNK RAILROAD
- 29 MEMPHIS PROS vs KENTUCKY
- 31 MEMPHIS PROS vs CAROLINA

Anyone desiring transportation to any of the above activities, please let us know.

THANK YOU,

THE RECREATION COMMITTEE

SOCIAL SECURITY

THE BASIC IDEA

The basic idea of social security is a simple one: During working years employees, their employers, and self-employed people pay social security contributions which are pooled in special trust funds. When earnings stop or are reduced because the worker retires, dies, or becomes disabled, monthly cash benefits are paid to replace part of the earnings the family has lost.

Part of the contributions made go into a separate hospital insurance trust fund so that when workers and their dependents reach 65 they will have help in paying their hospital bills. Voluntary medical insurance, also available to people 65 or over, helps pay doctors' bills and other medical expenses. This program is financed out of premiums shared half-and-half by the older people who sign up and by the Federal Government.

Nine out of ten working people in the United States are now building protection for themselves and their families under the social security program.

SUGGESTIONS

ANYONE?

A continuous effort must be made to increase the efficiency of the operation and improve the quality of service offered by this hospital in addition to maintaining a high degree of morale for both patients and staff. The objectives are accomplished through the men and women who do the work. All military personnel are invited and encouraged to submit practical ideas and suggestions in a narrative form for:

- (1) Improving service, methods, procedures, working conditions, morale, ect.
- (2) Combining operations, methods, and procedures.
- (3) Eliminating unnecessary work and duplication of effort, ect.
- (4) Saving manpower, money, material, time, and space.
- (5) Reducing cost of material, operations, services, and time of delivery (critical materials).

NAVNEWS

NEW REENLISTMENT QUALITY CONTROL RULES

WASHINGTON, D.C. (NAVNEWS).....Reenlistment eligibility rules are much stricter now. New policy governing reenlistments is set forth in BUPERS INSTRUCTION 1133.22B of 14 October 1970.

To reenlist for service beyond 23 years, the member must be a chief petty officer (CPO), and beyond 20 years, the member must be at least a petty officer first class (PO1) who has passed the CPO examination.

Additionally, members separated at normal expiration of active obligated service (EAOS) and classified with reenlistment eligibility code (RE-1) will receive a quality review of their past performance by Chief of Naval Personnel. Their reenlistment will be contingent upon previous record and Navy needs.

All members separated under an early release program will also receive a quality control review prior to their reenlistment.

NAVY GEARS FOR CHANGE OF PACE

WASHINGTON, D.C. (NAVNEWS).....Despite the cutbacks in ship force levels and personnel, the Navy's commitments will remain high. This, however, doesn't mean ships will be spending longer times in deployment.

In fact, steps are being taken to reduce the tempo of operations. A look at recent actions by Admiral Elmo R. Zumwalt, Jr., USN, Chief of Naval Operations, clearly shows the trend is toward shorter deployments and longer homeport periods for fleet units.

Ships now steam faster toward home and more liberal leave and liberty schedules are being given as a result of CNO actions. Carriers are being deployed for six months rather than the eight or nine months previously required.

To increase the productivity of the Navy's people, CNO is making every effort to reduce paperwork. More equitable distribution of collateral duties and shifting of more in-port responsibilities to the supporting naval base are also some of the ways the Navy is seeking to make Navy life more rewarding and self-fulfilling for its personnel.

EXCESS LEAVE PROGRAM EXPANDED

WASHINGTON, D.C. (NAVNEWS)...The Excess Leave Program (Law) allows selected regular Navy officers to take extended leave of absence without pay for the purpose of obtaining law degrees. This program has been expanded to include some Naval Academy and NROTC midshipmen.

For full details of this program, read BUPERSINST 1520.99B. Application deadline is May 15.

KNOW YOUR NAVY: DECATUR, HERO OF TRIPOLI

WASHINGTON, D.C. (NAVNEWS).....Stephen Decatur served in the Navy at a time when "closing with the enemy" meant hand-to-hand combat.

He had entered the Navy as a 19-year-old midshipman in 1798. Five years later, he was in command of a 12-gun schooner, the Enterprise, committed to battle the Barbary Pirates who operated off the coast of Tripoli, exacting a "tax" from ships sailing the Mediterranean.

Early in 1804, Lieutenant Decatur captured a pirate ketch, Martico, renamed it Intrepid, and set off to destroy the U.S. ship Philadelphia, which had run aground and had been captured by the Tripoli buccaneers.

The Intrepid sailed boldly into the Tripoli harbor—unchallenged as a Tripolitanian ship.

Decatur brought his ship alongside the Philadelphia, and the 81 Americans boarded the ship, taking its pirate crew by surprise. The Philadelphia was set ablaze, and the job done, the Americans moved back to the Intrepid and sailed out of the harbor, leaving the frigate a smoked-out hulk.

Later that same year, Decatur commanded a division of gunboats against the pirates. In one engagement, he fought a hand-to-hand combat with a Tripolitan captain, narrowly missing death in the encounter.

His exploits had earned him an extensive reputation by the time the Tripolitan war ended in 1805.

When the War of 1812 broke out, Captain Decatur once again returned to command a ship, the President. In 1815, trying to get his ship out of New York harbor, Decatur was intercepted by British blockading vessels and against superior forces he was left no other course than to surrender his ship.

It was in the closing days of the war, and he was paroled and returned to New London on Feb. 22, 1815.

While serving on the Board of Navy Commissioners, Decatur had upheld the court-martial of Commodore James Barron. Seeking revenge, Barron challenged Decatur to a duel on March 22, 1820. Decatur was killed by Barron's bullet—Barron receiving only a thigh wound.

Most Americans are probably familiar with Commodore Stephen Decatur's patriotic toast, which was made at a victory celebration following the War of 1812: "Our Country! In her intercourse with foreign nations may she always be in the right; but our country, right or wrong."

A man is like a letter of the alphabet: to produce a word, it must combine with another. Benjamin Mendelstamm

There is only one time that is important—NOW. Leo Tolstoy



(L-R) LCDR L. G. ROBINSON; CDR J. W. YOUNG, ADMINISTRATIVE OFFICER; NEWLY PROMOTED CAPT A. L. DAVIS, CHIEF OF NURSING SERVICE; CAPT R. D. NAUMAN, COMMANDING OFFICER; CAPT F. M. BARNWELL, EXECUTIVE OFFICER.



(L-R) CAPT R. D. NAUMAN, COMMANDING OFFICER; HM3 C. W. HARPER; HM3 R. L. SMITH; AND CDR J. W. YOUNG, ADMINISTRATIVE OFFICER. HM3'S HARPER AND SMITH ARE HOLDING CERTIFICATES OF APPOINTMENT TO THEIR NEWLY ACQUIRED RATES.



(L-R) MISS GEORGE ANN SOWDERS, COMMANDING OFFICER'S SECRETARY; HM3 C. E. WEISER; MRS. C. E. WEISER; AND HMCM L. E. FLOYD, SENIOR ENLISTED ASSISTANT TO THE ADMINISTRATIVE OFFICER. HM3 WEISER IS HOLDING A LETTER OF APPRECIATION PRESENTED TO HIM BY CAPT R. D. NAUMAN, COMMANDING OFFICER, FOR "HIS HIGH DEGREE OF COMPETENCY, MATURE APPROACH TO ANY PROBLEM, CHEERFUL ATTITUDE, AND EXEMPLARY APPEARANCE AND BEHAVIOR WHILE ASSIGNED TO THE ADMINISTRATIVE OFFICE".

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(L-R) CAPT R. D. NAUMAN, COMMANDING OFFICER; LT G. D. McCAMLEY, OPERATING SERVICES OFFICER; AND CDR M. D. BERGQUIST, ADMINISTRATIVE OFFICER. LT McCAMLEY IS SIGNING PAPERS AUGMENTING HIM TO THE REGULAR NAVY.



(L-R) CAPT P. W. SCHMID, FORMER CHIEF OF NURSING SERVICE; LCDR J. EDWARDS, FORMER CHARGE NURSE OF WARD 6; CDR A. L. DAVIS, CHIEF OF NURSING SERVICE. LCDR EDWARDS IS BEING TRANSFERRED TO THE NAVAL DISPENSARY, NAVAL SUPPORT ACTIVITY, SEATTLE, WASHINGTON.

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(L-R) LCDR C. L. STRAND, CHIEF OF LABORATORY SERVICE; HM2 W. M. GORDON, LAB TECH; AND HMC M. G. GOODMAN, SENIOR ENLISTED CHIEF, LABORATORY SERVICE. HM2 GORDON IS HOLDING A LETTER OF APPRECIATION PRESENTED TO HIM BY CAPT R. D. NAUMAN, COMMANDING OFFICER, FOR "HIS DEPENDABILITY, DEDICATING AND EXACTING NATURE IN PERFORMING SPECIAL TESTS AND PROCEDURES REQUIRING A GREAT DEAL OF SKILL AND KNOWLEDGE IN THE LABORATORY".

SPOTS OF INTEREST

"HORSESHOE BEND" Lake of the Ozarks, Missouri

"Horseshoe Bend", a peninsula approximately 7 miles long, varying from $\frac{1}{2}$ to 2 $\frac{1}{2}$ miles wide, was created by the completion of Bagnell Dam in 1931. While the majority of lakefront property of Lake of the Ozarks was being developed, Horseshoe Bend's heavily wooded rolling hills were preserved in natural beauty for some twenty years. Surrounded by more than $\frac{1}{2}$ mile of open water and uninhabited by man, this wilderness became an unofficial song-bird and small animal sanctuary, sheltering herds of deer and flocks of migrating ducks.

Following transfer of ownership from Union Electric Co. to Willmore Lakesites in 1945, occasionally the barricaded entrance on Hwy. 54 was lowered to permit cattle to pasture within a mile of the highway for later roundup by horseback. Late in 1950, this first area was finally surveyed and lots offered to the public for vacation and retirement homesites. Gradually, additional areas were platted and electric lines extended; however, some three years elapsed before reaching the far western tip of Horseshoe Bend. Today, all arterial roads have been graded, widened and blacktopped (some two-thirds under State Maintenance), affording rare glimpses through the trees of the original (now abandoned) 2-rut dirt access road.

This picturesque wilderness remains virtually untouched except for the occasional permanent residences, the exclusive summer-homes and modest weekend retreats tucked away in the silent woods and quiet coves. The tasteful incorporation of 21 modern Lakeside resorts, providing facilities and services to suit all budgets, offer the visitor a truly unique vacationland.

Remember, the vacation season starts early in the Ozarks:

MARCH, APRIL and MAY - Best spring fishing, when the big ones bite.

APRIL and MAY - Blossom time - dogwood, redbud, wild cherry and plum.

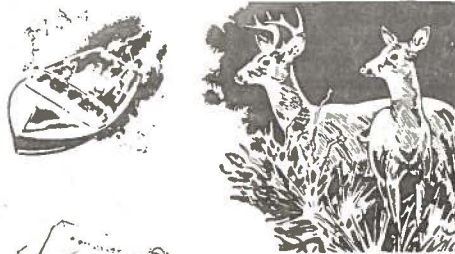
JUNE, JULY and AUGUST - Sun and fun time.

SEPTEMBER and OCTOBER - Delightful days, warm lake water, fishing activity picks up.

OCTOBER and NOVEMBER - Best white bass fishing. And the magnificent Flaming Fall Revue of unbelievable color.

December, if you're lucky, excellent boating on our most beautiful lake.

For further information write: Horseshoe Bend Resort Area, Lake Ozark, Mo. 65049



THIS IS ALL THAT REMAINS OF THE HOSPITAL CLIFF, A CLUB ON THE HOSPITAL CLIFF RESORT AREA, LAKE OF THE OZARKS, MISSOURI. AFTER A FIRE IN 1950, THE BUILDING WAS DESTROYED.

LIBRARY NEWS

WHAT THE HECK IS NATIONAL LIBRARY WEEK?

It's show time for thousands of people who've been working all year for you.

By getting you more and better libraries.

For your edification. For your enjoyment. And better yet, for your kids.

They work on committees. Or they work alone.

Whether it's Gregory Peck, who makes an NLW radio spot.

Bill Bernbach who writes an ad.

Hubert Humphrey, stamping for libraries in his state.

Or the President, speaking out for libraries across the nation.

The National Library Week Program brings people together.

To work for the common good.

Your mind and what goes into it.

To make sure you have free access to books. And to information in all media.

That's what the heck National Library week is.

The longest week of the year.

Beginning April 18-24. And going right on till next year. And on till the job gets done.

It's brought to you by the National Book Committee (the people who bring you and those great debates over authors: the National Book Awards).

And by the American Library Association. 35,000 more information pros. Who want to see you happy and smart. And on top of the times.

YOU'VE GOT A RIGHT TO READ.

365 days a year.

DON'T BLOW IT!!!

NEW BOOKS

Non-fiction

Leppner, H. W. RETIREMENT - A TIME TO LIVE ANEW.

DeLenedictis, D. J. THE COMPLETE REAL ESTATE ADVISER.

Lipscomb, F. W. HISTORIC SUBMARINES.

Wicher, Lloyd M. BOCHER: MY STORY.

Block, E. B. FINGERPRINTING.

COLLEGE PLACEMENT ANNUAL, 1971 edition.

Fiction

Matte, M. KING OIL. Action in Texas.

Jipper, A. THE PARADISE FORMULA. Suspense story about a new drug.

Ball, T. THE ORdeal OF RUNNING STAND-ING. Indian story set in Oklahoma early in this century.

Hebden, H. HAVE JOURNEY. Adventure in Peru.

STAFF

(AT NAVY LAKE FROM 1400-2100)

(Meet at the Movie Area and/or Wave Barracks at 1330 and/or 1530 to be picked up by the bus.)

PICNIC



Boat Races!

Food
(Hot dogs)



(Hamburgers)



Plus Keg Beer

All FREE !!

STAFF & GUESTS ONLY

Sat. 27th of March




Games!



Contributed by Ed Pearce

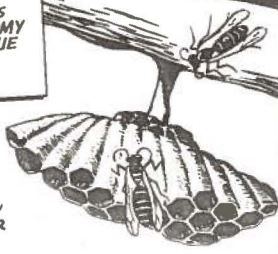
THAT'S A FACT



TREE LIKE!
THE RINGS ON THE HORNS OF THE MOUNTAIN SHEEP INDICATE ITS AGE!

TWO WAY STREET
BUYING U.S. SAVINGS BONDS IS NOT ONLY ONE OF THE SAFEST WAYS TO SAVE—IT ALSO STRENGTHENS OUR COUNTRY'S ECONOMY AND PROTECTS THE VALUE OF THE DOLLAR.

★ ★ ★ ★ ★



PAPER MAKER
A PAPER WASP MANUFACTURES PAPER MUCH IN THE SAME MANNER AS MAN DOES BY CONVERTING WOOD FIBER INTO PULP!

★ MILLIONS OF AMERICANS ★ ★ ★

... GOT THEIR FIRST TASTE OF SAVING THROUGH THE AUTOMATIC PAYROLL SAVINGS PLAN FOR U.S. SAVINGS BONDS. IT WORKS FOR THEM—IT WILL WORK FOR YOU!

'Tis the Season for Many Viruses, Those Tiny, Engimatic Whatsises

WASHINGTON (AFPS) — Nothing takes more advantage of a gracious host than a virus. The result can be a bad case of the flu, a miserable cold, or any number of other diseases, including such familiar childhood ailments as chicken pox, mumps, and measles.

A true parasite, the virus is a minute entity that shows no sign of life until it bumps into an obliging host cell. Then nucleic acid from the intruder may become part of the cell, and the virus can reproduce itself—a prime characteristic of living things.

Seeks a Good Match

Every virus particle, or virion, contains a central core of nucleic acid surrounded by a protein coating, the National Geographic Society says. When a good match exists between virion and cell, the two may become attached. In some cases, the acid enters alone. More commonly, the cell swallows the virion whole, mistakenly treating it as food.

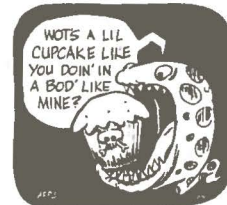
Like a well-trained saboteur, the nucleic acid causes the healthy cell to cease normal functions and start manufacturing copies of the virus. Within half an hour perhaps 100 to 200 viruses are produced. The cell bursts, and the viruses scatter, each ready to invade another cell.

Vaccines have effectively controlled many of the viruses that storm the body's natural defenses, reports the National Institute of Allergy and Infectious Diseases.

However, one of the most common virus-caused illnesses, the common cold, still defies preventive efforts since it is caused by at least 60 different viruses. Each would require a separate vaccine.

Some viruses live in peaceful co-existence with healthy cells for years before symptoms of infection appear. The cell continues its normal activities, even dividing into other cells. Then, for no known reason, one of these begins wildly producing copies of the dormant virus.

Viruses can take the form of pretzels, corkscrews, raspberries, tadpoles, toadstools, needles, and cupcakes.



Assume Many Shapes

Whatever their appearance, they are fantastically tiny. About one million could fit into a single red blood cell. It would take one million-million-million polio viruses to fill a ping-pong ball.

No one ever saw a virus until 1939, though they were known to exist decades earlier. Only in the last 20 years, with the help of electron microscopes and high-speed centrifuges, have scientists been able to identify, photograph, and measure them.

Once in a test tube, a virus can enjoy a long life. A sample preserved for three decades in one laboratory could still kill rats.

Several hypotheses have been suggested to explain the origin of viruses. They may have evolved from disease-producing bacteria. Some virologists believe they were once part of normal cells that lost the ability to reproduce except by becoming parasites.

MISS MARCH



FICA Takes Bigger Bite

WASHINGTON (AFPS)— Along with a pay raise and increased commuted ration rates in January was a boost in the amount of money taken from servicemen's paychecks for Social Security.

Starting Jan. 1, the Federal Insurance Contributions Act (FICA) rate went to 5.2 per cent, with a maximum annual contribution set at \$405.60.

The FICA increase amounts to \$2.40 a month for those paying the maximum \$7,800 payroll tax. For those earning \$5,000 a year, the tax increase amounts to about \$1.50.

The FICA tax includes contributions for Social Security and Medicare.

Military personnel came under Social Security coverage in January 1957. The tax is computed only on base pay.

Warm Food Equals Warm Mood

WASHINGTON (AFPS) — Recent studies indicate a good warm breakfast not only puts you in an agreeable mood but provides the energy you need to keep alert.

By 8 o'clock in the morning most of us have had no food for 12 to 14 hours, the longest period without nourishment in our daily cycle. Our bodies are not only ready for food when we awake but actually seek it. All bodily processes are awaiting the metabolic stimulation that only food fuel can provide.

A sense of fatigue, a feeling

of tremulousness, and a certain amount of uncoordinated movement can be traced directly to the failure to eat an adequate breakfast.

It works this way: Sugar, or glucose, is the form into which starchy food is changed to be suitable for use by the body. Of all the energy-yielding materials supplied by food, glucose is the most readily serviceable. When the glucose intake drops too low, hypoglycemia, or low blood sugar, results. Fatigue, slight shakiness, and general lack of coordination set in.

A Yank Classic

March 5, 1943



Put your leisure time to work

The Armed Forces—despite the age-old maxim that a serviceman is on duty 24 hours a day—offer most of their men a substantial amount of free time.

And seldom does a week go by when a serviceman—especially an unmarried one—isn't faced with the problem of what to do with some of this time. You might find the solution to this problem by having a chat with your education officer.

The Armed Forces have not only given their men off-duty hours, they have also established several educational programs, not the least of which is the United States Armed Forces Institute (USAFI), that will put these hours to good use.

USAFI offers courses at all educational levels and in a wide variety of subjects.

Education means many things to many people. For some, it is a means to open doors of employment; others find it a way to satisfy a general curiosity about a particular subject; still others feel it makes them more interesting people.

Whatever the reason, educating oneself can do no harm and will answer the question of what to do with your spare time. (AFPS Editorial)