

VITAL SIGNS

The Monthly
Southeastern Newsletter

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INDEPENDENCE DAY

In the steeple of the State House of an eastern city a great bell rang out one day in 1776, summoning the people to meet in the town square to hear the reading of a document.

The city was Philadelphia and the meeting place was what is now called Independence Square. The bell was the famous Liberty Bell. The document was the Declaration of Independence, which announced the American colonies freedom from Great Britain.

The people of Philadelphia began then and there to celebrate our country's independence. And all Americans, everywhere, have been celebrating it ever since. The fourth of July is now a legal holiday in all fifty states of the union.

Independence Day was not always celebrated on July fourth. Indeed, that first celebration in Philadelphia did not take place until July eighth, four days after the Declaration of Independence was adopted. And since in those days there were no telephones or radios or televisions to carry the news throughout the country, the story traveled slowly. It was two weeks before the news reached Williamsburg, Virginia — only 300 miles from Philadelphia — and the Declaration was officially announced there on July 25. But no matter when the news reached them, the people in the colonies were proud and happy that they were part of a new nation.

In the early years of our country,



Fourth of July fireworks over the nation's capital.

Independence Day was celebrated with parades and bonfires. Ships in the harbors were decorated with hundreds of flags. Cannons roared all day and into the night. Today jet planes

streak across the skies while large cities hold parades and picnics, with speeches and fireworks often part of the celebration.

Text and photograph from *Holidays* by Bernice Burnett.



Why Do Paper Cuts Tend To Hurt More Than More Severe Cuts?

Most of us sometime or another have cut our hand or finger on a piece of paper. Here is an explanation from David Feldman in *Why Do Clocks Run Clockwise* as to why paper cuts are so painful.

Perhaps paper cuts hurt more because they are so emotionally maddening. How can such a trivial little cut, sometimes without a hint of blood, cause such pain? The sensory nerve endings are located close to the skin surface, and the hands, where most paper cuts occur, contain more nerve endings than almost any other area of the body. Dr. John Cook, of the Georgia Dermatology and Skin Cancer Clinic, adds that a trivial laceration such as paper cut creates the worst of both worlds:

"It irritates these nerve endings but doesn't damage them very much." Damaged nerve endings can lead to more serious complications, but sometimes to less pain than paper cuts.

Dr. Cook and Dr. Elliot, of the American Dermatological Association, also mentioned that most patients tend not to treat paper cuts as they would more severe ones. After any kind of cut, the skin starts drying and pulling apart, exposing nerve endings. Cuts are also exposed to foreign substances, such as soap, liquids, perspiration and dirt. Putting a bandage over a paper cut will not make it heal faster, necessarily, but if the cut stays moist, it won't hurt as much.

Something to Think About...

See if you can figure out the following (answers below center):

Sample:

|r|e|a|d|i|n|g|

Answer: Reading between the lines

1. One Another One Another One Another One Another One Another One Another	2. Dice Dice
3. ECNALG	4. T o u c h
5. I I O O O O O O	6. SGEG

Accounts Payable Notes

Good luck and best wishes to Marilyn Stroupe! Marilyn resigned from her position in Accounts Payable during the last month in June and will be relocating with her family in Nebraska. Marilyn just celebrated her two year anniversary with Southeastern. Taking her place in Payables is Jane Fort. Jane recently transferred from our Purchasing Department where she had been employed for three years. Good luck to the both of them!

Medical Terminology For Pre-Med Students

Artery: The study of fine paintings.

Barium: What you do when CPR fails.

Coma: A punctuation mark.

Dilate: To live long.

Fester: Quicker

Minor operation: Coal digging

Morbid: A higher offer

Nitrate: Lower than the day rate

Organic: Musical

Outpatient: A person who has fainted

Post operative: A letter carrier

Protein: In favor of young people

Tablet: A small table

Tumor: An extra pair

Varicose veins: Veins which are very close together



Happy Birthday!

Happy Birthday to the following employees who celebrate their birthday in July:

Glenn Barnett	7/29
Carla Bowman	7/02
Glen Carter	7/27
Jessie Gibbs	7/01
Angela Grimes	7/05
Sharon Helton	7/10
Les Herod	7/12
Virginia Kauffelt	7/25
Betty Koonce	7/21
Bill Maness	7/02
Shirley Smith	7/21
Marcia Tarrant	7/22
Paul Willaford	7/08

Answers to Something to Think About. . .

1. Six of one, half a dozen of another
2. Paradise
3. Backwards glance
4. Touch down
5. Circles under the eyes
6. Scrambled eggs

Southeastern would like to welcome its newest employees, Richard Crump and Thomas Reeves. Welcome!