Sequoyah Quill

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Message from Reau Graves

In the past nine month period, a myriad of organizational changes have occurred to upgrade the facility's professional and technical staff and to accommodate added responsibilities resulting from the restart of the Depleted UF_4 plant, regulatory changes, increased regulatory oversight, and renewed emphasis to environmental issues.

As we move into the future of our operation and reflect on manpower needs to respond proficiently to new requirements and growth, I am adding four new positions to the professional staff.

A new Safety Technician position has been approved to assist the Safety Engineer in his routine safety inspections and to broaden his scope of activity.

An additional Health Physics Technician position has also been approved to provide increased coverage by our Health-Physics organization.

Additionally, a new position of Manager, Human Resources has been created to address a myriad of issues involving employee relations, procedures, training, and personnel management activities.

I have also created a new position of President and Chief Operating Officer of Sequoyah Fuels Corporation. This new position will report to me as Chairman and Chief Executive Officer of Sequoyah Fuels Corporation. This added position will be responsible for all operational and regulatory activities of the company. This new position will enhance our ability to respond to opportunities to improve plant operations and further mitigate environmental concerns. Marketing will continue to report to me.

Environmental Protection and Preservation

Position of the Month

SFC is dedicated to preserving and protecting the environment, and it is that challenge and responsibility that the Environmental Department gladly accepts. This group of employees works as a team, interacting with other SFC departments, to ensure that we meet the requirements for compliance with local, state and federal agencies.

The Environmental Department also encompasses the Environmental Laboratory and its technicians. However, this month we will be focusing on the Environmental Compliance group and the laboratory will be featured at a future date.

Manager of the Environmental Department, Carol Couch, said this group is an effective team because they function as one. The team consists of:

Environmental Engineer - Robert Davis
Environmental Hydrogeologist - Kenneth Schlag
Environmental Technician - Kendell Coppin
Regulatory Assistant - Marilyn Palmer

Robert Davis, Environmental Engineer, has found great satisfaction in the opportunity of combining his personal interests with the responsibilities of his position. His areas of responsibility include the analysis, specification, and design of environmental engineering projects, the administration and reporting requirements of state and federal permits, the routine oper-

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ation of environmental monitoring systems, and the routine review of environmental sampling data to ensure facility compliance. He enjoys the opportunity of working with a project, designing a solution and engineering the changes necessary for environmentally sound operations at the facility. Some of the projects he has developed include the automated pumping systems at the lined ponds, the automated pumping of recovery wells, automated sampling and flow measurement at the outfalls, and the environmental laboratory waste handling system.

Other areas of responsibility assigned to Robert are studying and implementing the regulations associated with the Clean Water Act, the Clean Air Act and the Safe Drinking Water Act. Relative to these regulations and permits, Robert also prepares the required reports the facility must submit on a routine basis; NPDES Discharge Monitoring Report, OWRB Self Monitoring Report, OWRB Water Use Report and the Air Quality Service Point Source Emissions Report.

A personal interest that Robert has developed outside the scope of his responsibilities is computer programming. On several occasions he has provided programming assistance to the department and other departments. He is responsible for the environmental database system, the health and safety tracking program, and the facility random drug testing program.

Kenny Schlag, our Environmental Hydrogeologist, enjoys working with environmental issues and troubleshooting work in the field. He is responsible for the modification and design of numerous projects, as well as supervising these projects. One major project Kenny has directed was the recently completed Stormwater Retention Reservoir. The reservoir was designed to help meet regulatory compliance requirements with both the EPA (Environmental Protection Agency) and the OWRB (Oklahoma Water Resources Board). The new reservoir will have a maximum capacity of over 68-million gallons of rainwater encompassing over 16-acres. Kenny enjoyed watching this project start from the clearing of trees to seeing the 40-foot high intake tower emerge. The ultimate satisfaction will be seeing employees enjoying this future recreational area.

Kenny has also played a major role in the facility wide environmental investigation. It has been a difficult task coordinating all the field work; insuring that facility procedures are followed and that activities are communicated between facility personnel and contractors. Kenny worked closely with RSA (Roberts/Schornick & Associates) to determine proper drill locations and insure that locations were approved by the SFC Engineering Department. This included not only the monitor well system, but the soil characterization borings.

This Facility Environmental Investigation included 163-new monitoring wells, ±200 boreholes and over 10,000 samples. This system has provided SFC detailed data about the limited areas of contamination at the facility. As the FEI concludes, Kenny will begin to pick up environmental engineering projects associated with the corrective action plan.

The routine environmental monitoring program for this department is handled by Kendell Coppin, Environmental Technician. At the present time, Kendell samples approximately 100 wells and surface water locations, on a routine basis, generally monthly.

Kendell is responsible for soil, air, vegetation and water sampling on a routine basis at various locations in and around SFC. On a random day each month, Kendell is accompanied by an Oklahoma State Department of Health representative when he does his routine sampling. Twice a year Kendell takes water and sediment samples from both the Illinois River and the Arkansas River. He has to go by boat upstream and downstream from the discharge of the Combination Stream. The results of these analyses are trended.

Kendell says his appreciation for nature and wildlife makes his job even more meaningful to him, especially since his routine samples cover nearly 10,000-acres. He also is required to work with numerous agencies as well as any "special" projects that rise from day to day.

Helping keep track of all these monitor well results, borehole results and over 10,000 sample results is the Regulatory Assistant, Marilyn Palmer. She supports the team by transcribing data, organizing and filing reports, tracking documents, word processing for the entire team, maintaining correspondence files for all investigations and projects, overseeing the expenditures for the department and the projects. Marilyn keeps the department organized and running smoothly under very stressful and demanding workloads.

Marilyn said becoming familiar with the environmental terms used by her fellow team members makes her job easier. She enjoys the latitude that comes with knowing what needs to be done and setting a schedule to meet the needs of the group accordingly.

There is a lot of documentation being generated by the current Facility Environmental Investigation, and the accuracy and reliability that Marilyn provides in support of these efforts is greatly appreciated.

Preserving and protecting the environment is everyone's responsibility, yet we find that the Environmental Department has a multi-functional task (regulations, engineering, documentation, remediation, permits and inspectors), and their work knows no end.

As Sequoyah Turns

Happy Birthdays

L. A. White	06/01
John Cheater	06/04
Gwen Irving	06/04
Randy Ellis	06/04
John Oxtoby	06/06
Doug Ford	06/11
Linda Box	06/12
Cleo Leaf	06/13
Mike Henry	06/14
Danny Campbell	06/16
Stephen Lemley	06/18
Rick Jackson	06/19
Philip Falleur	06/19
Ruby Henry	06/20
Ferrell Horn	06/21
Rick Callahan	06/23
Loretta Bloomer	06/23
Lloyd Macarty	06/25
John Kirk	06/26
Rafe Mathews	06/28
Dan Howard	06/29
Mike Moore	06/30

Service Anniversaries

Donald Lyons	10 Years	06/08
Christine DiGennaro	5 Years	06/16
John Moore	5 Years	06/25
Sheila Clark	10 Years	06/29

Congratulations

Congratulations are extended to Chris and Kari Watson on the arrival of their son, Christopher Michael, born May 19th.

Congratulations to Debbie Emerson on the arrival of her new grandson, Kasey Allen Barnes.

Community Events

- June 1-9 — Literary Arts Festival, Arts & Humanities Council of Tulsa, various locations, 584-3333
- June 4-8 — Miss Oklahoma Pageant, Mabee Center, ORU
- June 7 — Free Summer Movies, River Parks Authority, Tulsa 582-0051
- June 9-15 — FreeWheel '91 cross-state bicycle ride, Tulsa World, 581-8300
- June 25 — Starlight Concerts, Tulsa

Welcome New Employees

Kelly Clayton was recently hired in the Process Lab as Laboratory Administrative Assistant. She and husband Jon have a one year old daughter, Courtney. Kelly enjoys music, movies, and spending time with the family.

Promotions

Congratulations to two Operation employees recently promoted to Supervisory positions:

Kathy Jones promoted to Supervisor DUF_4 area
Will Shell promoted to Supervisor UO_3 area

Congratulations to Darren Girdner on his promotion to the Senior Lab Technician position in the Process Laboratory.

Transfers

Phyllis Clay was transferred in May from Chemical Operator to Lab Technician in the Process Laboratory.

If you can keep your head while all about you are losing theirs, you're probably not paying attention.

-----Franklin P. Jones

Congratulations Graduates of 1991!

We want to congratulate the families of employees whose children and/or spouses have recently achieved one of the most important goals in their lives -- a high school and/or college degree. We extend our congratulations to the following:

College Graduates:

- Sheila Clark, graduate of Connors State College
- Mary Isham, graduate of Northeastern State University, daughter of John and Wilma Galatian
- Marsha Mestepey, graduate of Louisiana State University, with a Bachelor Degree in Interior Design, and on the Dean's list, daughter of Jim and Jody Mestepey
- David Nieto, graduate of University of Oklahoma, son of David and Cecilia Nieto
- Richard Shepler, graduate of Northeastern State University, son of Richard and Barbara Shepler
- Nichole Silverstein, graduate of University of Texas, daughter of Larry and Lucette Silverstein
- Nichole Simeroth, graduate of St. Gregory's College, daughter of Ken and Sue Simeroth

High School Graduates:

- Stephanie Bloomer, graduate of Vian HS, daughter of Bob and Loretta Bloomer
- Angelo DiGennaro, graduate of Vian HS, son of Guy and Christine DiGennaro
- Jason Elbon, graduate of Vian HS, son of Edward and Joanne Elbon
- Brian Howard, graduate of Warner HS, son of Daniel Howard
- Joel Isham, graduate of Vian HS, son of D.K. and Rebekah Isham
- Julie Mannon, graduate of Gore HS, daughter of Randy and Donna Mannon
- Christine Nieto, graduate of Vian HS, daughter of David and Cecilia Nieto
- Brian Parker, graduate of Van Buren HS, son of Richard and Teresa Parker
- Alicia Youngblood, graduate of Northside HS, Ft. Smith, daughter of Eulous Youngblood

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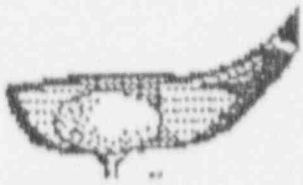
Golf News

by David Nieto



Tahlequah Tournament - May 18

The good news for that Saturday was about Chris Watson's increase in his family. Congratulations! No, he didn't play, but his partner did one heck of a job trying to keep up. Close, Billy Joe, but not quite close enough. On behalf of the Haley-Long team, "Hawk" did hurt his wing, but finished anyway. Maybe next time, maybe. The "Sorry, but no cigar" goes to Rick Callahan, who almost had a "hole in one" in the #4 hole, but he did have a gimmee birdie. For all the rest who got sunburned and really red (Fred and I didn't), it was a great day!

We had fifteen teams that played and three flights. There were some fine golfing; I was impressed. To the winners, keep practicing, and to all the others, keep practicing.

The following are the team scores and place of finish:

First Flight

1st	Medlin/Shell	65
2nd	Leaf/Nieto,Jr.	74
3rd	Barnhill/Nieto	74
4th	Wickersham/Edison	76
5th	Curry/Mooring	77

Second Flight

1st	Henry/Cawhorn	79
2nd	Davis/Simeroth	82
3rd	Weaver/Brown	82
4th	Mathews/Callison	83
5th	Fuller/Harrison	88

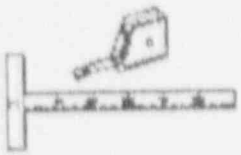
Third Flight

1st	Hediger/Murray	88
2nd	Callahan/Hardin	91
3rd	Parker/McNamee	94
4th	Long/Haley	97
5th	McAffrey/Watson	99

It is a funny thing about life: if you refuse to accept anything but the best you very often get it.

-----W. Somerset Maugham

Process Engineers' Update



The Operations' Engineering staff was recently increased by three Process Engineers. Juanita Barnes, Frank Dum and Steve Lambson joined Michael Pulis to complete the staffing needs in the Process Engineer group.

Each engineer is busy with a number of major projects to research. Juanita, Frank and Steve appreciate the support they have received from employees and welcome their feedback.

Juanita Barnes

My initial assignment has been to Larry Tharp and the UF_6 area. Larry has presented me with a growing list of "opportunities":

- Check out outstanding engineering requests (MR's)
- Work with Dwight Morrow to develop testing for cells to increase/maximize cell life; improve power efficiency; and decrease HF carryover.
- Work with Gary Jackson to understand and implement automation of ash recovery test on cleanup reactor.
- Investigate system to analyze UF_6 (in fluorination area).
- Find way to vent inert gases from F-11 system and control loss of freon.
- Find a workable H_2 detector for reduction off-gas, and possible for the $U0_3$ feed bin.
- Trace high fluoride counts in S7 main plant dust collector, and discover and eliminate the cause.

Two equipment systems have been particularly challenging so far: 1) hydrofluorination reactor, and 2) ash receivers and grinders/conveyors. I was glad to have the opportunity to get into these and see "the rest of the story" as Paul Harvey says. I hope the resulting improvements in the near future will both enhance production and take some of the pain and frustration out of routine operations.

The "to do list" has been modified this week because of Larry Tharp's medical leave. Consequently, I have become his "seeing eye....". Larry is talking me through the mounds of paperwork which daily accumulate on his desk. J.C. Brewer, Leroy Reid, and shift supervisors have worked even harder than normal to assure that the UF_6 area runs smoothly.

I would appreciate employees sharing personal concerns and improvement ideas from their experience in the plant.

Frank Dum

I have now been at SFC for a grand total of two months but have been exposed to an enormous amount of information. Up to this point, my exposure has been very general covering all aspects of the plant. I have recently been assigned to the $U0_3$ area and will be working closely with the $U0_3$ manager, supervisors, and plant personnel.

As a Process Engineer, my job is to investigate and implement improvements to both old and new processes that are perceived to be trouble areas. Being successful at my job depends largely on listening to each of you and finding ways to make your job safer and more efficient.

Steve Lambson

I have been on the Process Engineering staff approximately two months. I have spent most of those two months getting acquainted with the $U0_3$ and UF_6 areas of the main plant; and the DUF_4 plant; reading system descriptions, P and ID's; walking the plant; and working with operators and shift supervisors, often on evening shifts.

Current responsibilities include process development in the DUF_4 plant and overseeing the re-start of operations.

Mike Pulis

I am currently involved in three major projects. These projects include the replacement of the old level gauges in SX with easier to read double tube gauges; addition of electrical heating blankets to the A-line HF reactor filter; and the replacement of the NOX recirculation pumps.

Some of the smaller projects I'm working on include replacing the nitric acid control valves at the tank farm; use of inhibited sulfamic acid for decontamination purposes, filtering of digestion area seal water; and monitoring of F_2 test cell results.

The addition of three more process engineers has definitely made my job more enjoyable.

Education: That which discloses to the wise and disguises from the foolish their lack of understanding.

-----Ambrose Bierce

When it comes to giving, some people stop at nothing.

-----Anonymous

"Bearing" the Summer Heat

by LaNell Boyer, R.N.

Hot temperatures are again with us. Even in mid May, the weathermen were reporting summer weather patterns across the nation. Hot temperatures together with heat from mechanical means inside the plant facility call for caution.

Illness will result when the body is exposed to more heat energy than it can deal with. The normal body temperature of 98.6 degrees Fahrenheit is maintained by complicated mechanisms. This internal temperature remains constant, regardless of the temperature of the environment. When the body is in a hot environment, or when excessive body heat is produced by vigorous physical activity, the body will attempt to rid itself of the excess heat.

Several mechanisms can be used to decrease body heat. The most efficient mechanisms are sweating (and evaporation of the sweat) and dilation of skin blood vessels, which brings blood to the skin surface to increase the rate of radiation of heat from the body. In addition, the person who becomes overheated will remove clothing and attempt to move to a cooler environment. Ordinarily, the heat-regulating mechanisms of the body work very well, and people are able to tolerate significant temperature changes quite well. Illness from heat exposure occurs when the normal regulatory mechanisms are overwhelmed and the body is no longer able to tolerate the excessive heat. Illness from heat exposure can take three forms: heat cramps, heat exhaustion, and heat stroke.

Excessive sweating can cause a loss of potassium and sodium. A diet of fresh fruit and vegetables can help prevent these shortages. Dehydration must be prevented by drinking enough water to keep the body weight constant. Water is the perfect drink - drink plenty of it this summer. Do your part to stay cool.

The table below lists the symptoms and first aid for heat cramps, heat exhaustion, and heat stroke:

HEAT EXPOSURE EMERGENCIES

Indicators	Heat Cramps (Least Serious)	Heat Exhaustion (Serious)	Heat Stroke (Most Serious)
Cause	Salt and water loss	Salt and water loss	Failure of heat-regulating mechanism
Cramping	Present	May be present	Absent
Skin	Cool, moist	Cool, pale, moist	Hot, flushed, dry
Temperature	Normal	Normal or low	Very high
Pulse	Rapid	Rapid, weak	Rapid, bounding
First aid	Salt water solution, unless on medical restriction. Commercial exercise drinks may be used.	Cooling Reclining position, elevate legs If conscious, cold liquids may be used.	Rapid cooling Semi-reclining position Obtain medical care immediately.

Conduct of Operations

by Ron Adkisson

Since December, I have written a couple of articles relating to our status in the regulatory/oversight/investigation climate we have lived through during the past nine months. I've talked as seriously as I could about the need to change by increasing our performance levels throughout the plant and I've introduced the fact that programs will be forthcoming to help us get to where we need to be.

The first program is called the Conduct of Operations and it will begin Monday, June 3, with an introductory class for everybody.

What is the Conduct of Operations? It is the way business will be conducted at the Sequoyah Facility.

What is the objective of the C of O? To attain a high level of performance throughout our operations.

What is the purpose of the C of O? To assure that facility activities are conducted in a manner as to:

- Protect the health and safety of employees, the public, and the environment.
- Comply with applicable regulatory requirements.
- Comply with facility operating and administrative procedures.
- Ins_re facilities and personnel are capable of fulfilling their objectives.

What is the philosophy of the C of O? Employee safety, protection of the public and the environment, and production are compatible goals.

Who is responsible for the C of O? You are!

What is the primary methodology involved:

- Assign responsibility
- Measure performance
- Hold personnel accountable for that performance

Buzz words you will be hearing throughout the program will be:

- Attention to detail
- Ownership
- Excellence

Attention to detail is everybody's responsibility. Ownership is something you choose to accept. Excellence is where we want to be by "Working together for Excellence".

The C of O is a low visibility program but it will be there. It's for all of us, our families, our security, our future. In the short term your job will seem more burdensome with the increased attention to detail. The longer term will create an environment where your job assignments are more defined, easier to fulfill, safer, and afford increased personal satisfaction.

You are being assigned the responsibility as of now. Your performance will be measured, and you will be held accountable for your performance. Take charge and "own" your area - from housekeeping to the smallest attention to detail. Be "Excellent" yourself and by "Working Together" we will all be "Excellent".

Groundwater: The Rest of the Story

by Kenny Schlag

Water is an essential part of everyone's lives. Until it becomes scarce or polluted it is the last thing anyone thinks about. If we were to account for all the water on the earth, we would find 97.2% as salt water in our oceans; 2.1% in glaciers and ice caps; 0.61% as groundwater; 0.009% as freshwater lakes; 0.001 % as rivers and 0.08% as saltwater lakes. This leaves a small precious supply of water available for human consumption, and groundwater accounts for 75% of this available freshwater.

In Eastern Oklahoma, we happen to have an abundant supply of beautiful rivers and lakes. However, these resources rely on groundwater to restore and replenish them.

When people hear the word "groundwater", they usually think of deep underground rivers and lakes that water wells conveniently have access to. In some parts of the world this may be true, but not in Eastern Oklahoma. The water that is absorbed by soil from rain and streams is naturally filtered through and around particles of sand, silt and clay. When the soil is saturated, water flows by gravity in the direction of least resistance. Sometimes it flows tens of feet into the earth, and other times it only flows to a saturated zone just inches below the surface. When water can no longer penetrate, it has probably encountered a "hardpan" or in some instances "bedrock."

Here at the SFC facility, we have a 3' to 5' thick hardpan only a few feet below the surface. This layer or "strata" consists mostly of red clay tightly embedded with river gravel. Since there is very little sand or silt in this strata, water has a very difficult time penetrating this layer. However, water will find its way through this

layer where it is very thin or from man made utility trenches or even through old rotten root systems. A few feet below this hardpan we encounter another layer of dense clayey shale. Water also has difficulty penetrating this "bedrock." The water that accumulates in this saturated zone or "water table" is naturally filtered during its mobilization along the bedrock surface.

Now some of you are probably wondering how this water can move once it reaches this layer if there isn't an underground creek or river.

Well, it doesn't move very fast. In fact, it may travel only 5' to 25' in a years time, depending on the texture and composition of the sediment or rock. This water is "perched" just below the surface until it finds a pathway. This pathway may only be the thickness of a piece of paper or less. This is why some water wells go dry after pumping them for awhile, only to have water in them again the next day.

Below the shale layer at SFC, we have a thick, very dense sandstone bedrock. This particular layer of rock is a second water table that actually holds water above and below it. If we were to penetrate this layer, some 20' to 30' below the surface, we would most likely have an "artesian" effect. That is, water would come up to the surface without having to pump it. Most creeks and stream in this area are fed by artesianal waters just below the surface. This water that eventually makes its way back to the surface is then absorbed into the soil, and the hydrologic cycle is started all over again.

Over millions of years, rivers have deposited and eroded tons of sediment. Eastern Oklahoma consists of many layers of sediment. In time this sediment has turned into rock thousands of feet deep. We can see some of this layering at Lake Tenkiller, and in many of the roadway cuts. Water reacts differently in every different geographical region.

The groundwater science of characterizing these groundwater units continues to grow. Just four (4) years ago, this field was experiencing constantly changing regulations. Field practices were evolving, analytical methods were being developed to detect lower and lower levels of chemical constituents, equipment technology was advancing at light speed, and the effort to develop standards to apply to groundwater investigations was just beginning. Correcting problems that have taken many years to produce is not an easy task when you are working with so many different variables. However, we have mother nature on our side here at SFC. The three natural barriers deposited here some 300-million years ago has given us a chance to use the technology that is available today to help us work out a solution that will inevitably benefit our whole community.

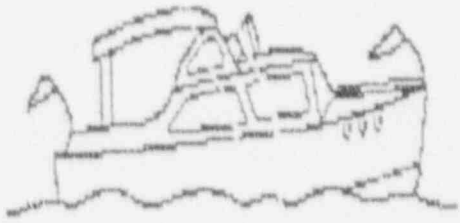
Batters-Up!!

How are the local Baseball (softball, coach-pitch, T-ball) teams progressing?

Are we winning any games? The Quill will report the win/loss records and any success stories you're willing to tell in the July issue. Let's hear from the coaches!

Test Your Boating-Safety Knowledge

Reprint submitted by Gary Barrett



Your idea of ultimate peace and solitude may be to sit on a rowboat or canoe as far from civilization as possible. There's hardly a ripple on the water's surface as the sun gently comes up over the horizon. Or perhaps you would forgo peace and solitude for the excitement of a high-speed motorboat with water-skiers in tow. Whatever your boating interests, some safety basics can help you avoid the many hazards you may encounter.

Many boaters set out for the waterways with little information about hazards or legal regulations. There is additional danger when people who are boating are engaged in another activity at the same time: fishing, hunting, skiing, swimming, etc.

Here's a quiz to test your boating knowledge before you hit the waves.

1) True or False: Most serious boating accidents involve big, powerful watercraft.

False. "Dramatic accidents do not typically cause boat-

ing deaths". The typical boating death occurs in a small boat, 14 feet or less, with a motor of less than 16 horsepower or no motor at all. No more than two or three people are on board, and the boat is likely to be standing still. Fishing accidents are most common, and victims usually are not wearing life jackets.

2) True or False: Hypothermia occurs only when someone falls through the ice or into very cold spring currents.

False. Hypothermia occurs when the body loses heat faster than it can produce it. Body heat is lost 25 times as fast in cold water as in cold air. It can occur in any water less than 70 F, which means large lakes pose a danger even during the warm months. Hypothermia contributes to as many as half of all water fatalities, usually killing victims by inhibiting their ability to swim or stay afloat.

3) True or False: If you are immersed during a water accident, you can slow down heat loss and increase survival time if you tread water.

False. If immersed, you should assume the H.E.L.P. position: arms to sides with wrists crossed over the chest and head out of the water as much as possible. This prevents heat loss from your body's three major heat loss areas: the head and neck, the sides, and the groin. Try not to tread water, thrash around or immerse your head.

4) True or False: Over three-fourths of all boating deaths could have been prevented if victims had worn life jackets.

True. U.S. Coast Guard studies show that up to 85 percent of all boating deaths could have been prevented if victims had been wearing a life jacket or personal flotation device.

5) True of False: All non-motorized boats need to have a white lantern or flashlight on board.

True. All boats, including canoes, on the water at night should have a light strong enough to be seen by other boaters two miles away. It must be displayed in sufficient time to avoid a collision.

6) True or False: When you meet another boat head-on, you must alter your course to the left.

False. Boats meeting head-on must change course to the right. When boats meet at right angles, the boat to the left must yield.

7) True or False: Non-motorized craft (sailboats, canoes, etc.) have the right of way over motorized craft.

True. The only exception to this rule is when a non-motorized boat is overtaking or passing a motorized craft. The boat being passed always has the right of way and must maintain course and speed.

8) True or False: A white buoy or sign with an orange diamond is a warning of danger.

True. If you see this sign, there may be rapids, rocks, reefs, or dams. Black lettering identifies the danger source. A white buoy or sign with an orange circle indicates controlled or restricted areas.

9) True or False: A white buoy with a red top means that boats should pass to the south or west of the marker.

True. A similar buoy marked in black means boaters should navigate to the north or east.

10) True or False: A red flag with a diagonal three-inch-wide strip indicated SCUBA divers.

True. Boaters should stay at least 150 feet away.

The U.S. Coast Guard in Washington, D.C. has a Boating Safety Hotline you can call for safety information and literature on recreational boating. The number is 800-368-5647.

------Reprint Family Safety & Health, Summer '91

Insurance Bulletin

Failure to pre-certify can take a big bite out of your pocketbook.

Remember pre-certification is required 48 hours prior to all hospital admissions such as elective or outpatient surgery. Emergency admission requires certification within two days after the emergency in order to avoid the penalty.

The pre-cert number is on your insurance card. Don't let the high cost of an additional deductible eat your lunch.

Discover Oklahoma

by Janet Petty

Thinking about vacation? This summer try visiting some of your own state's incredible range of activities.

Taste the good life in Oklahoma. From life in the fast lane to a stroll down a country lane, Oklahoma will offer you a great time. Scenic landscapes and outdoor recreational activities abound. Lake Tenkiller and Greenleaf State Park offer a variety of camping opportunities, from primitive hike-in tent sites, to those modern conveniences including water and electrical hookups.

You can really get into the past. History comes alive in our many living museums. There is the J.M. Davis Gun Museum in Claremore. Oklahoma's favorite son, Will Rogers Memorial and birthplace is also located in Claremore. The Five Civilized Tribes Museum in Muskogee offers a unique look at Indian art. For the military buff, try visiting the oldest town and military fort in Fort Gibson.

Fun is always in high gear. Bell's Amusement Park and Big Splash Waterpark in Tulsa offer relief during Oklahoma's hot summer days. Enjoy a leisurely day at the Tulsa Zoo (Mohawk Park) and then take in an evening for fun and entertainment at Discoveryland with Rodgers and Hammerstein's 'Oklahoma'.

Creativity is reflected everywhere in the arts. You'll be amply rewarded when you seek out the many museums and galleries in Green Country. The Gilcrease Museum and Philbrook Museum of Art in Tulsa exhibit a stimulating variety of wonders.

So this summer, you really owe it to yourself to DISCOVER OKLAHOMA!

Everyday is a gift of life -- that's why they call it the present.

-----Anonymous

News and Views from Operations

by R.A. Parker

By the time this article reaches the paper, our exercise will be completed, and a lot of us "participants" will be giving a sigh of relief. Another year of hearing "this is a drill" will be completed. I feel confident that we will again demonstrate that as a team, we are a pretty good one. My thoughts will turn to our "Conduct of Operations".

In the next week, we are all going to hear the phrase "Conduct of Operations" again. While it is a short phrase, it has a very big meaning to all of us. To me, it means that if "we" are going to be the best, then we need a "Plan" to ensure we get there. The best thing is, that everyone becomes a key player in our success. I'm excited and anxious to get our "Conduct of Operations" off and running. If means a great deal to many of us to see SFC be the best, and to see our friends and coworkers be part of a success story. I have high expectations that our "Conduct of Operations" will be received well by everyone. It is our future!

A couple of observations I made during May:

1. I was shocked one day when I went to lunch at a local "eatery". I (and Gary Barrett was a witness) observed LaNell "Mrs. Milk" Boyer eating lunch - and drinking water! I asked LaNell why she wasn't drinking milk? I believe the answer was "not at lunch". After reading of the countless "joys of drinking milk" in the Quill, I was slightly crushed.

2. Load Fred McNamee and myself up in a golf cart and what do you get...one bad score card. We drove the cart much better than the golf ball. Fred made one outstanding comment all day. After we scored 46 on the front nine holes, Fred said "Boy this is terrible, I had a 45 last week by myself". Just what was Fred saying about my golf skills? Pee Wee and Monte Mooring fell out of their cart laughing.

3. After 14 holes of golf, we ran out of excuses but had plenty of strokes left. It is amazing how Fred put three balls in the exact same spot (a five foot circle) from fifty yards away. Yes, all three got wet. We took two "mulligans" (retries) and still took an "eight" on a par four.

4. On holes 17 and 18, we were really looking ahead

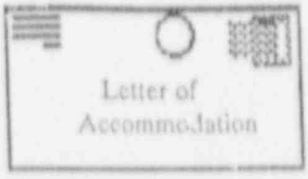
to the Warner Tournament on June 8th.

5. We still beat Terry and Hawk by three stokes.

Don't forget, it's hot outside -- use extra caution when working in "hot" areas or when wearing protective clothing. Have a happy and safe summer!

Safety Summer Quiz

1. Can you get sunburned on a cloudy day?
   _____ _____
2. When should you not wear earplugs or goggles in a pool?
   _____
3. What sunglass lens color best protects you against the sun's harmful rays?
   _____
4. What is the most efficient exercise for overall fitness?
   _____ _____
5. What safety equipment is most vital for runners to wear at night?
   _____
6. When are roads most slippery?
   _____ _____
7. When is it best to water the lawn?
   _____
8. Should a bicyclist ride with or against traffic?
   _____ _____
9. How does exercise help you to relax?
   _____
10. What can waste from 300 - 400 gallons of water a month?
    _____



Maintenance Manager, Larry Silverstein, wishes to personally commend TOMMY DAVIS, DAVID LOCKHART, AND CHRIS HENSLEY on behalf of the Company and the Maintenance department for their initiative in developing a special tool for centrifuge repair.

Their efforts in developing such a tool has resulted in reduced down time and a safer job for maintenance workers and the equipment.

Excellence comes in many forms and this device will be appreciated by those who work on the centrifuge in the future.

Don't snooze all summer...
Wake up and join us...

The annual picnic is scheduled for Saturday, September 21st. The following employees have volunteered to be on the committee:

Virginia Callison
Meredith Clapp
Kathy Farthing
Derrell Martin
Betty Sargent
Kaye Wilkinson

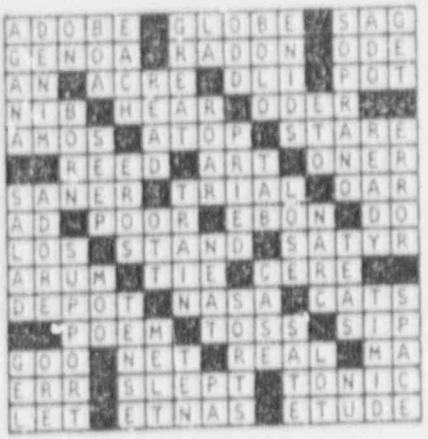
We need more volunteers. See Loretta Bloomer or Betty Sargent if you would like to help with this year's DOG-DAYS PICNIC. We will be scheduling our first committee meeting soon.

Puzzle Page

The puzzle below was created by DAN HOWARD. See if you can find the eleven names of DUF$_4$ operators -

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

Solution to last month's puzzle -
"Fill - In"



The answers to the Safety Summer Quiz are as follows:

1. Yes.
2. When diving
3. Gray
4. Brisk walk or swimming
5. Reflective clothing
6. On the onset of rain
7. Early morning to minimize rapid evaporation during the heat of the day
8. With traffic and as near the right side of road as possible
9. Releases endorphens, the body's natural tranquilizers
10. Drippy faucets