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## From the Commanding Officer: Waiting is over

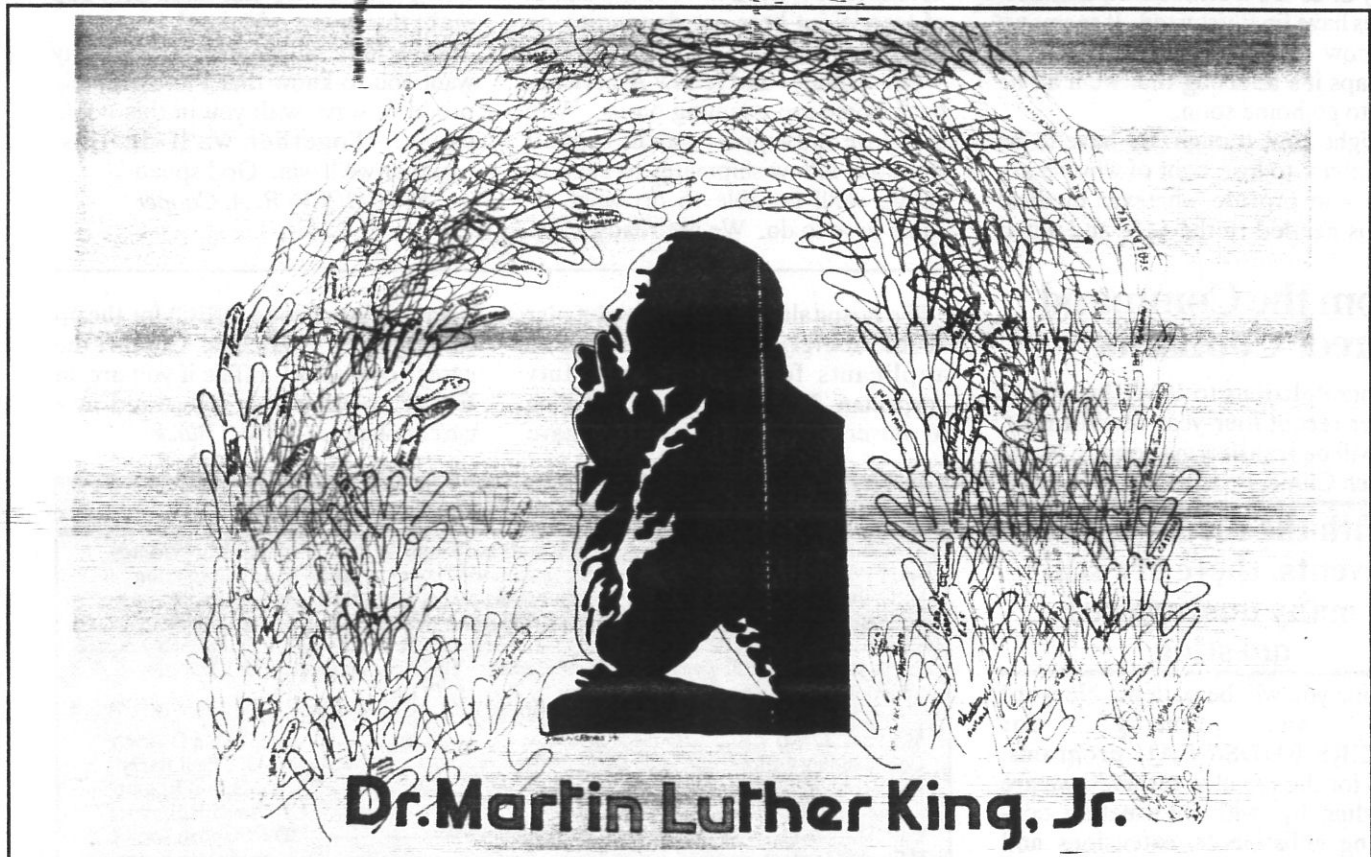
Well, after five long months, it looks like the waiting is over. At 1900 (that's 7 p.m. for the real worlders) Eastern Standard Time January 16, or 0300 local time January 17, the U.S. and the allied forces began Operation Desert Storm, bombing strategic targets in Kuwait and around the Iraqi capital of Baghdad. We have no official word yet on what happened, only media reports from the ship's teletype and personal radios. It appears that aircraft from four countries were involved -- the U.S., Saudi Arabia, Kuwait and Great Britain. According

to some reports, the Pentagon says the air strikes are going very well and that only four allied planes have been lost, including one American aircraft. We'll try to get you the latest news on KRDX-TV by airing the most recent Associated Press reports at 0800, 1300 and 1830 daily. By the way, for those of you who thanked me for the announcement about the war starting, you're welcome; for you wimps who grumbled at me, too bad -- if I had to be up, I wanted everybody to be up!

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**Dr. Martin Luther King, Jr.**

Colorful outlines of the hands of Mercy staff members form a rainbow of blue, orange, yellow and red above an illustration of Dr. Martin Luther King Jr. (U.S. Navy photo by HM2 D. A. Lynn)

## Waiting, from cover

What does all this mean to us? I wish I knew. My guess is that we'll stay where we are now, south and out of the way, for a while. If ground battles begin, I expect we'll move north to provide medical assistance. Let me emphasize that this is only a guess; right now I honestly don't have any more information than that. I hope you know by now, when I find out what's going on, I'll let you in on it. In the meantime, we have to do our best to make sure we're ready to go; our friends ashore may need us soon.

Changing subjects...This past week we celebrated the birthday of Martin Luther King, Jr., America's great civil rights leader and my personal hero.

### **BZ to LCDR Edwards and all the members of the Rainbow Committee for the exceptional job of putting together a wonderful tribute to Dr. King**

The pre-dinner program was insightful, inspirational and extremely

well done. The galley and the Rainbow volunteers also did a super job putting together a sumptuous Southern meal.

The celebration culminated with after-dinner games and a social which turned out to be a great relaxer.

Finally, I'd like to welcome aboard our eight new Canadian shipmates. We're glad to have you here, eh! The first group really set some tough standards, but I'm sure you'll live up to them.

And, if you could get your buddies on the Canadian ships in the area to host a party for us.... -- *Skippy*

## From the Command Master Chief: What is our duty?

There are many, but few are chosen....

Jan. 17, 1991, is now a part of history, and each of us are integral parts of that history.

What will transpire is victory -- hopefully with as few lives lost as possible.

What is our duty today? It is to support the United Nations' resolution. What is our duty tomorrow? To win!

It should come as no surprise that many of us are a bit relieved that hostilities have finally started. It seems we can now see an end to this conflict. Perhaps it's a feeling that we'll all be able to go home soon.

Right now, though, we have to be careful not to lose sight of why we are here -- to provide whatever medical care is needed to the U.S. and allied

forces on the front lines, who may be injured while serving their country.

While standing on the deck the other day, I contemplated what duty with honor means to me, and just how important it is.

To me it means that all individuals can stand up for what they believe is right at whatever cost. That's why we are here. That's why we will be here to support our fellow service members as long as they need us. The thousands of troops out here are depending on us.

Our families and fellow Americans back home are counting on us. With their love and support and the support from our fellow shipmates to keep us going, we'll be able to do what we came here to do. We are ready!

I think Vice Admiral Arthur, COM-USNAVCENT, said it best when he stated in a recent message: "We are setting the course of world order for decades to come.

If we must fight to restore freedom to Kuwait, we will. Now is the time to ensure that the final checks are made. Reach inside and put the all too normal fear to bed and replace it with calm, cool, collected thought. War is won by those who can think best and make the fewest mistakes."

My fellow shipmates, I sincerely want you to know that I'm extremely proud to serve with you in this noble cause. Together we'll do this; together we'll win. God speed

-- *HMC(M/SW) R. A. Cooper*

## From the Command Career Counselor

Congratulations to HM1 Jan Poore on her recent four-year reenlistment. She will be transferring soon to Naval Branch Clinic, Pearl Harbor, Hawaii.

### **With the recent turn of events, there are still many unanswered questions**

I hope you will be patient. No word yet on testing for DIVERS/BUDS/SEAL programs. Also, for the recalled reserves, we are "standing by" with information concerning enlistments, extensions and "C" School.

The hospitalman "C" School detailer is still actively looking for qualified applicants for independent duty corpsman. They are currently willing to waiver personnel who already have

a Navy enlisted code (NEC) for the upcoming April 1991 class. Contact the career counselor's office if you are an E-5 or above who is interested in a career change. -- *HMC Black*

## The Pulse

The Pulse is the official publication of the Medical Treatment Facility aboard USNS Mercy (T-AH 19). It is intended for shipboard personnel and contains professional information relative to members aboard the ship. Opinions expressed are those of the authors and do not necessarily represent the official position of the Department of the Navy or any other governmental department or agency. Contributions are welcome and will be published as space permits, subject to editing and possible abridgment. The Pulse is a weekly publication, submissions must be received by the editor by Tuesday COB.

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## President George Bush addresses the nation Jan. 16, 1991

At 9 p.m. Jan. 16, President George Bush addressed the nation from the Oval Office. His remarks are quoted in their entirety:

"Five months ago, Saddam Hussein started this cruel war against Kuwait; tonight the battle has been joined. This military action, taken in accord with United Nations resolutions and with the consent of the United States Congress, follows months of constant and virtually endless diplomatic activity on the part of the United Nations, the United States and many, many other countries.

Arab leaders sought what became known as an Arab solution, only to conclude that Saddam Hussein was unwilling to leave Kuwait. Others travelled to Baghdad in a variety of efforts to restore peace and justice. Our Secretary of State James Baker held an historic meeting in Geneva only to be totally rebuffed.

This past weekend, in a last ditch effort, the secretary general of the United Nations went to the Middle East with peace in his heart - his second such mission, and he came back from Baghdad with no progress at all in getting Saddam Hussein to withdraw from Kuwait.

Now, the 28 countries with forces in the gulf area have exhausted all reasonable efforts to reach a peaceful resolution, have no choice but to drive Saddam from Kuwait by force. We will not fail.

As I report to you, air attacks are underway against military targets in Iraq. We are determined to knock out Saddam Hussein's nuclear bomb potential. We will also destroy his chemical weapons facilities. Much of Saddam's artillery and tanks will be destroyed.

Our operations are designed to protect the lives of all the coalition forces by targeting Saddam's vast military arsenal.

Initial reports from General Schwarzkopf are that our operations are proceeding according to plan.

Our objectives are clear. Saddam Hussein's forces will leave Kuwait. The legitimate government of Kuwait will be restored to its rightful place and Kuwait will once again be free.

Iraq will eventually comply with all relevant United Nations resolutions

and then when peace is restored, it is our hope that Iraq will leave as a peaceful and cooperative member of the family of nations, thus enhancing the security and stability of the gulf.

Some may ask, "Why act now? Why not wait?" The answer is clear. The world could wait no longer.

Sanctions, though having some effect, showed no signs of accomplishing their objective. Sanctions were tried for well over five months and we and our allies concluded that sanctions alone would not force Saddam from Kuwait. While the world waited Saddam Hussein systematically raped, pillaged and plundered a tiny nation - no threat to his own. He subjected the people of Kuwait to unspeakable atrocities, and among those, maimed and murdered innocent children. And while the world waited Saddam sought to add to the chemical weapons arsenal he now possesses, an infinitely more dangerous weapon of mass destruction, a nuclear weapon.

And while the world waited, while the world talked peace and withdrawal, Saddam Hussein dug in and moved massive forces into Kuwait. While the world waited, while Saddam stalled, more damage was being done to the fragile economies of the Third World, the emerging democracies of Eastern Europe, to the entire world, including to our own economy.

The United States, together with the United Nations, exhausted every means at our disposal to bring this crisis to a peaceful end. However, Saddam clearly felt that by stalling and threatening and defying the United Nations he could weaken the forces arrayed against him. While the world waited Saddam Hussein met every overture of peace with open contempt. While the world prayed for peace, Saddam prepared for war. I had hoped that when the United States Congress, in historic debate, took its resolute action Saddam would realize he could not prevail and would move out of Kuwait in accord with the United Nations resolutions. He did not do that.

Instead, he remained intransigent, certain that time was on his side. Saddam was warned over and over again to comply with will of the United Na-

tions - leave Kuwait or be driven out. Saddam has arrogantly rejected all warnings. Instead, he tried to make this a dispute between Iraq and the United States of America.

Well, he failed. Tonight, 28 nations, countries from five continents - Europe and Asia, Africa and the Arab League - have forces in the gulf area standing shoulder-to-shoulder against Saddam Hussein. These countries had hoped the use of force could be avoided. Regrettably, we now believe that only force will make him leave.

Prior to ordering our forces into battle, I instructed our military commanders to take every necessary step to prevail as quickly as possible and with the greatest degree of protection possible for American and allied servicemen and women. I've told the American people before that this will not be another Vietnam.

And I repeat this here tonight, our troops will have the best possible support in the entire world. And they will not be asked to fight with one hand tied behind their back.

I'm hopeful that this fighting will not go on for long and that casualties will be held to an absolute minimum. This is an historic moment. We have in this past year made great progress in ending the long era of conflict and cold war. We have before us the opportunity to forge for ourselves and for future generations a new world order, a world where the rule of law, not the law of the jungle, governs the conduct of nations. When we are successful, and we will be, we have a real chance at this new world order, an order in which a credible United Nations can use its peacekeeping role to fulfil the promise.

We have no argument with the people of Iraq. Indeed, for the innocents caught in this conflict, I pray for their safety. Our goal is not the conquest of Iraq. It is the liberation of Kuwait.

It's my hope that somehow the Iraqi people can even now convince their dictator that he must lay down his arms, leave Kuwait and let Iraq itself rejoin the family of peace-loving nations.

## The Pay Guys: Frequently asked questions by recalled reservists

I almost couldn't write anything this week - for fear of sounding trivial during these extraordinary times. However, I figure that our job is to support you in a way that allows you to perform your crucial mission undistracted by such trivialities as IDP, VHA, FSA and nauseam...So I've decided to go on as usual, but I preface by saying that in the days ahead I expect to acquire some new heroes. Although I've only been here a short while, I can honestly say how proud all of us in Disbursing are to support the best trauma team in the world as it cares for America's finest...This week I'll try to address some of the concerns of our newest members.

As promised at our recent Q&A session on the mess decks, here are current answers to some of the most frequently asked questions by reservists:

**Q:** May I receive part of my pay locally, as a DDS participant?

**A:** No. All pay and entitlements are deposited to the member's financial institution and accessed through personal checks.

**Q:** When will the first deposit be made?

**A:** This depends on when DDS was processed. If before Jan. 10, 1991,

then the first deposit will be either Jan. 31 or Feb. 15, 1991.

**Q:** How do I tell the amount, if any, of my DDS transfer.

**A:** Ordinarily, this is accomplished by the member checking the DDS pay list which is posted three-five days prior to payday. However, if new members are not represented on the next list, we will send a message inquiry to Navy Finance Center Cleveland, unless limited by operational considerations such as minimize.

**Q:** What do I have to do to get BAQ/VHA?

**A:** Please report to hospital administration with rental/lease agreement as per the Plan of the Day, if you are married and have not completed VHA forms.

**Q:** Are single reservists without dependents entitled to VHA?

**A:** As yet, the answer is no...But the entitlement is retroactive in the event of a change.

We are in the process of augmenting the third wave into our operation. Realistically, we can't determine conclusively which members were not properly processed by the reserve centers until after the 31st. Then we

can make knowledgeable determinations based on individual situations.

For the rest of the staff, so far there hasn't been an official message authorizing tax exemptions for Desert Storm, and anything else is just speculation.

Again, if you have any individual questions, please don't hesitate to utilize customer service. That's why we're here.

Lastly, we have two new team members - DK1 Jordan and DKSJ Jones. Both have strong bases of experience and their arrival represents a vast improvement over our previous manning levels. Please welcome them aboard the Mercy way - by bugging them to death with questions; just let 'em eat and get some sleep now and then...

Well, that's it, except for the prickly issue of our prickly Sea Lawyer...Seems he's heard the "calling," and we can't get the guy to calm down, since he surmised that there's a hell of a market for ambulance chasers in Baghdad...Hey, now that's an idea for ending the war, we could just start dropping our extra mouth-pieces...They'll be begging for MERCY...Peace - *For the Pay Guys, ENS Charles Moore, DISBO*

## Safety Corner: Anatomy of an accident

Before an accident, there are hidden causes. Water spills, like other hazards, don't just happen: they're caused by unsafe attitudes, unsafe behaviors and unsafe conditions. By recognizing how unsafe practices cause accidents, you can prevent them before they happen.

Before an accident, unsafe attitudes are the seeds of an accident about to sprout. They're the thoughts and feelings of your unsafe side: impatience, boredom, overconfidence or recklessness. Your unsafe side is in control when you're easily distracted, absentminded, rushed or inattentive.

Unsafe behaviors are the driving force of accidents. They're the actions that your unsafe side chooses: passing the buck, taking shortcuts or ignoring warning signs. Your unsafe side is in

charge whenever you take unnecessary risks, join in horseplay or use tools improperly.

Unsafe conditions are accidents waiting to happen. They're the hazards your unsafe side creates: a spill, an obstruction; something broken, something missing; leaking chemicals, flying objects. Your unsafe side is in control whenever you don't prevent, remove and report safety hazards.

### After an accident, suffering is often the most obvious result of an accident

Whether it's a first-aid case, a reportable injury or a fatality, someone suffers. Even for the person who causes

the accident, there's often guilt and embarrassment. And there are hardships for coworkers and family members, too.

Lost opportunity is usually a hidden consequence of an accident: lost work days, lost wages, lost chances for promotion, lost confidence of coworkers and supervisor.

After all, you can't take advantage of opportunities when you're not at work or when you're restricted by an injury.

Lost productivity is often a hidden result of an accident: decreased team productivity, increased costs because of property damage and higher insurance premiums. In the long run, accidents can even result in decreased company competitiveness in the market place and lost jobs.

- *Safety Line*

## Food for Thought: Fiber in diets important



Most health professionals recommend that Americans increase the amount of fiber-containing foods in their diets because of its relevance to general health and well-being. Dietary fiber is the part of the plant we cannot digest. There are two basic types - soluble and insoluble.

Soluble fibers, those that dissolve in water, are found in beans, some fruits and vegetables, oats and barley. These fibers are thought to play a role in helping to lower blood cholesterol by soaking up the fat so it can not be fully absorbed. To what extent this cholesterol lowering effect happens has not been established. Soluble fibers also help to regulate the body's use of sugars, which may be useful to a diabetic person or one who has tendencies toward hypoglycemia.

Insoluble fibers do not dissolve in water. Insoluble fibers are found in foods such as wheat bran, whole grains and vegetables. Research suggests that insoluble fibers absorb moisture, thus increasing bulk and aiding in elimination.

### Fiber in a weight-loss program can be very helpful

Dietary fiber in the stomach promotes a feeling of fullness which may reduce the amount of food eaten.

## Mercy sailor suggests Navy ship to be named in honor of Dr. Martin Luther King Jr.

*Editor's note: The following is a letter to Petty Officer 1st Class, A.J. Carter, Leading Petty Officer of SITE, from Vice Admiral F.R. Donovan, Commander Military Sealift Command.*

18 December 1990

Dear Petty Officer Carter,

Thank you for your suggestion that a U.S. Navy ship be named in honor of Dr. Martin Luther King Jr. It is apparent that you are very proud to be part of the Navy and have given a great deal of thought to your proposal.

In addition, high fiber foods require more chewing and thus take longer to eat so less food may be eaten.

Since soluble and insoluble fibers have different functions in the body, it is important to eat a wide variety of fiber containing foods to benefit from both types of fiber.

An increase in the fiber intake should be accomplished gradually.

Initially many persons experience distention, cramping and even diarrhea when the fiber intake is increased rapidly.

Most diets can be improved by substituting whole-grain products instead of refined breads and cereals and increasing the intake of fruits, vegetables, nuts and legumes.

### Raw vegetables and fruits, including skins and seeds, are especially high in fiber

The National Research Council recommends five or more daily servings of fruits and vegetables, and at least six of whole grain or legumes. If you don't want to count servings, just see that foods from plants take up three-fourths of your plate.

Also remember, the more fiber you eat, the more water and other fluids you need to drink. Like any sponge, fiber is pliable only when wet.

— Lt. N.A.B. Dickey

I have forwarded your letter to the Naval Historical Center. One of their duties is to submit ship-naming nominations to the Chief of Naval Operations for recommendation to the Secretary of the Navy.

I was honored to be able to visit all of you on Mercy. You are a dedicated group of professionals doing a tough job in a truly exemplary manner. Keep up the great work!

— Sincerely F. R. Donovan, Vice Admiral, U.S. Navy

## Desert Storm, first day

The Commander in Chief and the Chief of Naval Operations both expressed to me their admiration and pleasure with your performance. They should be. You are doing it right. As always in combat, we lose shipmates. That doesn't make it easier, but we need to understand that those we leave behind want us to learn and grow from their experience.

Although we have had a very successful first day, we must never forget -- we are in a woodpile with a copperhead snake -- he can strike without warning.

Stay safe, keep on your toes, make no mistakes and give him no easy shots. You're doing great, as I expected. Take care of each other.

— Vice Admiral Arthur, Commander, U.S. Naval Central Command.

## Chaplain's Corner: 17 January 1991

*The Gulf will never just be  
The Gulf...anymore.*

*It will command from us  
Our hearts,*

*Our love,*

*Our skills,*

*Our tears.*

*We entered into her great chasm*

*But now she has entered into us.*

*Sitting on the rim of our souls*

*Perched like an eagle*

*At her nest,*

*Waiting...*

*Waiting...*

*Reverberating...*

*Soon to reach the shores*

*Of our lives.*

*And Heraclitis was right.*

*We can never step*

*In the same river twice*

*Because both it and us*

*Has been changed.*

*Forced to face*

*Innocence lost*

*And no one back there*

*Really understands*

*Like you and I,*

*So let's hold on*

*To each other.*

— Chaplain James D. Weadick

## Mercy Musings: Yet another attempt at welcoming the third wavers

This has been a busy Mercy week what with settling the Third Wave in their berthing spaces, war with Iraq, the celebration of King's birthday, and, of course, the highlight of any month for the Command Master Chief, Zone Inspection. [For the benefit of our loved ones, not-so-loved ones and barely tolerated ones at home who are sent The Pulse, zone inspection is a special cleaning day where young people work for hours scrubbing and polishing the ship and then are criticized for their efforts by older people; the older people remember halcyon days when ships were really clean and younger people took pride in long hours of backbreaking work at low wages, like back in the 80's.]

I tried to do my part in helping the Third Wave (actually they're Reservists but you can't call them Reservists because Reservists is not a permitted descriptive term on Mercy) get settled, starting with my column last week. I admit the reactions to my efforts were mixed; some called me an insensitive grasspole or something like that; others allowed as how I might not be the caring, sharing, nurturing person that you would expect in your ship's lawyer.

### President, from pg. 3

Thomas Paine wrote many years ago: "These are the times that try men's souls." Those well-known words are so very true today.

### But even as planes of the multinational forces attack Iraq, I prefer to think of peace, not war

I am convinced not only that we will prevail, but that out of the horror of combat will come the recognition that no nation can stand against a world united, no nation will be permitted to brutally assault its neighbor. No president can easily commit our sons and daughters to war. They are the nation's finest. Ours is an all-volunteer force, magnificently trained, highly motivated. The troops know why they're there. And listen to what they

Let me tell you why I tried. At Department Head's meeting Lt. Cmdr. Bohn, our crack training officer, told all of us that we had to be "emotionally supportive." The department heads as a group could find fault with Mother Teresa because her sandals aren't shined but that's another story. Anyway, Lt. Cmdr. Bohn is a warm, sensitive woman who only gave up her career in prison nursing because she realized she'd have more power in the Navy so we all agreed to try.

Actually, Lieutenant "Duh Wane" Clark, our operations officer and bon vivant around the ship, didn't agree but then he's busy with the war and writing letters to Congress in support of bringing back flogging to give some meaning to Captain's Mast. Also, "Duh Wane," as Captain "Skippy" (short for Skipper, Ha! Ha!) Barry refers to him, was worried that some of his department might get liberty in the event of victory over the Iraqis and peace breaking out. "Duh Wane" does have a lot on his mind.

Well, I'm a team player so here goes another attempt on my part to be "emotionally supportive" of the Third Wave.

say, for they've said it better than any president or prime minister ever could. Listen to Hollywood Huddleston, Marine lance corporal. He says, "Let's free these people so we can go home and be free again." And he's right. The terrible crimes and tortures committed by Saddam's henchmen against the innocent people of Kuwait are an affront to mankind and challenge to the freedom of all.

Listen to one of our great officers out there, Marine Lt. Gen. Walter Boomer. He said, "There are things worth fighting for. A world in which brutality and lawlessness are allowed to go unchecked isn't the kind of world we're going to want to live in."

Listen to Master Sgt. J.K. Kendall of the 82nd Airborne. "We're here for more than just the price of a gallon of gas. What we're doing is going to chart the future of the world for the next 100 years. It's better to deal with this guy now than five years from now."

Look, most of these folks sound like they're from Bug Tussle, Texas, and let's face it, a trip to Oklahoma would freak 'em out. No wonder they're having problems adjusting; also, and no offense, but many first and second wave people on the ship sound like, and actually are, Yankees; that's people outside of states with towns with names like Bug Tussle.

What we all have to do is teach the Third Wavers how to pick on the Canadians. There aren't many of them, they're all foreigners, and they're bi-lingual (don't look it up; it's disgusting). It's the sort of thing that would bring all three waves together and it's as American as apple pies.

I'll see you next week with some questions for the disbursing officer. Any of you Third Wavers with pay problems who aren't independently wealthy might as well give up, unfortunately, as long as this guy's on board. Most of the First and Second Wavers have already filed for bankruptcy and you guys might as well get started on it. The only way you're going to get paid what you're owed on time is by computer error. Ensign Moore is not on the Mercy by accident.

Take care. — CDR. Barrett

And finally, we should all sit up and listen to Jackie Jones, an Army lieutenant, when she says, "If we let him get away with this, who knows what's going to be next?"

I've called upon Hollywood and Walter and J.K. and all their courageous comrades in arms to do what must be done. Tonight America and the world are deeply grateful to them and to their families.

And let me say to everyone listening or watching tonight: When the troops we've sent in finish their work, I'm determined to bring them home as soon as possible. Tonight, as our forces fight, they and their families are in our prayers.

May God bless each and every one of them and the coalition forces at our side in the gulf, and may he continue to bless our nation, the United States of America."

— President George Bush, Jan. 16, 1991.