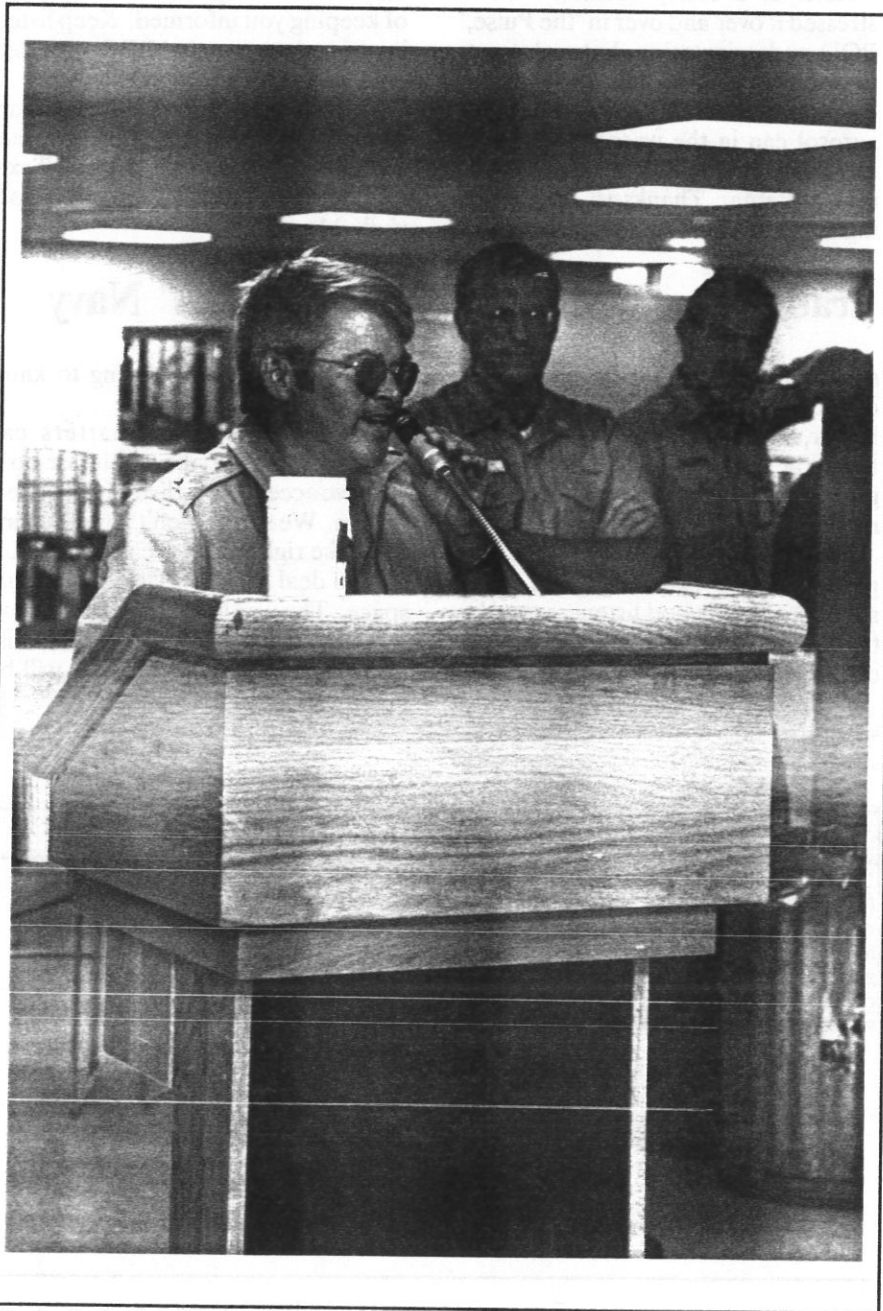


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Cmdr. D. P. Barrett says goodbye to shipmates aboard Mercy. U.S. Navy photo by HM2 D. A. Lynn)

From the Commanding Officer: Ups and downs

This was certainly one of "those" weeks. Talk about emotional roller coasters. First, some of our friends in the Training Department, led by the infamous, immediate past president of the Association of Prison Nurses of Eastern America, tried to go UA in one of the lifeboats. You may have heard that they were doing some sort of drill out there and the boat conked out, but that's not even close. They were trying to escape to Bahrain, beer and bubble baths, but they couldn't out run the zodiac.

Next, we got a major trickle of third and a half wavers who regrettably arrived without baggage. Luckily their stuff came in Friday night because they were getting kinda gamy.

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Then came the Sea Lawyer's departure. The Arabian Gulf just won't be the same; nor, unfortunately (?), will "The Pulse." Best of luck to you, Judge. Hope you liked the gag.

Lastly, we got a huge booster shot of reality. We were directed to send several males -- docs, nurses and anaesthetists -- to the amphib units north of us to help out their medical teams.

It's tempting to speculate why they're needed, but I don't have any inside information. I hope their experience and training on the Mercy help them

From the CMC: Navy tradition and the "Rock and Shoals" Navy

Today's Navy has come a long way from the practices of the old "Rock and Shoals" Navy. Sailors are no longer taught good order and discipline through the old-fashioned hard-drinking, fist-fighting ways of yesterday.

In yesterday's Navy (the 50's and early 60's), attitude problems of young recruits were often addressed physically, in the chief's office, behind closed doors. (I know, I was there and have a few scars to prove it!!)

Fortunately, today's Navy uses non-violent, non-physical counseling sessions to correct the same types of "attitude problems." In today's Navy, there is greater concern for the individual needs of its sailors.

Survival is generally considered the most important individual need, with security and belonging probably very close behind it. Self esteem and personal accomplishment are also important. Of course, circumstances and

do the job they may be called on to do. Hurry home, guys.

This week was also full of training and drills. I realize that some of the drills are getting boring, but we have to take them seriously. (I know this sounds preachy, but it is important.) They're vital for our readiness, and they're designed to give everyone an opportunity to learn and to teach. We may soon be dealing with the real thing, and these drills help us be as prepared as we can be.

Time for a safety booster. We've stressed it over and over in "the Pulse," POD and orientation, but we're getting lazy. A shipmate was hurt because someone carelessly tossed an aerosol can in the wrong bag, and it exploded in the incinerator. That's unacceptable. Thanks to Lt. Clark's ingenious new "burn cage," the prob-

lem may go away, but in the meantime, separate your trash -- it's not that hard to do. By the way, if you haven't seen the burn cage in operation, it's very impressive at night. Time: about 6 p.m.; Place: 01 Level, starboard side, aft (in case you haven't heard it on the 53MC).

Changing to Desert Storm news. Unfortunately, our teletype was preempted by higher authority, so we're having problems getting the latest news. We hope it's restored soon so we'll be able to do a better job of keeping you informed. Keep listening to your radios and BBC newscasts on KRDX.

Well, it's time to get back to my language lessons. Trying to learn French Canadian at the same time as Texas Cowboy is really confusing. Au revoir, y'all. Me.

situations frequently re-prioritize individual needs and affect personal behavior, but the need to feel important and to be an accepted member of the group, the "belonging" need, always remains important.

On Mercy, we can help realize this personal need by being good communicators and good listeners, and by trying to understand the points of view of our shipmates.

In our small, cramped berthing spaces on board, we can achieve this sense of belonging by sitting down with

our "neighbors" and getting to know them.

Sharing such close quarters can sometimes be very hard, but for now, we have accept it and live with it as best we can. We simply don't have the time we'd like right now to really learn how best to deal with this lack of personal space. The war is on; we need to work together as shipmates to get the mission done. Hopefully, then it will be time for liberty in Thailand.

-- HMCM R. A. Cooper

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.

Master	CAPT Dan O'Brien
Commanding Officer	CAPT Paul Barry
Executive Officer	CAPT Michael Roman
Public Affairs Officer	LT Donna Hoffmeier
Editor	JO2 Stephen Brown
Editorial Assitant	SN Wael Issa

Incinerator Safety Part two: Personal protective equipment

Personnel aboard *Mercy* are increasingly being called upon to perform tasks outside the normal bounds of the hospital corpsman rating. One of these tasks is to operate the incinerator.

Working with the incinerator can be very dangerous if you do not wear proper personal protective equipment (PPE). Hot work gloves, flame-retardant long-sleeve shirt, hearing protection, goggles or face shield and safety shoes are absolutely essential and required by OPNAVINST 5100.19B.

The incinerator can reach temperatures of up to 2,000 degrees. Anyone putting their hands in it without hot work gloves and a flame-retardant long-sleeve shirt is asking to get burned. One of our shipmates

received second-degree burns because he was not using his protective gear properly.

Hearing protection is the most often overlooked part of our PPE inventory. Loss of one's hearing happens very gradually, so one might not even be aware of it until it's too late. When operating, the incinerator is very loud. Anyone in the immediate vicinity not wearing hearing protection may notice a ringing in his or her ears afterwards. That sound tells you your hearing is being damaged. Once your hearing is gone, it's gone forever and even amplification can't replace it.

Recently when one of our shipmates thoughtlessly disposed of an aerosol can in the burnable trash. The can exploded in the incinerator and debris

struck one of the workers. Fortunately the incinerator worker wasn't seriously injured, but it could have been worse. Imagine that same can striking someone in the face, imagine that person not wearing a face shield, and imagine that incinerator worker learning to read braille.

Help our shipmates in the incinerator by sorting trash properly. Don't be stupid and don't be apathetic. Take the time and dispose of batteries and aerosol cans properly. No one has to get injured or killed burning trash on board USNS *Mercy* if everyone remembers to follow all safety rules and regulations concerning the incinerator.

Remember, think smart! Think safety!

Save the environment: Personal actions make a difference

All of us as individuals have the ability to make changes in our lives to help the environment. Yes, our personal actions do make a difference.

On *Mercy*, our actions involve separating trash into burnable, non-burnable, plastics, batteries, aerosols (why do these even exist?), soda cans and hazardous medical waste. However, many of us are overcome by guilt when throwing away many of these items, realizing the possibilities of recycling. There are many reasons why we are not able to recycle these items. Let's remember that this is a temporary situation, and that we must not forget the importance of the environment. A few of the reasons we are not able to recycle on board *Mercy* are: We are in a war zone, we do not have the "proper" storage facilities for aluminum cans, safety hazards - flooding and dewatering of spaces, fire hazards and the fact that the ship is a moving platform and nothing is permanently stationary. Also, materials awaiting recycling cause clutter and a cleanliness problem, a basic sanitation issue.

I cringe every time I see an individual spraying aerosol products for minutes at a time, knowing that they think their little contribution to the environment does not make any difference. It all

adds up. There are alternatives to many aerosol products on the market, and our ship's store will be purchasing these products soon. Another thing is the constant waste of water. Individuals running showers without being in them or brushing their teeth with the water running. These minor things add up. Then there are the major things that affect our environment - the millions of gallons of oil being spilled into the world's oceans. We have heard about the occurring oil slicks in the Persian Gulf due to the sabotaging of the oil fields in Kuwait. The possible effect of this war on marine life could be devastating.

The ecosystem is affected by all of these things - let's do what we can to help! When we return home, we will have the advantage on knowing about separation of trash.

Even if we are not able to do some things on *Mercy*, there are some things we can do to help our environment: Conserve water (take Navy showers), recycle newspaper, aluminum cans, and bottles, use less heating oil, keep our cars well tuned, plant a tree, use rechargeable batteries, use unbleached paper, use a bicycle. Whether we can do these things here or not, think about it, be aware of what you can do for our world, globally.

The things we do add up. By doing these things, we can help falter the effect of acid rain, air pollution, the greenhouse effect, ozone-layer depletion, global warming, water pollution and garbage. Having a mutual respect for our surroundings only enhances ourselves as well. -- Lt. j.g. C. K. Bain

From the Command Career Counselor

Congratulations to Petty Officer 2nd Class Antonio Gallardo who reenlisted January 30 for orders to VFA 113, Lemoore, Calif.

Just a short note about upcoming projected rotation dates. Personnel whose PRD's between August and December 1991 who have not negotiated orders should contact the career counselor's office to discuss options and to ensure a current duty preference form is on file.

If you are interested in a "C" school, all packages should be mailed by the month of May to ensure a seat in the FY-92 classes. Thanks. -- HMC Black

Black history month: A time for heros

Sam Cooke probably was not far off the mark for his generation when he sang - "Don't know much about history..."

That was before the advent of programs such as Black History Month, which seek to infuse in our American society a greater appreciation for the contributions and struggles of its predominant minority. I am intensely grateful to the many people, starting with my parents, who took the time to introduce me to the myriad historic Afro-Americans for whom no obstacle proved insurmountable, no injustice unrightable and no people unsaveable. Throughout the month of February, we will try to share some of these heros with you.

First, a challenge - how many of these names do you know? Each has contributed mightily to the African diaspora; each is a hero; and, collectively, they are but a few of the most notable branches of our family tree. The "short list" - Sojourner Truth, slave poet; Equiano, former African Prince who, after being sold into slavery, self educated himself, mastered the English language and set his ordeal to paper in "Equiano's Travels," the first autobiographical account of the brutality and genocide of the slave trade and the plantation system; Marcus Garvey, father of self-improvement and the African Pride Movement; Crispus Attucks, first casualty in America's war for independence; Matt Henson, first man to reach the North Pole; Dr. Charles Drew, blood-plasma innovator (who, incidentally, bled to death as a result of an auto accident after being denied his own invention by a segregated hospital); Fredrick Douglass, erudite abolitionist; Harriet Tubman, Moses of her people who led countless slaves to freedom via the "underground railroad;" Mary McCloud Bethune, educator, university founder; W. E. B. Dubois, scholar, father of Pan-Africanism, and founder of the National Association for the Advancement of Colored People (NAACP); Ralph Bunche, United Nations Mediator, Nobel Prize winner; Denmark Vessey, slave organizer/leader, one who wished to be free; Duke Ellington, master composer; Tony Morrison, Pulitzer Prize winning author; Ron Brown, Chairman, Democratic Party; Ralph Ellison, author of "In-

visible Man," essayist; Langston Hughes, leader of Harlem Renaissance, poet, author; Imamu Amiri Baraka, poet/activist; Mrs. Rosa Parks, mother of the movement; James Baldwin, "Fire Next Time" - author/civil rights essayist; George Washington Carver, scientist, educator; General Chapie James, first Afro-American four-star; General Benjamin O. Davis, first Afro-American flag officer; Seaman Dorrie Miller, WWII hero, Medal of Honor winner; Admiral Samuel Gravelly, USN; Kwame Toure (Stokely Carmichael), president of Student Non-Violent Coordinating Committee (SNCC)/activist; Dr. Martin Luther King, Jr., scholar, leader, minister, activist, founder of Southern Christian Leadership Conference, Nobel Prize winner, father; El-Hajj Malik al Shabazz (Malcolm X), self-taught leader of millions, founder of Organization of African American Unity; Benjamin Mays, educator, mentor, author; Sydney Portier, Denzel Washington, Butterfly McQueen, Louis Gossett, Jr., Academy Award (Oscar) winners; Spike Lee, independent film maker, social activist; Alex Haley, Author of "Roots," which became the highest rated drama in television history, exposing slavery as America's greatest shame, and sparking a national interest in history and genealogy; Jesse Owens, Olympian, myth destroyer, youth leader; Jesse Jackson, activist, presidential candidate; Barbara Jordan, cabinet member, congresswoman, educator, Aslan Clayton Powell, hero of Harlem, congressman; Coretta Scott King, President of MLK Center for Non-Violent Social Change, mother; Emmett Till, Chicago teenager lynched in Money, Mississippi, in 1955, martyr; James Meredith, first Afro-American student to attend the University of Mississippi, needed the escort of 12,000 Federal Marshals to register for class Oct. 1, 1962; Jack Johnson/Joe Lewis, myth-destroyers, champions; Muhammad Ali, The Greatest, Ambassador to the World; Medgar Evers, activist/martyr; Cool Papa Bell/Satchel Page, greatest Negro-League ballplayers; Jackie Robinson, barrier breaker, Dodger, All-Star; Douglas Wilder, Governor of Virginia; Andrew Young, activist, congressman, United Nations Secretary;

General Colin Powell, Chairman, Joint Chiefs of Staff; and Justice Thurgood Marshall, Supreme Court Justice and distinguished litigator. Yes, that's just the "short list." Our list grows with every opened mind, and becomes more exhaustive with each step in the unstoppable march of progress.

I will now highlight just one of the people listed above. Justice Thurgood Marshall's career reflects the dynamic character of many of our ancestors. He is one of my most revered personal heros.

Born in 1908, the son of a steward and a schoolteacher, Marshall graduated from Lincoln University and from Howard University Law School in 1933. Subsequently, he began a long career in civil rights law which would propel him to the highest reaches of his profession, while forever changing the American legal landscape.

As chief counsel for the National Association for the Advancement of Colored People (NAACP), Justice Marshal led the struggle to correct years of discriminatory practices which had been sanctioned by America's legal system. Unfortunately, many citizens today take for granted that the constitution protects us from capricious and arbitrary invasions of our privacy; that it inherently guarantees our "inalienable" rights to vote, to travel freely and to be treated equitably by others, including the state. Consequently, our society is now afflicted with voter apathy and social indifference. In fact, however, these "rights" may be directly traced to decisions handed down by the Warren Supreme Court from the mid 1950s to the late 1960s.

Thurgood Marshall's arguments as chief counsel in the landmark Brown v. Board of Education case set these changes in motion, inaugurating the era of individual rights.

Before Brown v. Board of Education, segregation was a legal, functioning cornerstone of American society. The fact that our constitution must mature with our nation or become arcane, is now beyond dispute. However, in 1954, because of decisions like The Dred Scott Case and Plessy V. Ferguson (19th century dis-

See History on next page

Physical exercise part two: Aerobics Gurus

Continuing on with the abundance and variety of exercise programs aboard USNS Mercy brings this aerobic excursion to the aerobic classes. These classes are conducted with a variety of body types in mind. The medical community classifies the body types by using the fifty-cent words: endomorphs, ectomorphs and mesomorphs. I choose to classify the various types of our ship-mates in terms of how many cinnamon rolls they consume on a daily basis, the musical decade they are most familiar with, and the material they wear during their exercise program. The psychological profile of the aerobic instructor is a consideration too.

The least aerobic of this group is the class called "morning stretch." It is offered from 6:30 to 7 a.m. on Tuesdays and Saturdays in the operating room. At this time of the day the most I can do is stretch while yawning! But they are a cerebral bunch of super-endomorphs and subtitle this whole encounter as "non-impact body conditioning."

Believe me, the only thing I condition at dawn's early light is my hair! This marvelous class is instructed by "Mr. Nice Guy," HM3 Jo-Jo Salazar. Remember, there is no impact during this sortie, just a bunch of past-their-prime folks passing-the-time comparing "cinnamon roll" cellulite.

Next in the aerobic classification is the low impact aerobics class offered

by "Poodle Skirt" Pam from 6 to 7 p.m. on Monday, Wednesday and Friday. This class is obviously tailored for the endomorphs who are having a midriff crisis. Probably like me and prior to the activation of this super economy class cruise of USNS Mercy, their only form of exercise was getting off the couch to get a beer and some munchies from the frig during a commercial break. But hey, giv'em credit, they searched through their expensive and expansive wardrobes to dig out faded cut-offs, high school gym shorts, PTA T-shirts and bobby socks to combat years of donut toxicity, rice crispy thigh treats and dunlop's disease. (Dunlop's disease is a syndrome usually caused by beer. It's where your belly bunched over your belt, to form that spare tire.) They are movin' and groovin' to the wild sounds of the fifties and sixties, in true "Wild Thing" fashion.

The ectomorphs of this fitness frenzy are participants of the high impact aerobic class. This class is taught from 6:30 to 7:30 p.m. on Monday, Wednesday and Friday by, the now Mr. Hyde, Jo-Jo Salazar and Dr. Jekyll, Peter Martin M.D. Has he ever mentioned that the M.D. stands for mad dog? These two are obviously the reincarnation of the Marque de Sade twins. The class is given appropriately enough in the casualty receiving area and nearby the Mark Seven Defibrillators. Thank goodness the cast room

is close, too. What exactly is high impact? Are we trying to impact the fashion world, impact the deck or the overhead, or impact ourselves? This observer's opinion is they are most likely impacting the fashion world. Who wouldn't with their left over athletic undergarments, jogging shorts and not so pristine running shoes with the name brands still visible.

Last but not least is the body conditioning and muscle toning group. They meet from 6:30 to 7:30 p.m. on Tuesday, Thursday and Saturday, also in casualty receiving.

These are the mega mesomorphs who have obviously OD'd on all of the above classes. The man of steel is a fashion fanatic, Mr. GQ himself, HM2 Dave Salazar. These are the people who say they need to diet, but don't! These are the people who own stock in the spandex, lycra and nylon textile industries because they are the only ones who spray on their outfits and truly, look good!

Keep in mind these are the same folks that walk around the ship with rubber hoses in their hands. They say it's for exercise but I believe it's a kind of fitness rosary, penance for a plethora of nonexistent caloric sins.

Truly yours in spandex and not looking-so-good -- *Lt. Marsh*

(Does anyone have the address for Godiva Chocolates?)

History

criminary rulings), the constitution had systematically been interpreted as a document which protected some, and precluded others. However, as a result of Marshall's forceful arguments that separatism is inherently unequal and therefore unjust under the equal protection clause of the Fourteenth Amendment, the Supreme Court began the process by which national law came to stand behind the movement for equal rights for not only minorities, but women, the handicapped and truly every American.

In 1965, he became the first Afro-American Solicitor General of the United States, and in 1967 the first to take a seat on the Supreme Court. As

a member of the Court, Justice Marshal continues to be a proponent for individual rights. He has written numerous majority opinions, and today stands as a forceful dissenter against the erosion of constitutional guarantees. His has been a life of positive effect upon his society, and without his efforts most of the accomplishments of the civil rights movement would have been impossible.

Best Regards to the guys who will be leaving us to join the "real Navy." Take it light, Bull, and we'll be sure to raise a glass and pour some libations (an African custom) "for those who can't be with us..." -- *ENS Charles Moore, Peace*

Positive Subtractions

What must I do to be great
Is determination a discernable factor
Or is it not even a desirable trait
Not even a positive reactor
Is perseverance the seed of success
Encompassed in its protective belly
Or is it as loose as the rest
That's as uncertain, as shaky jelly
Hope seems so wicked
And not even worth the fate
For destiny is not really that explicit
So hope and success do not equate
A prayer may always be answered
Not strictly according to plan
For some sort of ransom
Must be the claim of every man
-- *HM2 Mungin*

Mercy Musings: Fair winds and following seas Judge

This is supposed to be my last column - I can tell that because I finally made it as the object of the evening prayer. I've always considered myself a fairly earnest and regular sinner (given the opportunity, I just sin, sin, sin) but I really don't think it's my fault that the Mercy life style of sobriety, celibacy and fresh air doesn't seem to be my calling.

It's probably time for me to go; since the third wave has emptied the congregation of the hallelujah, evangelical, amen brother, holy roller, drive-in church across my native South, Doug the Baptist's congregation has swelled and he has plenty to do besides worry about me. The good Father has never complained either but there's only so many candles he can light on my behalf before someone calls the fraud, waste and abuse hot line.

Another sign that the times are 'a changing was the column last week which detailed, and I mean detailed, the families of all of the newly arrived grandparents. Recruiting themes change, of course, over time; I've heard about the "Join the Navy and avoid starvation" campaign during the great depression and the ever popular "Bootcamp or prison, your choice." In

my time, the recruiters pretty much stuck to "Join the Navy and you might get lucky in foreign ports 'cause you sure ain't getting any in Iowa" as their main pitch to the youth of America. I know we've been gone for a while but I really hadn't heard the current one - "Join the Navy and serve with the elderly." The Army has a good one, too: "Spend your golden years in the infantry."

Anyway, while I like children (I have two perfect daughters: Sarah and Amanda are beautiful, funny and gifted), in the Navy I joined they were not the main topic of wardroom conversation. No one had grandchildren and, I have to confess, parent support groups met about as often in the real Navy as they did in "Top Gun." If they had, Tom Cruise would have had to star in "Top Wimps," a story about a sharing, caring, nurturing fighter pilot who tried to pick up girls at Family Service Centers. Somehow, the only way I can imagine Kelly McGillis at a Family Service Center social would be if she were wearing a Roseanne Barr mask and fat pads.

I can see what's coming; the grandparents on board are going to get together and knit and take over

morale, welfare and recreation. We're gonna have checker tournaments, box-lunch socials and quilting bees while the young folks "spoon" on the weather decks (for you young folks, "spooning" consists of lots of adoring, longing glances but no action, afloat or ashore, if you get my drift.)

I'm sorry; this group won't see any difference between liberty in Saudi Arabia and Dubai (you can drink milk and pray in both and, actually, Saudi Arabia has more museums.)

It is time for me to go. I joined the Navy to get away from my mother because she always knew when I'd been bad which was always and she'd give me that look.

The Mercy with a full complement of moms is now the "hospital ship from heck;" "Wild Thing" has become "Nice Boat." We're not MASH anymore; we're "Happy Health Center."

Well, if you're ever in Michigan and need a good lawyer because you're going to jail if you don't get one, and if you have cash to pay me in advance, look me up, shipmate.

Fair winds and following seas to you all. Take care. -- D.P. Barrett

