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Rainbow... a different view: Mercy celebrates Martin Luther King Jr. day

Sometimes when I see "Any Service Member," I realize that in the last 30 years in spite of her problems, America has come a long way. As with any measurement of growth, one must start at the beginning of our nation to appreciate where we are and we are going... a dream... a desire to be free... our founding fathers... from sea to shining sea.... America... we hold these truths to be self-evident, that all men are equal... native Americans... **DIF-FERENT!**!... prejudice... discrimination... import... slavery... civil war... freedom... Pledge of Allegiance... immigration... the statue of liberty... is she really blind... **DIFFERENT!**!... segregation... oppression... depression... slaughter... made a difference Presidents Lincoln and Kennedy... back of the bus... and from the bowels of the South, the soul of a preacher man cried out a painful reminder of our nations creed...

"We hold these truths to be self evident, that all men are created equal."

Dr. Martin Luther King Jr., cut the souls of America countrymen... We are brothers, and we must love one another as we would love our own selves... and the nation and the world stopped to listen, to hear... and to envision his dream of racial harmony.

Long ago when I lived in the South, I had a patient who removed a breathing tube from her trachea so she could tell me she didn't want me, a black, to touch her. Oh how I wished that she could have been with me almost a year later when I saw a critically burned patient. I wanted her to share in that

simple truth I saw that day... this man was so severely burned that it was impossible to even guess at "his color"... I could only see that his blood was the same as mine... red... **NO DIF-FERENCE**

... but that was long ago.

Today, I am "Any Service Member"... I have five pen, pals and I haven't told them my race... does it still make a difference today... were packages addresses 45 years ago simply worded "Any Service Member"? Only my pen pals can show me if "the dream" has touched their lives... Is Dr. King's dream true racial harmony like the harmony of colors in a rainbow, still alive.

Tuesday, Jan. 15 is Dr. King's birthday. The Mercy family will come together that day to find that answer... and to celebrate Dr. King's dream of all people working together, as we stand for freedom/liberty, here in the Gulf. It will also be a day of putting aside our selves, our differences and our pain, to welcome with open arms the new members to our family... we can keep the dream alive!

Unless the truth changes, Tuesday will be holiday routine, civilian clothing and two meals; breakfast from 0800-1000 and a southern dinner from 1500-1800. Mercy members are encouraged to sign up to help cook, serve and clean up.

There will be a MLK program prior to dinner. The program will consist of short excerpts of some of Dr. King's speeches, speakers, music and singing. Help is needed for an "All Hands Rainbow Banner." This banner will be used in the MLK celebration. Make this a special work of art and literally,



lend us your hand's outline for several minutes. We will be setup in the mess deck or place to be announced.

Entertainment will included: A social with preplanned music, on SITE TV the movies "Driving Miss Daisy," "Glory," and "The Color Purple" will be aired, and there will be basketball games on the flight deck. (All factors permitting) See *Rainbow*, Page 5

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Welcome Canadians and third wave personnel!!

From the Commanding Officer: Welcome aboard third wavers!

Hello and welcome aboard to the "Third Wavers." We're glad you're here, and we want to do whatever it takes to get you settled in as quickly as possible. I know it was a long flight and a tremendous upheaval for all of you. Most of us on board have been here for a few months now and have pretty much adjusted to shipboard life, so please feel free to pick our brains on getting used to sea-based living. We'll do everything we can to make sure your transition to life aboard the Mercy goes smoothly.

My first priority for all you new kids is to get you acquainted with the ship and up to speed on how we do business, especially regarding our safety program. That's where our extensive orientation training comes in. It's a great program and should answer most of your questions. If it doesn't answer every question, don't be bashful -- ask for help. Once we get

everyone through orientation, we'll give you new "homes." We have racks for everyone so "hot bunking" shouldn't be an issue. Finally, we'll get you assigned to departments and work spaces as quickly as we can. If you have any previous shipboard experience, please let us know what it was, and if you have any civilian experience you think might be particularly useful to our operations, let us know that too.

On a more somber note, Wednesday's talks between Secretary of State James Baker and Iraq's Foreign Minister, Tariq Aziz, apparently didn't go very well. We haven't received anything official on the talks yet, but according to radio reports, they didn't do much to calm things down. That doesn't mean we're going to war, but it does seem to make it more likely. What it does mean is that we have to be absolutely sure

we're completely ready to meet our mission.

In addition to being the U.N. deadline for Iraq to pull out of Kuwait, January 15 is a big day for another important reason -- it's Martin Luther King, Jr.'s birthday. Our volunteer "Rainbow Committee" has planned lots of activities to honor the great civil rights leader, and I encourage everyone to join in the celebration.

The next few days could be very interesting. I'm sure they'll be very stressful. Try to keep your spirits up. Let's all pray for a peaceful resolution to this situation.

I almost forgot one essential bit of advice to the new kids -- if you ever find it unavoidable that you have to go to our Sea Lawyer for legal assistance (and you can actually find him), please check your wallets afterward.

-- Me.

From the Command Master Chief: Welcome aboard new shipmates

Hi! How are you, welcome aboard! Glad to have you!

Weary eyes and a touch of smile were on the lips of the reservists as they crossed the quarterdeck. Worry lines were also evident as they settled into the check-in procedure that awaited them in casualty receiving. Thanks, Hospital Administration personnel, for all your hard work!

Will I have my own rack? When can we get something to eat? These were some of the very questions we asked when we reported on board a short time ago. My respect for the reservists and their professionalism has not dwindled over the years. Time and again they have proven themselves while serving on active-duty.

It was just a little over ten years ago when I was a first class petty officer in the reserves from the Naval Reserve Center in Pocatello, Idaho. At that time I spent my two weeks on board the USS Tarawa (LHA-1) in the Philippines as part of a surgical team. I remember it well because we came together from all over the United States, and they all were extremely knowledgeable and professional. We slept on the ward during our brief stay; and it was the rainy season and all the roads were pretty much washed away. These were good memories.

Shortly after 1980, the reserves came under flag rank and soon new changes occurred. One recent change, for example, that's effective immediately, U.S. Navy retired reservists no longer have to wait to age 60 to shop at the Navy Exchange (NEX). Retired reservists on non-pay or "red card" status may use the NEX. Family members of reservist are also authorized to shop at the NEX with the use of an approved ID card or when accompanied by a reserve member.

The change in shopping policy for retired reservists applies only to the Navy Exchange at this time. Use of the Navy commissary by retired reserve members is awaiting legisla-

tive action. This is an important change in benefits for the reserves.

To all the reservists who just reported aboard, we would like to express to all 266 of you that you are extremely needed right now. Without your help it would have been very difficult for us to expand to our 1,000-bed capacity and accomplish the high quality care needed for the troops ashore and afloat, under war time conditions.

The next few days and weeks ahead will test all of us. I know we can do it together. We are Navy. I'd also like to extend a warm welcome to the Unified Canadian Forces, thanks for being here.

-- HMCM(SW) R.D. 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.	
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News from around the world

Persian Gulf News

--U.N. Secretary-General Javier Perez de Cuellar apparently won't be traveling to Baghdad empty-handed. He reportedly has a peace plan. U.N. officials and diplomats say Perez De Cuellar is expected to propose a U.N. supervised Iraqi withdrawal from Kuwait. Perez De Cuellar leaves for Geneva tonight (Jan. 10) for talks with European leaders tomorrow. On Saturday, he goes to Baghdad. Perez De Cuellar has been in contact with President Bush, and the White House says the U.N. leaders trip to Iraq offers a glimmer of hope. But spokesman Marlin Fitzwater says it's a somber time at the White House. He says everyone is concerned time is running out.

--Talks between Secretary of State James Baker and Iraqi Foreign Minister Tariq Aziz have apparently brought the Persian Gulf no further from the brink of war. The two met for six hours at a Geneva hotel. Both Baker and President Bush say Iraq indicated no flexibility on the Persian Gulf crisis. Bush describes the Iraqi stance in the talks as a total stiff-arm and a total rebuff. He also says Iraqi leader Saddam Hussein continues to reject a diplomatic solution.

--Baker says whether war will come is now up to Iraqi leadership. The Secretary also says if Iraq doesn't pull out of Kuwait by next Tuesday's U.N. deadline -- in his words -- it will be choosing a military confrontation it cannot win.

--On a related issue, the Iraqi foreign minister was asked by reporters whether Baghdad would attack Israel in the event of war. He responded by saying yes, absolutely yes.

--Also, Aziz refused to accept a letter to Saddam from President Bush about the U.S. position on the Gulf crisis. Aziz says the language of the letter wasn't the kind of wording that should be used in correspondence between heads of state. Aziz also says if Bush intends to make peace, he should use polite language.

--Meanwhile, Baker says all American diplomats will leave Baghdad on Saturday Jan. 12. That's three days before the Jan. 15th U.N. dead-

line for Iraq to leave Kuwait. Baker says Aziz assured him the five remaining diplomats would be allowed to leave then. The Secretary says U.S. contacts with Iraq will continue until Saturday through Senior Diplomat Joseph Wilson.

--The military say a U.S. Air Force F-16 fighter went down in North-eastern Saudi Arabia Jan. 9, killing the pilot. Officers say Capt. Michael Chinburg became the 35th American killed in Operation Desert Shield aircraft.

--Saddam's rhetoric sounds much less optimistic about peace. During a meeting with senior aides, the Iraqi leader said Americans will swim in their own blood if war breaks out. It's not clear whether the comments came after the Baker-Aziz meeting.

International News

--The White House says the Persian Gulf crisis and problems with U.S.-Soviet arms talks could put off the planned February superpower summit. But, for now, spokesman Marlin Fitzwater says President Bush still intends to meet in Moscow with Soviet President Gorbachev.

--The State Department says looters who used rocket-propelled grenades have sacked the U.S. Embassy in the chaotic capital of Somalia. Spokesman Richard Boucher says reports from evacuees indicate looters blasted down the doors and carted out anything they could carry. Rebels trying to topple the government of President Mohamed Siad Barre say they'll soon take the capital. Hundreds of foreigners fled by the plane to Kenya today (Jan. 10).

--The head of the Lithuanian information bureau says Soviet troops who had taken up positions in the Baltic Republic have gone back to the main base in Vilnius. Earlier, soldiers had surrounded Lithuania's legislative buildings, TV tower and main printing plant. Tensions were already high in the independence-minded Baltics over troops sent to enforce the draft.

--German authorities say a deputy press officer for the U.S. Embassy office in East Berlin has been detained on suspicion of spying for the KGB. An American Embassy spokesman in Bonn confirms that Stephen Laufer, a

South African national, has been picked up.

--French President Mitterrand says Iraq still has a chance to avoid war. But he says that, to do it, Iraq will have to announce -- before the Tuesday deadline -- that it's getting out of Kuwait. And he says that Iraq also will have to follow through with a pullout. Mitterrand warns that, if Iraq stays, war is practically certain.

--British Prime Minister Major is also holding out the possibility of more time for an Iraqi withdrawal. But he says the chance is only open if it's clear by Tuesday that Iraq is going all the way out.

Stateside

--Michigan Senator Donald Riegle says he played only a minor role among senators who allegedly intervened on behalf of Savings and Loan owner Charles Keating. Riegle's testimony, Jan. 7, before the Senate Ethics Committee contradicts statements from a Keating lobbyist. The lobbyist says Riegle arranged a meeting between senators and the nation's top thrift regulator in 1987.

--American researchers confirm a U.S. group has arranged to buy an advanced nuclear reactor from the Soviets--similar to the ones that have powered Soviet satellites. The University of New Mexico and Federal Labs plan to test the reactor and develop the technology for American use.

--House speaker Tom Foly says Congress is to vote on whether the United States should fight Iraq. Foly expects votes on as many as three major resolutions by Saturday, Jan. 12. He says debate could begin in the House (last) Thursday.

--Baseball great Pete Rose is getting closer to being a completely free man. He left a federal prison camp in Illinois today (Thursday) after serving five months for income tax violations. The former Cincinnati Reds star is starting three months in a halfway house while he does community service work with young people.

After that, he'll spend nine months on probation. Despite all that, Rose says he feels great.

Sports from back home

NFL

--The second-round match-ups are set for the National Football League playoffs next week. Two division champions eliminated two wild-card teams, as the Bengals crushed the Houston Oilers, 41-14, in rainy Cincinnati... And the Chicago Bears dumped the New Orleans Saints, 16-6 at frigid Soldier Field. Cincinnati's rout of Houston sets up the Bengals' game Sunday against the AFC West champion Raiders at Los Angeles. The wild-card Miami Dolphins play the Bills in the cold in Buffalo on today.

--In the NFC, the wild-card Washington Redskins visit the defending Super Bowl champion 49ers in San Francisco and the Central champion Bears go on the road to take on the East champion New York Giants.

--The Bengals and Bears both showed strong defenses, but Cincinnati showed a lot more offense as quarterback Boomer Esiason had the best playoff game of his career. Esiason completed 14 of 20 passes for 150 yards and two touchdowns and ran for another TD. The Bengals' defense stifled Houston's run-and-shoot offense holding the Oilers to one first down and 36 yards in the first half. Houston trailed 34-0 before picking up its second first down in the third quarter. Cody Carlson, playing for the injured Warren Moon, was 16 of 33 for 165 yards, including two touchdowns to Ernest Givens.

--At Chicago, the Bears returned to what coach Mike Ditka calls 'Bear football,' rushing for 189 yards against a good Saint defense. Running back Neal Anderson gained 102 yards on 27 carries and fullback Brad Muster had 71 yards on 12 tries. Back-up quarterback Mike Tomczak completed 12 of 25 passes for 166 yards and one touchdown, and Kevin Butler kicked three field goals. The ball control running attack was no surprise since the Bears finished second in the NFL in rushing and last in passing. Chicago used its ground game to hold the ball 30 of the final 45 minutes. New Orleans' quarterback Steve Walsh was sacked late in the second quarter and left the game with a stained right shoulder.

He was replaced by John Fourcade who went five for 18 for 79 yards and two interceptions.

Golf

--Tom Kite says he won yesterday's (Jan. 7) PGA Tournament of Champions on the LA Costa Hotel and Spa course because he's a new man in 1991. Kite lost the lead when Lanny Wadkins put together three straight birdies with four holes to play. But he came back to win a one-stroke victory, finishing the 27-hole event at Carlsbad, Calif., with a 16-under 272. Kite says that a year ago he probably would have lost his composure along with the lead. But Kite came back, birdying 16 and paring the final two holes for a ground of three-under 69 after Wadkins bogeyed 17. Wadkins led after the first two rounds and earned \$86,400. There was a three-way tie for third, with Chip Beck, Wayne Levi and Fred Couples tied at 12-under.

NBA

--There were just 25.2 seconds left in the first quarter last night (Thursday) when Michael Jordan rang up another milestone in his career... point number 15,000. Jordan became the 54th player in NBA history to reach the 15,000 point plateau in leading the Chicago Bulls to a 107-99 victory over the Philadelphia 76ers. Jordan is making a habit of hitting milestones at the Spectrum. He scored points number 5,000 and 10,000 on the same floor. And he also became the all-time Chicago career scorer on Jan. 26th, 1990, in Philadelphia. Jordan reached the 15,000 point mark in 460 games, second on the list to Wilt Chamberlain, who reached that point in 358 games. Jordan finished the night with 40 points in the Chicago victory.

--Kevin Mchale started in place of Larry Bird and scored 30 points to lead the Boston Celtics to a 110-102 victory over the Milwaukee Bucks. The win ended an eight-game Milwaukee winning streak.

--Magic Johnson returned to action after missing two games and scored 12 points with 15 assists in helping the Los Angeles Lakers to a 108-85 victory over the Utah Jazz.

--Kevin Johnson scored 10 points in the 4th quarter to boost the Phoenix Suns to a 113-105 victory over the Cleveland Cavaliers.

--The Dallas Mavericks held off a late Portland rush to beat the Trailblazers, 109-99, and Tyrone Corbin scored 11 of his 29 points in the 4th quarter to lift the Minnesota Timberwolves to a 111-103 win over the Orlando Magic.

--The red-hot Boston Celtics have lost perennial all-star Larry Bird for an indefinite period because of back problems. The club announced that the 11-year pro has a congenital defect in his back and an inflamed nerve root in disc. The 34-year-old Bird is averaging 19.2 points per game for the Celtics this season. A Celtic spokesman would not put a timetable on Bird's return but did say he did not think Bird would play this weekend.

NHL

--The Los Angeles Kings scored twice on power-plays to ice the Chicago Blackhawks, 3-1. Goals by Steve Duchesne, Bob Kudelski and Jim Thomson backed the near-perfect net-minding of Daniel Berthiaume, who stopped 37 shots. Jeremy Roenick wristed in a seven-foot shot at 3-49 of the first period for Chicago's lone score. Berthiaume has won 13 games and lost five. The Kings finish their road trip at 4-1 and are just two points behind the first-place Calgary Flames in the NHL's Smythe Division.

--Guy Carbonneau scored twice as the Montreal Canadiens skated to a 6-3 win over the Pittsburgh Penguins to win their fifth straight home game.

--Soviet teams lost one and tied one in NHL exhibitions. The Edmonton Oilers beat the touring central Red Army Squad, 4-2... and the New Jersey Devils tied Moscow Dynamo, 2-2.

Tennis

--Third-seed Richard Fromberg needed just one hour and 44 minutes to dispose of unseeded Lars Jonsson of Sweden, 6-1, 6-4, 6-4 to win the final of the \$175,000 BP New Zealand championships in Wellington. Fromberg, ranked 32nd in the world, is the first Australian to win.

Foreign countries pay tribute to Dr. Martin Luther King Jr.

More than 130 foreign countries observe Martin Luther King Jr.'s birthday. Nearly 40 of them have issued commemorative stamps honoring the civil rights leader, and many have named churches, schools, buildings, streets and plazas in his honor.

Perhaps the most impressive undertaking is the ever-growing Martin Luther King Jr. Memorial Forest in Galilee, near Nazareth, Israel. Hundreds of trees are added to the forest during his birthday month each year.

Started in 1976 with 39 trees--one for each year of King's life--the once-barren land in northern Israel now boasts more than 10,000 trees, according to Bernice Sherbow of the Jewish National Fund of America in Silver Spring, Md.

A grove of 1,000 trees was planted in the forest last January in honor of the late Leonore Siegelman, a fighter for civil rights in the Washington, D.C., area and founder of the King memorial forest, said Sherbow. It was Siegelman who convinced businesses and other organizations to contribute money for the forest. Jewish schoolchildren in the United State help raise money to keep it growing. Israeli schoolchildren learn about King and his work.

The Congressional Black Caucus and Jewish congressional members serve as the memorial forest's honorary sponsors.

Each year, the Israeli Embassy in Washington, D.C., and the Jewish National Fund of America co-sponsor a tribute to King. Each year, one Jewish American and one African American are honored for contributions to the civil rights movement.

In 1968, Sweden dedicated Martin Luther King Jr. Plaza opposite the University of Uppsala, which dates back to the 1500s, according to Ann-Marie Brisbois, an information assistant at the Swedish Embassy in Washington, D.C.

"In April 1978, a monument was unveiled in the plaza to commemorate the 10th anniversary of Martin Luther King Jr.'s death," said Brisbois. "The bronze sculpture, entitled 'Befrielsen,' or 'Liberation' is the creation of Sweden's Olof Hellstrom. It portrays two gigantic hands pulling apart two equally large prison bars."

"An initiative is under way in Mexico City to name a street in Martin Luther King Jr.'s honor," said Gregorio Luke, first secretary of the Mexican Embassy in Washington, D.C. "He is admired and well-respected throughout Mexico for his struggle for civil rights in the United States. He was a world figure who represented hope, freedom and equality in all countries."

Mexico has also issued a postage stamp in King's honor. The United States issued a stamp in 1979. Other countries that have issued King stamps include Venezuela, Ecuador, India, Chad, Paraguay, Niger, Virgin Islands, Senegal, Yemen Arab Republic and Samoa.

"The stamps we have were issued between 1968 and 1980, so there may be a lot more that we don't have," said Joe Geraci of the Smithsonian Institution's Philatelic Collection Department. "There was a stamp with King and the pope, issued on Sept. 18, 1964. The Republique Du Dahomey issued a stamp with the words: 'We Must Meet Hate With Creative Love,' printed in French, English and German."

Rome has a Martin Luther King Jr. High School on the Via Gardinetti, said an Italian Embassy spokesman in Washington, D.C. There are also other schools in Italy bearing King's name, the spokesman added.

The Paris Mint struck a Martin Luther King Jr. commemorative medal in 1981.

King received the Jawaharlal Nehru Award for International Understanding posthumously, said Dayakar Ratakonda, information officer of the Indian Embassy in Washington, D.C. The award is named in honor of India's first prime minister. A follower of Mahatma Gandhi's philosophy of nonviolence, King is held in high esteem in India.

"He applied the principles of non-violent resistance in the struggle for equality and freedom," said Ratakonda. "It was a marvelous thing to see the results of a non-violent campaign in America. His birthday is observed in various Gandhi centers throughout India. Several streets in small and big towns throughout India are named in his honor." --- *By Rudi Williams, American Forces Information Service*



Rainbow, from cover

If you enjoy a special card or board game, bring yourself and it to the mess decks.

Tuesday will also be the grand premier of Mercy Special Edition. Destined to be a huge success, games will be played according to duty section only, so everyone will have a chance to win some of the fabulous, one of a kind (non transferable) prizes. For example: head of the line privileges at the chow hall, ship's store, post office, or check cashing; a rub and a tub (compliments of the wonderful folks in PT); a Mental Health Day; dinner for two at a celebrity dinner; reserved seats for four at our talent extravaganza and more.

You may only play in your announced duty-section games.

To keep things fair, we will have a drawing to determine the prize for each game before the game starts. Three volunteers are needed to help run this Mercy Special Edition.

This day, this celebration will not be a success without you! See you there. -- Lt. Cmdr. Mahlayna Edwards

Welcome aboard from the safety department

The safety department would like to take this opportunity to welcome our new shipmates aboard Mercy. We look forward to serving with you during this deployment. We're here to help you with any questions you might have about safety. We realize that many of you have never been aboard a ship before, so here is a short list of safety "Go-bys" to help your transition aboard Mercy.

The most important thing to remember is always Think Safety. It may sound like standard Navy propaganda but using your head will help you avoid accidents and injury better than anything else. Remember that the ship is a totally different working and living environment than what you're used to and is a lot more dangerous. You need to always be aware of what's going on around you and to think about what you're doing at all times.

Electrical safety is an important program. Some personal gear that is safe to use ashore is potentially lethal on our steel decks. You are required to have all personal electrical items checked by our electricians before you plug it into any wall. Failure to comply will result in the confiscation of the item if you're lucky, electrocution if you're not so lucky. Contact us and we can tell you where to take your gear.

Trash separation is also important. We burn most of our trash in an incinerator but some things are ex-

plosive when burned. Batteries of any kind, aerosol cans and butane lighters all pose a safety hazard to our incinerator staff when burned. Please dispose of all batteries, aerosol cans and empty butane lighters in the trash cans outside of sick call.

The wearing of earphones are only authorized in certain areas of the ship such as berthing, the gym, smoking areas and the library. The reason for this is that you need to be able to hear the announcing system in case an important announcement is made. Always leave one ear uncovered when in the smoking area or whenever you are alone.

Other important things to remember: avoid horseplay anywhere on the ship; stay out of Military Sealift Command spaces unless a civilian mariner accompanies you; pay attention to the hearing conservation signs (you may obtain earplugs at the safety office next to sick call); listen to all 1MC and 53MC announcements and don't try to shout over them; don't lean on lifelines as they may give way without warning; and use common sense.

We're glad to have all our new shipmates join us on Mercy and we hope everyone finishes this deployment safe and well. Our phone number is 7278. Call us whenever you have any questions about safety. Remember, think smart, THINK SAFETY!

-- HM2 Knapp

New Year's Resolution

Midnight strikes, the old year ends with eight bells tolled.

The ship's proud silhouette in the moon beams cold.

The lapping Gulf waters, black depth and salt spray.

Whisper of a new year and a sad day.

Mercy's here waiting, her crew slumbers now.

She hums as she sleeps; waves dip at her bow.

Full of hope, full of pride, she soon will awake.

To face a new day with a new world at stake.

We've gathered up love and healing and trust.

We kept them all ready and guard them we must.

For outside our white fortress with crosses of red.

A world hurt by hatred, by anger is lead.

Brave men boast before us but our lips murmur prayers.

That they should know peace not pain and new cares.

If fire should overtake them when the dark smoke it clears.

We'll patch them with our skills, our hearts and our tears.

We can never give in to curse the new dawn.

For we must know a truth both gentle and strong.

When all men give their love with their hearts and their hands Wars will all end and hate will not stand.

-- R.G. Osborne

Command Managed Equal Opportunity Program

I would like to thank each person who took the time to complete the Equal Opportunity (EO) survey administered several weeks ago by members of the Command Assessment Team (CAT.) The Command Managed Equal Opportunity (CMEO) program is an active part of this command, and the survey helped to establish a baseline overview of your knowledge concerning EO issues. From the survey we were able to conclude that the overall ship's population has some knowledge to the Navy's EO policy, and it's importance to maintaining a good working environment. However, the survey also indicated some areas where additional training was needed to further enhance the EO climate aboard ship.

Over the past few weeks members of the Command Training Team (CTT) have been providing command wide training as a direct response to that need. The command specific training focused on educating staff members on the command/Navy policy on fraternization, sexual harassment, discrimination, grievance and redress procedures in addition to general EO policy.

Each crew member should now be aware of their rights and responsibilities. The Navy and our command have a strong commitment to ensure equal opportunity and equal treatment for all members. The CMEO program is available to answer any questions and help solve any complaints. Feel free to stop by the EO office during office hours or contact any of the CAT members. A list is posted on the EO office door, located next to hospital administration. Photographs of members of Mercy's CAT will also be posted in the galley. A big Bravo Zulu to all members of the CMEO program for your hard work. -- Lt. Nance-Sevier, EO officer

The pay guys: Etiquette dictates counterattack

"Here comes the Judge...Here comes the Judge..." No, this isn't "Mercy Misusings," the column in which an eccentric, hedonic, veteran dumps on unsuspecting readers a multitude of mostly paranoid frustrations. In fact, it is still the heretofore innocent and professional column known simply as "the Pay Guys." However, last week a certain aforementioned Senior Officer with a really weird collar devise (Shouldn't lawyers just cut the euphemisms and design a more fitting symbol of JAGness - like a bronzed outstretched palm, or something?) decided to open fire upon myself with a totally unprovoked torrent of bilious slander, leaving me with no choice but to retaliate.

I'm sure that when CDR Mouthpiece gleefully handed me his rough draft of last week's "Misusings," saying only "Hey kid, you made my column - Ha Ha Ha -" he confidently surmised that he'd picked on some really defenseless character. I mean, he slammed the C. O., who according to tradition must be a paragon of rationality and professionalism; he then rebuffed the Command Master Chief (that special kinda guy.) And most personally, he slung mud upon his own, previously admiring, roommate - A naive young Disbursing Officer whose only weapon is his Texas Instruments TI-5310 Business Manager series adding machine. Thanks, sir, you made my day.

Of course, gentlemanly etiquette dictates that I must counterattack. So, utilizing my comparatively meager retaliatory resources, here is a statistical analysis of "Da Judge," courtesy of his favorite number crunching, ring polishing roommate...This one's for you, old (emphasis) pal.

When I started my research for this issue, I decided to ask some of CDR Barrett, Esq.'s friends for a few friendly anecdotes. Finding no one who would agree to be so classified, I had to settle for the grumbling's of a few guys he'd occasionally latched on to, like the C. O. and the SUPPO. Here's one of the best tales. It seems that on the occasion of our first liberty trip to Bahrain, the good counsellor decided to make a friendly call to a "former colleague" back in the USA. Unfortunately, he forgot the Cardinal rule in dealing with lawyers - they get paid for keeping you on the hook. So, that brings us to our first computation: \$12 for the first minute, plus the quantity 5 X 59 (\$5 per minute for the next 59) equals \$307. Then add the quantity 5 X 60 (average price per hour for rest of conversation) to get \$300 per hour. Now for the good part - (300 X 7) + 307 equals a mere TWO THOUSAND FOUR HUNDRED SEVEN DOLLARS FOR AN EIGHT-HOUR PHONE CALL!!!!!! Now I know why his Rolodex lists the names and Swiss Bank accounts of such cuddly characters as Imelda, Saddam, Muammar and Antonio...

On to other fun facts: For instance, did you know that unless he retires near some unsuspecting military installation, the JAG will have to increase his income threefold just to maintain his current standard of vice. Specifically, he'll pay three times as much for his buddies - Jack Daniels and Johnny Walker; three times as much to enjoy the "clean fresh taste" of a good case of Salems; and three times as much for a good roof under which to pass out.

Don't you hate it when you realize that you have so much to write that it won't all fit into the tiny space you're given. I guess I'm just gonna have to do the rest of this thing the Navy way and bulletize. Did you know:

- That the judge has lost over 5 lbs per week since he left Oakland (5 X 21) for a total of 105 lbs due not to any altruistic (and thereby uncharacteristic) motives like a hunger strike for peace, but due simply to over partying and the various maladies acquired therefrom. (I thought he'd feel more comfortable with lots of therefroms, therefore, etc.)

- That "hizzoner" snores an average of six deep drags per minute, emitting a decibel level greater than that of the abandon ship alarm, forcing his roommates to chose nightly between wearing earplugs and dying from lack of REM sleep.

- That he has petitioned the SECNAV on over 65 separate occasions for a reinstatement of GROG (the cocktail of choice when he first enlisted back in 1845) rations.

See Pay Guys, next page

Food for thought:

With the beginning of a new year, comes New Year's resolutions. One popular resolution is to loose weight. Many people believe the way to lose weight is to eat salad, diet soda, more salad, coffee and more salad. There is nothing wrong with salad; it can either be a low calorie or high calorie food item, depending what you put on it. Here is a classic example: one cup lettuce, three ounces of ham, three ounces of cheese, half a cup of tomatoes, half a cup of carrots, 12 medium olives, half a cup of beans, half a cup of mushrooms, half a cup of pineapple, half a cup of croutons, six tablespoons thousand island dressing.

This salad supplies about 1,557 calories and 66 percent of the calories comes from fat. With just a few modifications, this salad can be just as tasty and supply 628 calories and 38 percent fat. First reduce the ham and cheese to one ounce each instead of three ounces.

The American Heart Association recommends four to seven ounces of meat per day

Four saltine crackers can be substituted for buttered croutons, drastically reducing the fat. Olives are high in fat and should be used in moderation; four medium olives is a serving size. The salad dressing can be reduced to one tablespoon and mixed half and half with water to reduce the amount needed to add flavor. An oil and vinegar dressing can also reduce calories if used sparingly.

Remember, no diet will be nutritionally sound unless you use the four food groups; meat and bean, bread or starch, fruit and vegetables and the milk group. Variety, moderation, reduction in calories and exercise are the key to any long term successful weight loss program. And that's what everyone wants for their New Year's resolution, to loose weight and keep it off. -- Lt. N.B. Dicky

Mercy Musings: Tips on shipboard life

This column is dedicated to the reservists, and I want to welcome them on board on behalf of the Commanding Officer, Captain Barry, or Skippy as likes to called (that's short for Skipper, Ha! Ha!).

For you new folks, I'm the ship's lawyer, and I'm here to help you. Night and day I can usually be found in Hospital Admin waiting for clients to show up; about the only break I take, except for church, is to write every week for The Pulse. Although I normally write about practical legal issues, this week I'm going to add a few tips on shipboard life.

First, however, I know that many of our new friends are probably frightened about dying from chemical weapons or high explosive warheads which are carried on the Iraqi Exocet missiles; some of them may have a greater fear of drowning should the ship sink from unrestricted air attack on us. Then there's always the entirely normal terror of agonizing death from biological weapons which cause diseases which aren't even named yet. Hey, it's cool; as an attorney, I understand, and I'm here to do what I can.

So for your first month on board, I'm offering a special rate on simple wills which are probably valid in some states -- for \$500 (cash, payable in advance) you can protect your loved ones, ensure that the relatives you really dislike get nothing, and/or tie up your estate in meaningless litigation for years.

Those of you who were told that legal assistance in the Navy is free probably got that information from the same recruiter who promised two exciting weeks a year doing something different for your country. Anyway, on this ship if you have legal problems, count on paying through the nose to get them solved. If you don't pay through the nose, you'll have legal problems. If you think about it, it's really just the same as it is at wherever you call home.

As your shipmate as well as your lawyer, let me share a few things with you. Your mental health is important and you need to understand that during the first five or six months on board you'll probably be profoundly depressed if not suicidal. Those feel-

See Mercy Musings, Page 10

Pay Guys, from page 7

At this point, I'm going to have to turn to a few disbursing issues because, unlike the good barrister, I've got a job to do...So, for your general information, W-2 forms and December LES's will be distributed on 14 January along with the regular payroll. The first thing you should do is insure that the amounts appearing on the W-2 are equivalent to those on your December LES. You might note that if Hostile Fire Pay has been paid, your FICA wages will be less than your FITW wages because FICA exempts certain special types of entitlements.

Furthermore, if you are running low on personal checks, please take action ASAP to have a new supply forwarded. It is not our responsibility; and this office has neither the personnel nor the authority to overpay you locally until you receive replacement checks. Also, please ensure that you are writing checks on funds which are actually in the bank, otherwise you are risking your good name as well as your ability to access funds in the future.

O. K. enough of that, now back to our regular program. It's that time of night again down here in the cage. That's right - time for our weekly top five. Here, in order, are the top five reasons why the Judge was in a cranky mood last week:

5. Capt Littman informed him that his hair follicles do indeed have an inhuman immunity to Grecian Formula.

4. The new Cigarette Tax will be in effect upon his arrival in the USA.

3. He just got the results of his latest liver function test and retirement physical.

2. He's been offered Tommy Lasorda's old job - As the "Slimfast" national spokesman.

1. CDR Wear has nicknamed him "Oedipus."

Welcome aboard to the "Third Wave," and we'll be back next week, unless that axe ends up missing from male berthing again... Peace and Happy Birthday Dr. King -- *For the Pay Guys, Ensign Charles Moore, Disbo.*

Chaplain's corner

Today is the day that the United Nations and Iraq are to talk together in Geneva concerning the invasion of Kuwait. We are all hoping and praying that this will be the beginning that will eventually lead to an end of a warlike situation here in the Arabian Gulf.

Being God-fearing people, many prayers of intercession have been and are being said on our behalf by the people back home. Heaven it seems is literally being stormed en-masse, yes even to an overwhelming manner. As we agonize over the present Gulf situation each day one cannot but wonder, "Is God listening?"

And "does God not hear the prayer of his people?"

There currently is a popular song being sung entitled, "From a Distance." It has a catchy melody with some very thought provoking lyrics. There is found in the lyrics these words, "God watches us from a distance."

God does watch over us every moment of our day from his place in heaven

It is there that he guides the destiny and the history of the world, bringing all things together to work for the good.

Let us not think that our Father in heaven has left us to our own fate as in a disinterested manner. God knows our needs. As the tension heightens with the possibility of what might happen it makes us aware of our continual need for his help and assistance.

Let us not fall prey to the idea that God is so distant that he does not hear the cries of hurting people

We must put our full trust in him. Let our prayers be "may his divine assistance always remain with us."

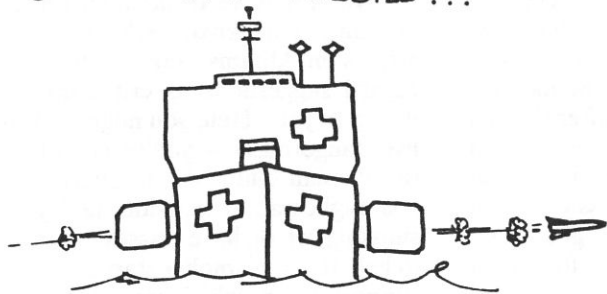
-- *Chaplain Mattie*

Mercy Cartoons

MERCY DEFENSE

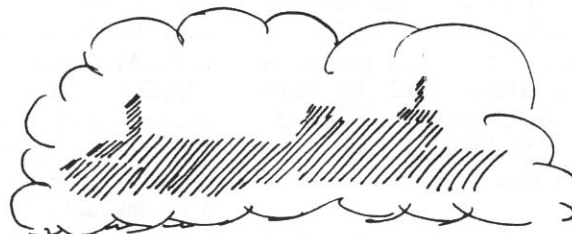
FOR IRAQI THREAT

① ANTI-SHIP MISSILE ...



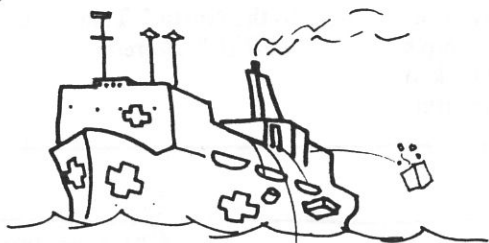
OPEN ALL DOORS AND HOPE FOR THE MISSILE TO PASS.

③ AIR THREAT



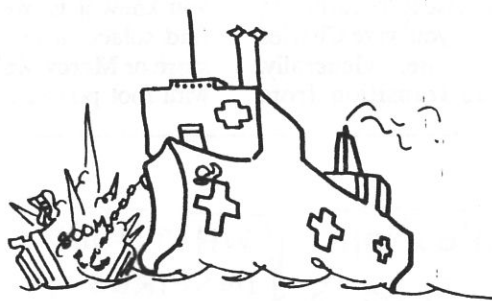
BURN ALL TRASH IN THE INCINERATOR FOR SMOKE SCREEN.

② MINE COUNTER MEASURE ...



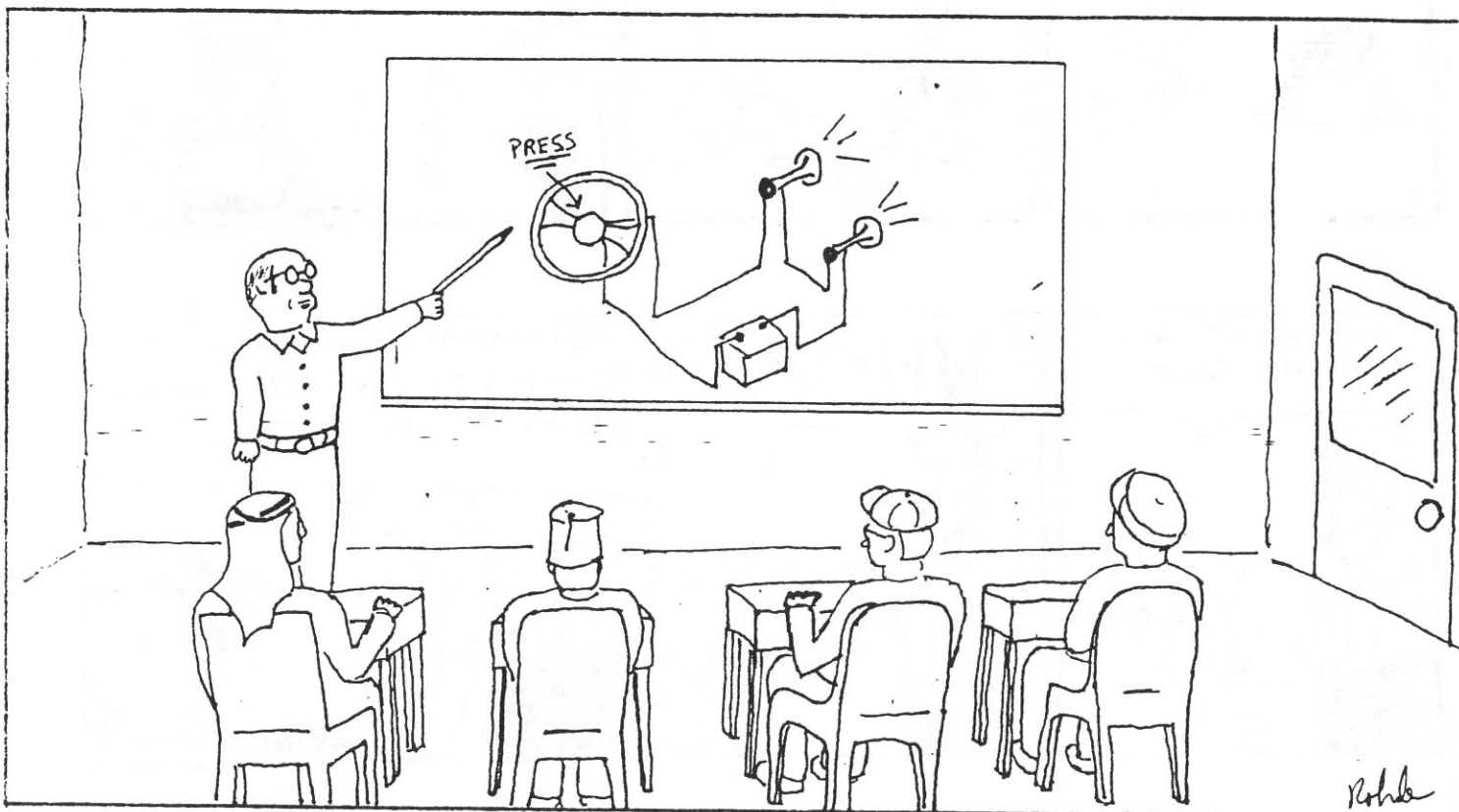
THROW ALL GARBAGE AND EXCESS AND SERVICE MAIL OVER THE SIDE.

④ SMALL BOAT ATTACK



DROP ANCHOR AS SOON AS THE TARGET IS IN RANGE.

Handwritten signature and date: 9/2/1991



Handwritten signature: Rohls

DESPITE VARIOUS LANGUAGE BARRIERS, STUDENTS OF THE INTERNATIONAL SCHOOL OF TAXI DRIVING QUICKLY GRASPED HORN THEORY...

Mercy musings, from Page 8

ings are entirely normal and on most hospital ships you could go to the shrink and get some help. On the MERCY forget it -- our resident psychiatrist, Dr. Debra "Wings" Wear, considers psychological problems signs of weakness and she finds wackos to be disgusting. If you do have mental problems, I suggest you hide them unless you want to be punished.

If this is your first real experience with the military besides watching John Wayne war flicks, you many have some thoughts of making friends or "buddies" with the folks who have been aboard for awhile. If I were you, I'd approach most of these folks carefully, the way you would if you were Charles Manson's new cellmate. Generally, they've made the transition from

suicidal to homicidal (as you will as you get to the end of your first year with us). They don't feel sorry for themselves; they just want to get even.

Speaking of Charles Manson, you have probably noticed that certain of our shipmates have adopted eccentric dress by Navy standards. That's because they're not in the Navy; they're in the Merchant Marine, the nation's 13th line of defense right after the Sea Scouts. Actually, they're a good bunch of people but their idea of fun may differ from yours unless you drive a Harley and enjoy gang fights. Occasionally they may ask you for a loan so I suggest that you carry cash with you (don't leave berthing without it 'cause these guys don't take American Express).

Oh, one more thing-- although life as you know it is over with, many of us find solace in browsing in the ship's store or Mercy Mall. It's fully stocked with foot powder, candy and cigaret-

tes; however, once you've licked the old tootsie odor problem and OD'd on sugar, you may, if you're a non-smoker, want to suggest that the store carry a wider range of items. All you have to do is convince Ensign Holland that you really need the item; Ensign Holland is approximately the same size as an Abrams tank and tends to regard suggestions as criticisms but it's up to you. Hell, you might as well live dangerously -- you're already in the Persian Gulf. As an alternative, you might want to consider taking up smoking; we do have classes on board to help the non-smoker start as well as support groups which are to be found on the weather decks day and night.

Again, welcome aboard; next week I'll deal with "How to speak Canadian, eh! -- 400 ways to confuse our Neighbors to the North." Take care.

-- CDR D.P. Barrett

