

ALL HANDS

- What's the hottest way to get around the beach?
- Secrets for making this your best PRT ever
- Getting to work and losing inches at the same time
- Float like a butterfly; sting like an MM3
- Hoopster — from the NCAA to the NAVY

MAY 1993



Photo of the Month

Photo by JO1 Wayne Begasse

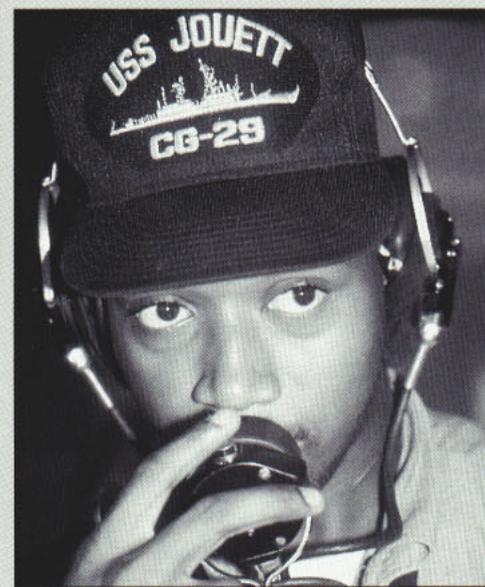


Photo by JO1 Robert Wilson

All Hands is introducing a new feature: "The Photo of the Month," which will appear regularly, beginning with the October issue. Photos or art (black and white or color) selected by the Navy Internal Relations Activity's staff will appear on the magazine's inside or outside covers.

Photos should depict people — not equipment — and must contain cutline information to include: who, what, where and when an event happened. Also include the photog-

rapher's name, address and phone number on or with the photo.

Besides appearing in *All Hands*, the selected photographs will be considered for the annual *All Hands* photo contest.

Don't forget, *All Hands* is always looking for photos, art and stories that highlight the Navy, especially through people. If you have further questions, please call DSN 288-4309 or (202) 433-4309. In the Norfolk area contact JO1 Steve Orr at 564-4097 or 804-445-4097. □

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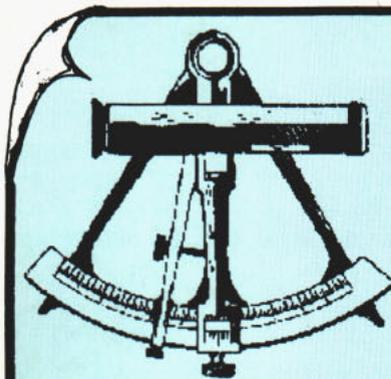


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On the Covers

Front: DM2 Keith Wilson keeps himself fit and has fun at the same time blading around Washington, D.C. Photo by JO2(AW) Laurie Beers.

Back: Members of the U.S. Navy Presidential Honor Guard — Clockwise from bottom left SN Monique Marziale, SN Curtis White, SN Amy Barnard, and BM3 Rob Sarvis — are always in the spotlight. They know staying fit is the only way to go. Photo by JO2(AW) Laurie Beers..



From the charthouse

Dependent Dental Plan improved

An improved Dependents' Dental Plan (DDP) went into effect April 1.

The new plan includes:

- endodontics (root canal treatment);
- periodontics (treatment of gum disease);
- prosthodontics (crowns, bridges and dentures);
- oral surgery (extractions, including wisdom teeth); and
- orthodontic treatment (braces).

Premiums for the new plan are \$9.65 for one family member and \$19.30 for two or more family members. For more information contact your local dental clinic.

BuPers clarifies guidelines for ordering microfiche

Sailors who want to verify accuracy or check completeness of their service record must submit a written request, or visit the Bureau of Naval

Personnel (BuPers) in Washington, D.C., to obtain a microfiche copy of their record.

Use NavPers Form 1070/879, available from personnel offices, to request your microfiche. If NavPers Form 1070/879 isn't available, write a letter which includes your full name, Social Security Number, complete return address and signature.

The signed form or letter should be mailed to Chief of Naval Personnel (Pers 313C), Navy Department, Washington, D.C. 20370-5313; or faxed to (DSN) 224-8882 or (703) 614-8882.

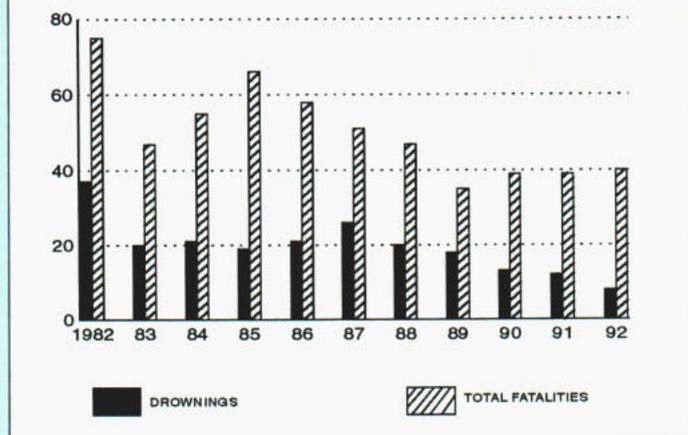
Telephone requests cannot be accepted — unless verified by fax.

For more information on service records at BuPers, contact Pers 313D at (DSN) 224-2983/3654 or (703) 614-2983/3654.

Off-duty mishaps decline

According to a recent Naval Safety Center report, off-duty mishaps have been reduced through the Navy Recreation, Athletics and Home Safety Program according to a recent Naval Safety Center report. Drowning

Navy Military Off Duty Mishap Fatalities



was the cause of 48 of 77 off-duty fatalities in FY81, the year before the Recreation, Athletics and Home Safety Program was established. In FY92, the overall number was 40 — eight of those were drownings.

Nearly all recreation and home mishaps are caused by human error, according to Safety Center officials. To help minimize these mishaps, commands are required to provide, at a minimum, quarterly safety training for recreation, athletic and other off-duty activities. Commands are also required to provide qualification training for personnel using hazardous equipment in automotive and woodworking hobby shops and small recrea-

tional boats.

The Naval Safety Center is also providing assist visits to commands. During these visits, MWR and safety managers discuss the off-duty safety program. Program management elements as well as facility deficiencies are reviewed during assist visits. If your command would like to apply for one of these visits, call (DSN) 564-4743 or 804-444-4743.

Child care plans mandatory

For the nearly 16,600 single parents and 3,560 dual-military families in the Navy today, child care is critical.

OpNavInst 1740.4 helps these families make contingency plans in case of deployment. The instruction requires all



single and dual-military parents to have a workable dependent care plan. The plan must cover both short- and long-term contingencies which might arise as a result of members fulfilling their military duties and should include:

- power of attorney for the child's care provider;
- a will naming guardians;
- financial arrangements to support the child during the parent's absence;
- verification the child is in the Defense Eligibility Enrollment and Reporting System (DEERS) so they have access to medical care;
- an identification card for the child;
- travel plans if the care provider is not located nearby; and
- proper papers to regis-



ter or transfer school-age children if necessary.

In the event of an unexpected deployment, prior planning ensures children will be properly cared for, reducing parental stress and allowing them to concentrate on their military duties.

TQL video available to commands

Dr. Edward Deming has given DoN permission to duplicate the video, "A Day With Dr. Deming."

TQL coordinators may make copies as needed for internal and external use. For more information and additional guidance, call (DSN) 223-7016 or (703) 693-7016.

DVA studies stress on women veterans

The Department of Veterans Affairs (DVA) has a new division exclusively devoted to studying the effects of traumatic stress on women veterans' mental health and physical well-being.

The Women's Health Science Division is the first of its kind in the country. Studies conducted on the problems caused by sexual harassment and sexual assault will be designed to improve the assessment, diagnosis and treatment of post-traumatic stress disorder (PTSD) in

Household employment tax rules

If you pay somebody to work around your house and pay that person more than \$50 in any calendar quarter, the Internal Revenue Service (IRS) considers you to be an employer and you must ensure payment of Social Security and Medicare taxes, which you share with the worker. Here are some basic rules to help you comply with tax laws.

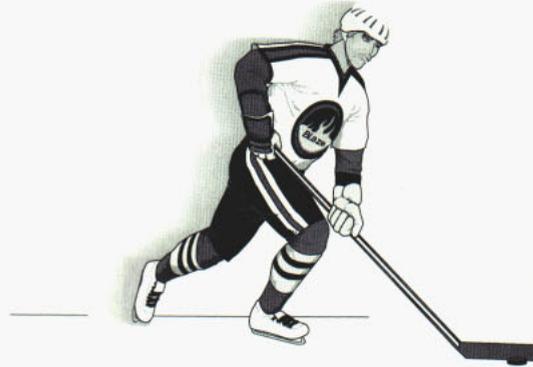
- Deduct 7.65 percent from the employee's gross wages, and pay an *additional* 7.65 percent as the employer's share of Social Security and Medicare taxes.
- Send Social Security and Medicare taxes quarterly to the IRS, along with an IRS Form 942 "Employer's Quarterly Tax Return for Household Employees."
- Fill out a W-2 wage and tax statement summarizing wages paid for the previous year, and give the worker a copy by Jan. 31. You must file a copy of the W-2 with the Social Security Administration.
- Get an employer identification number by filling out IRS Form SS-4. If you don't have such a number, write "none" in the space provided for the number — the IRS will assign a number to you and send you the proper forms to fill out.
- If you pay your workers more than \$1,000 a quarter, you must pay Federal Unemployment Tax. This tax is filed with IRS Form 940, or a shorter version, 940-EZ. You may also be required to pay state disability and worker compensation taxes; check with your state employment agency.
- If you have more than one worker, you must file a W-3 form with the Social Security Administration, listing the wages and taxes withheld for all your employees.
- If the worker does not yet have a Social Security Number, they should apply for one, and you should note that fact on the tax forms. The IRS will send you a temporary taxpayer identification number, which the worker can transfer later to a Social Security Number.
- American citizens residing overseas who hire other American citizens residing overseas are also subject to these tax laws. Those who employ foreign nationals are not bound by U.S. tax laws, but may be obliged to the home country of the national they employ. Consult your base legal office for more information.

Finally, if you have any questions about the tax code, the IRS has operators standing by to assist you at 1-800-TAX-1040. You can order Publication 926, which gives an in-depth description of your obligations as a household employer, or any forms you may need, by calling 1-800-TAX-FORM. □

women, as well as PTSD training.

The division is located at the VA Medical Center in Boston, Mass. For more information, call 1-800-827-1000. □





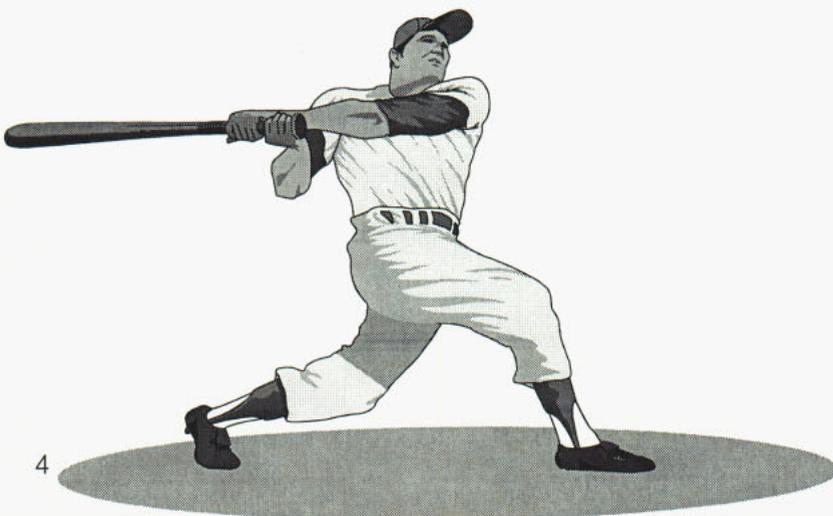
The key word in the Physical Readiness Test (PRT) is readiness. The next time you take the PRT, will you be *ready*?

Your body is the one environment over which you have total control. This month, *All Hands* will show you ways to gain control with tips for eating right, preventing injuries when exercising, dealing with stress and ways some of your shipmates and their family members put the *ready* into physical readiness.

Whether it's in-line skating, step aerobics, jogging or cycling, it's up to you to choose the form of exercise best-suited to your needs.

In this time of military downsizing, keep in mind what is "satisfactory" on the PRT today, may not be satisfactory next year. Doing more with less seems to be the goal of our Navy. The sailors who remain in the Navy will have to be of the highest quality — both mentally and physically.

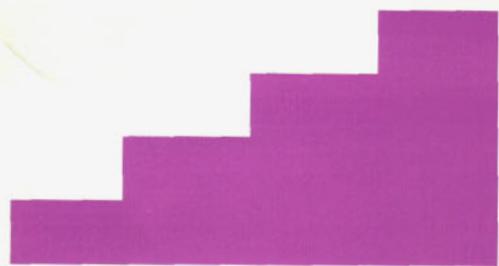
Good nutrition combined with exercise is the equation for good health and fitness. The old adage, "You are what you eat," is truer than what you might think. Being physically fit adds to the totality of a 4.0 sailor and fleet readiness. And, best of all, with a well-rounded physical regime and eating healthy — you may live longer. □



FITNESS AND YOU

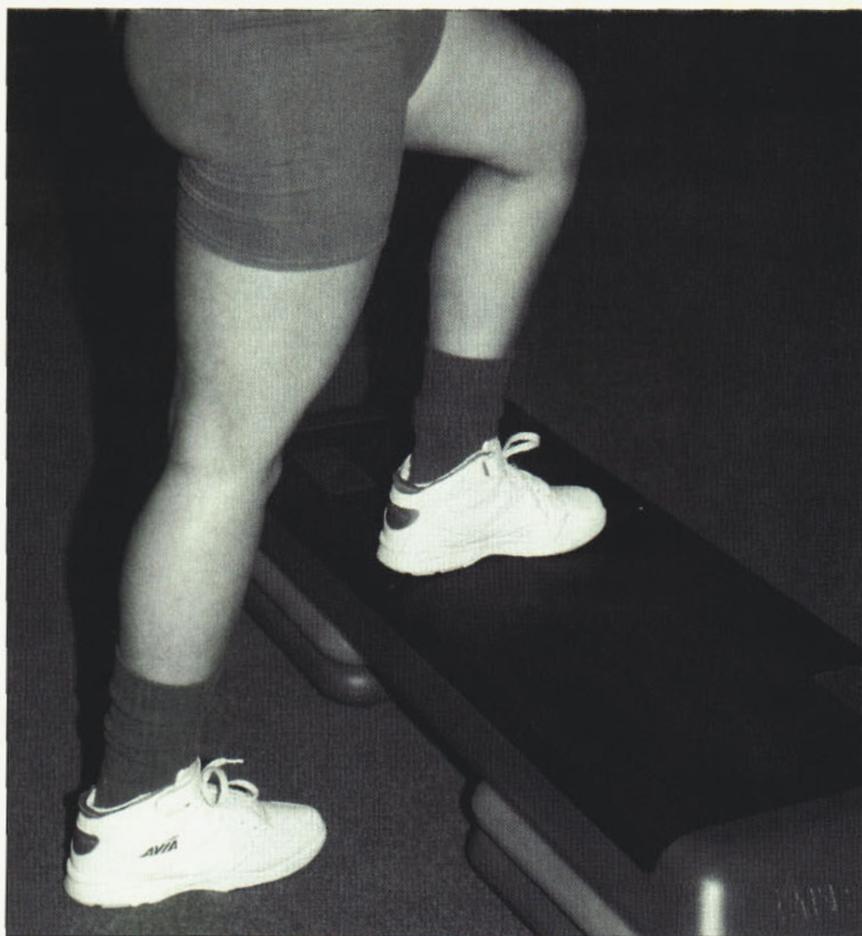
DMZ Wilsons K.D.





Step into

fitness



Story by JO1 Sherri E. Bashore, photos by Bill Cook



Participating in the Navy's Physical Readiness Test (PRT) doesn't need to be a twice-a-year stress test. Exercising and staying fit can be a part of every sailor's daily routine. Just like preparing for the Navywide advancement exam, sailors can also prepare for their PRT.

"I always scored an 'excellent' on the PRT," said Chief Personnelman Celenia Cruz, an enlisted training

Above: Step aerobics is both a cardiovascular workout and a way to tone and firm your muscles. **Left:** PNC Celenia Cruz instructs both in the classroom and in the gym.

administrator at the Naval Reserve Force Detachment Management School, New Orleans. "I always felt like I was killing myself, because I only exercised two times a year."

Knowing the pain she experienced following the biannual PRT, coupled with tighter fitting clothes following the birth of her first child, Cruz began exercising at home and also joined an aerobics class. Her enthusiasm didn't stop there; she became a certified aerobics instructor.

Aerobic exercise is more than going to an organized class with motivational music. "Swimming is a great aerobic workout, because you don't have the jarring to the body

“Exercising makes you feel more confident, so you project a better image.”

like you do with running,” Cruz said. “Rowing and cycling are other exercises a person can do to stay fit. People don’t have to try to fit within anyone else’s mold. They can customize their own fitness routine.”

Cruz was selected as her command’s fitness coordinator and became a certified Navy Exercise Leader by attending a three-day seminar sponsored by the Health and Physical Readiness Division, Bureau of Naval Personnel, Washington, D.C.

Top right: PNC Celenia Cruz, a mother of two, makes exercising a large part of her daily routine. Below: Exercising with a group is fun and motivational.

“Now, nothing less than an ‘outstanding’ PRT will do,” said Cruz, who teaches up to 12 aerobic classes a week. “If I don’t do well, I feel a personal letdown.

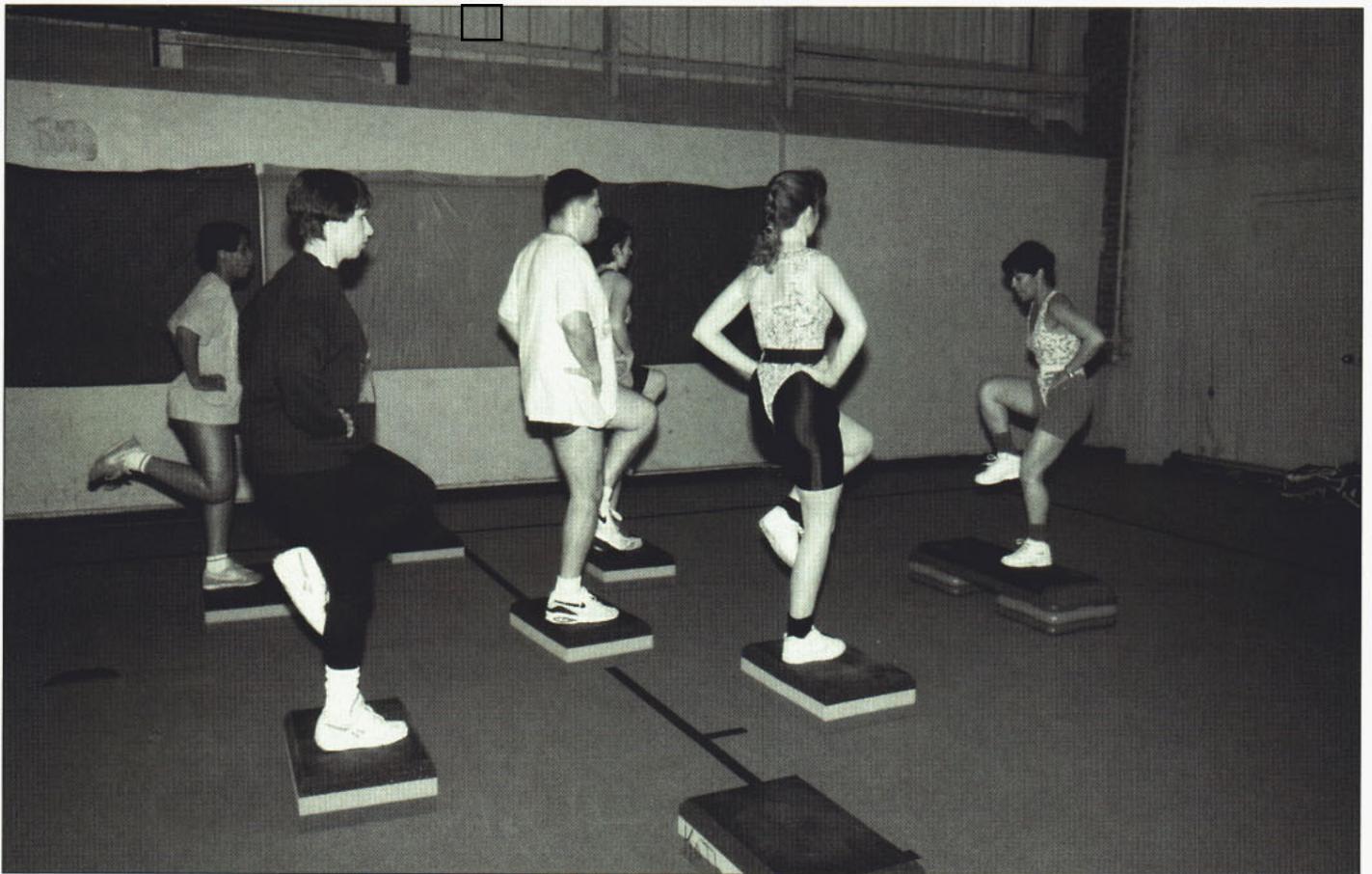
“Exercising makes you feel more confident, so you project a better image,” she said. “You become more assertive, and you can do your job that much better.

“Exercise also provides stress

relief. You can have a really rotten morning and then after a great workout during lunch, you go back to work ready to start all over again, and you can deal more effectively with people.”

So get on board. Whatever your style . . . step into fitness. □

Bashore is a staff writer for All Hands. Cook is a DoD photographer assigned to Naval Support Activity, New Orleans.



Spring into

After a long winter, many of us look forward to spring — except those not quite ready for the spring Physical Readiness Test (PRT).

Instead of working out the week before the PRT, you should start thinking in terms of a lifelong commitment to a more active lifestyle.

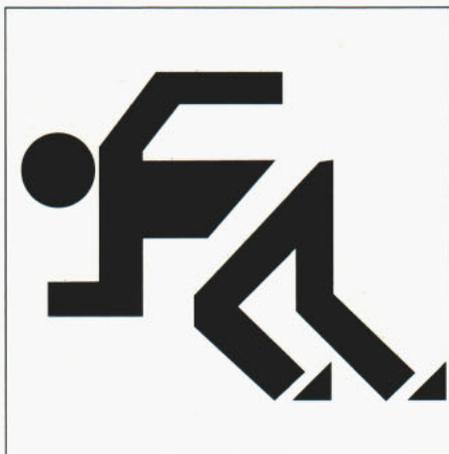
According to the fitness buffs at the Navy's Health and Physical Readiness Division, increasing your daily physical activity is the first step toward greater physical readiness, and there's no time like the present to start.

• **Exercise longer, not harder:** Fitness is lost if you exercise two days or less a week. Fitness is maintained

if you exercise three days a week, and is improved if you exercise more than three days a week.

• **Avoid stop and go exercises:** You can get as much cardiovascular benefit from 15 minutes of jogging as from two hours of tennis.

• **Burn body fat effectively:** The main criterion of aerobic exercise is that it is continuous and steady.



How to stay fit while underway

Story by JOC Jim Quirk, USNR

The nice thing about being underway, a shipmate said, "You get to fudge on physical readiness." Wishful thinking! When you pull into port, you're gonna have to pay the price for those heaping bowls of ice cream and that succulent fried food.

The following tips are from some old salts, Master Chief Hospital Corpsman James Strickland of the National Naval Medical Center, Bethesda, Md., and HMCS Harry K. Ballantyne of USNS *Comfort* (T-AH 20), on ways they've found to keep fit while underway.

• Exercise at least 15 to 20 min-

utes a day. When running, time is more important than distance. If you can't run on the ship, use the gym equipment. Aerobics will also suffice if you do them three times a week for 30 minutes.

• Eat complex carbohydrates, such as pasta, noodles, rice and baked potatoes — they burn faster than

the PRT

Constant low-intensity, long-duration (30 minutes plus) exercise is the most effective way to burn body fat.

• **Jogging/running:** Jogging and running are the aerobic exercises that result in the fastest weight loss.

• **Walking:** Walking is inexpensive and an excellent way to burn off fat. Just be sure the walk is brisk, lasts at least 45 minutes and is repeated

three to four times a week.

Work-Out Tips

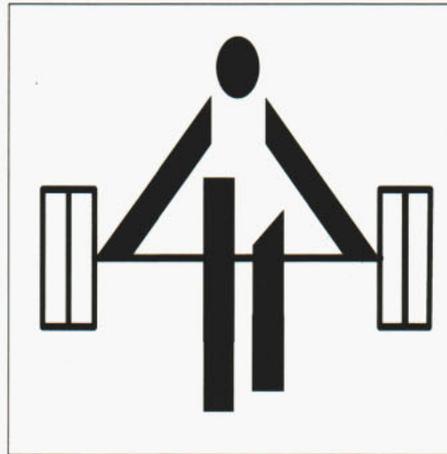
• Don't forget to do calisthenic exercises for two to three minutes, followed by stretching exercises before and after your work-out.

• Drink water before, during and after exercise.

• Don't overdo it, build-up slowly and avoid consecutive days of hard

workouts. If you are obese; have high blood pressure; or any other heart or circulatory condition; or are older than 40, get approval from your physician before starting any exercise routine. □

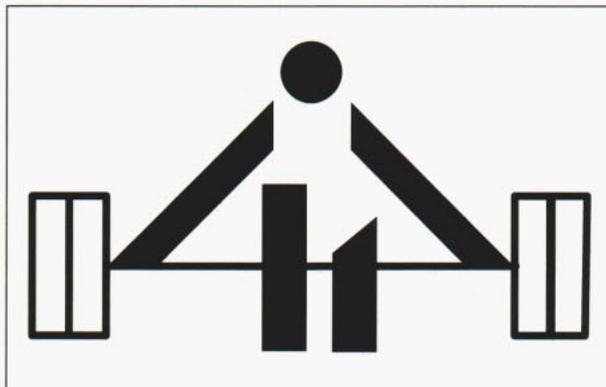
Information provided by the Bureau of Naval Personnel's Health and Physical Readiness Division, Washington, D.C.



fats. Keep in mind, when you take in fat, the body stores it. Eat three balanced meals a day and include plenty of vegetables. Wait 20 minutes before eating dessert after your meal. That will give your stomach time to digest and say you've had enough. Don't eat before bed.

• **Innovate.** You will never have the variety of exercise equipment afloat that you do ashore. Be creative, but remember to be safe. A fall on non-skid flooring can be brutal!

Now shipmate, what were you



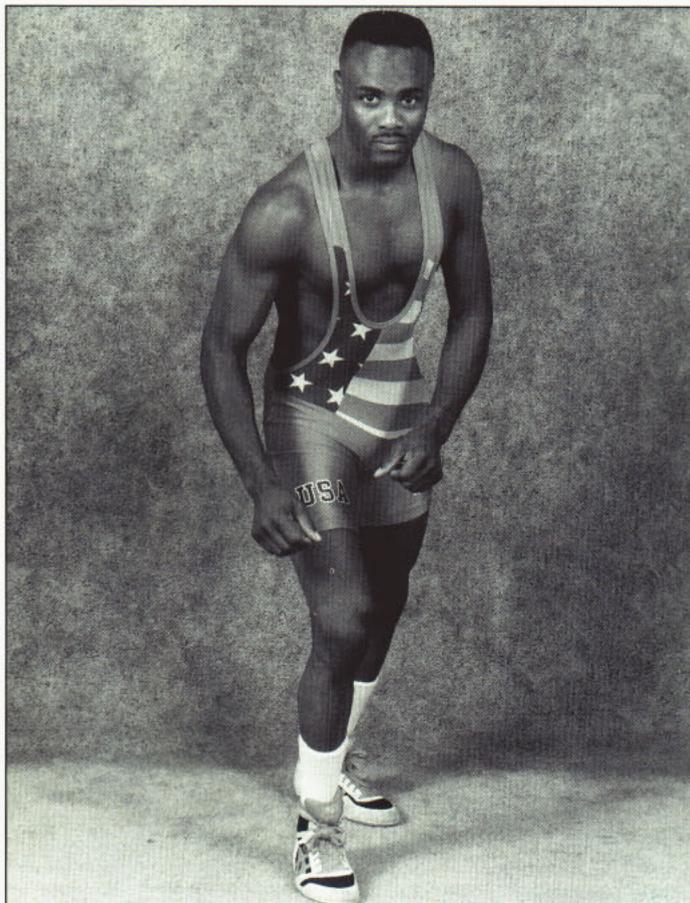
saying about fudge and physical readiness? □

Quirk is assigned to Naval Reserve Office of Information Det. 206, Washington, D.C.



Athletes of the Year

Story by Catherine Bird



U.S. Marine Corps photo

Sgt. Anthony N. Lee

Lee is a supply sergeant for Service Company, Headquarters and Service Battalion, Marine Corps Combat Development Command, Quantico, Va.

A Greco-Roman wrestling champion, Lee was twice named National Collegiate Athletic Association All-American. His skill carried him from competition to competition, twice netting him the title of Marine Corps Male Athlete of the Year (1985 and 1992). In 1992, Lee was an Olympic Greco-Roman competitor in Barcelona, Spain, where he placed sixth in the world.

One might think this list of achievements would keep Lee pretty busy, but, he has developed a rope-skipping demonstration with a special message for young people.

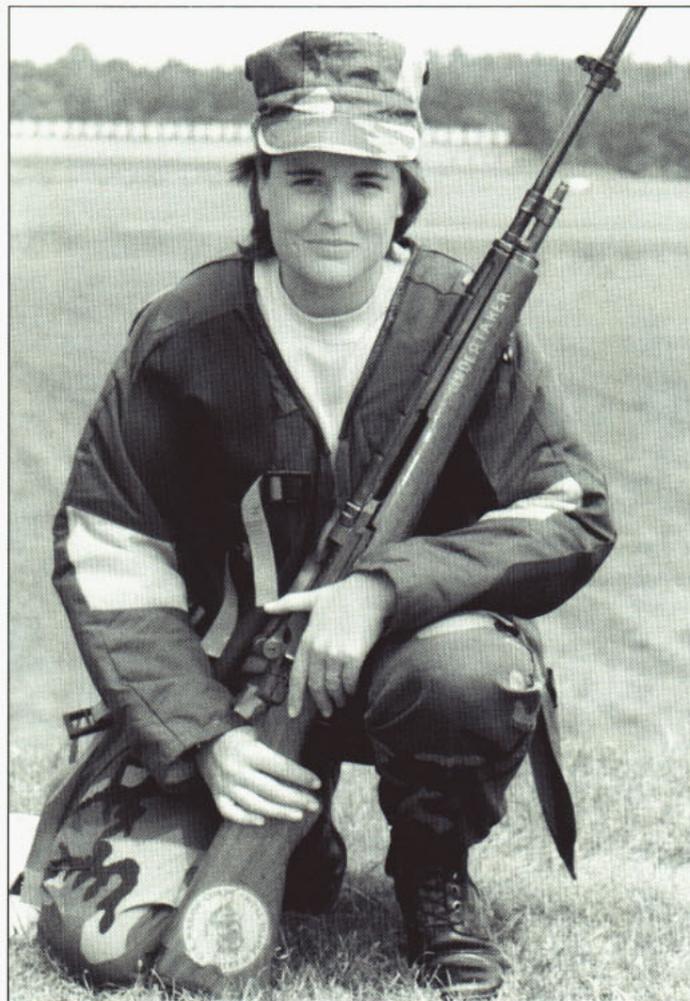
His program, "Skip Over Drugs and Jump Into Fitness," emphasizes the importance of good health and the danger of drugs. "I'm committed to a drug-free society," Lee said. "We all have talents we can contribute to make a positive difference for our children." □

As a weapons instructor at the Weapons Training Battalion, Marine Corps Combat Development Command, Quantico, Va., Meinke gets plenty of time to practice her sport. In fact, Meinke is one of the few women in the country who can compete successfully in open competitions against both male and female competitors in high-power rifle marksmanship.

While competing in the national 1992 Interservice Rifle Matches, Meinke became the first Marine woman to win the Annie Oakley trophy and finished first at the National High Power Rifle Matches competing against the best men and women shooters in the country.

"I really enjoy shooting," she said. "It's a great hobby, and the Marine Corps has given me everything I need to do what I love to do." □

Sgt. Barbara L. Meinke



U.S. Marine Corps photo

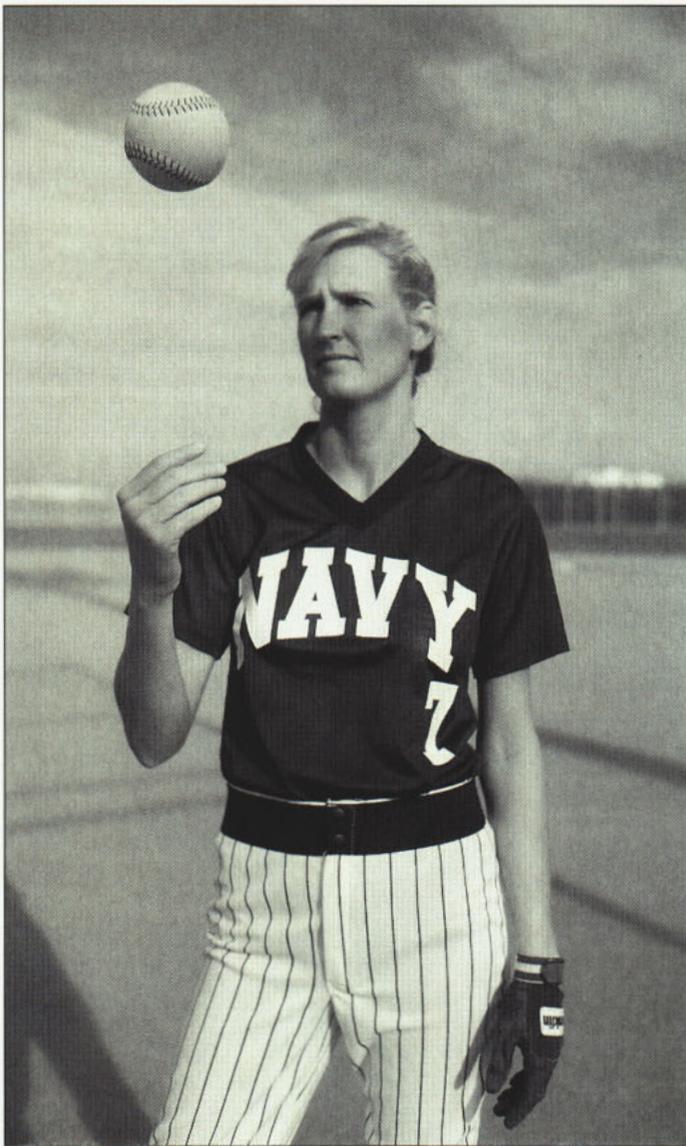


Photo by JOZ Brett Bryan

SK2 Tammy B. Cox

Cox is stationed at the Naval Submarine Base, San Diego. Her skill at batting and fielding the softball made her a unanimous choice for the Armed Forces Team that competed in the American Softball Association Women's National Majors Softball Championships.

"This is a tremendous honor," Cox said. "The softball victory was a team effort, and I felt proud just being part of that team; but being selected Navy Female Athlete of the Year is really exciting."

Cox is setting her sights on a career as a naval officer. "I would love to be in a position to strengthen the chances for women athletes to compete as All-Navy athletes," she said. "Too often the endorsement just isn't there. While people will probably never join the Navy just to play sports, I would like to see the talented ones have every opportunity to develop and excel." □

Hermann serves aboard USS *Forrestal* (AVT 59). His prowess and talents as a Greco-Roman wrestler carried him to the Olympics to compete on the mat in 1980, 1984 and 1988; and to coach in 1992. He is an 11-time Armed Forces Greco-Roman wrestling champion and has coached the Navy team and the Armed Forces international team.

"It's not enough to excel in a sport — you can't just sit back and enjoy the applause when the match is over," Hermann said. "You need to call on your skills and energies to help others along — teach them what somebody taught you, or what you figured out and wished somebody had told you. It gives you a whole new appreciation for your sport. It's exciting when you know you're working with somebody who's very good and getting better." □

Bird is assistant editor of Navy Editor's Service.

MA1 Rob W. Hermann

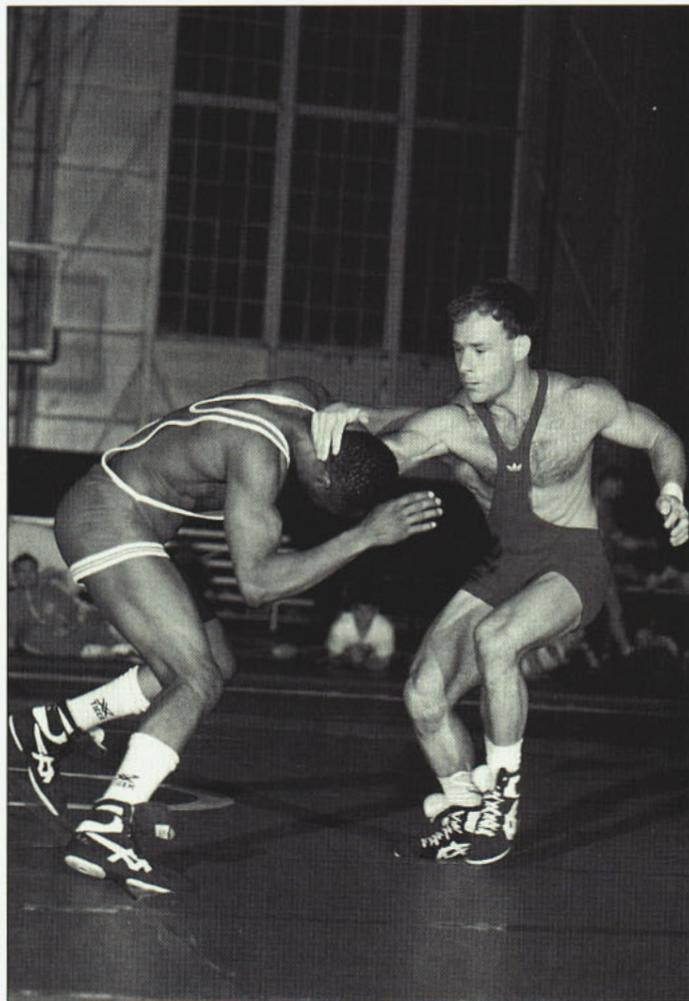


Photo by Jim Bryant



Nutrition and you

You are what you eat

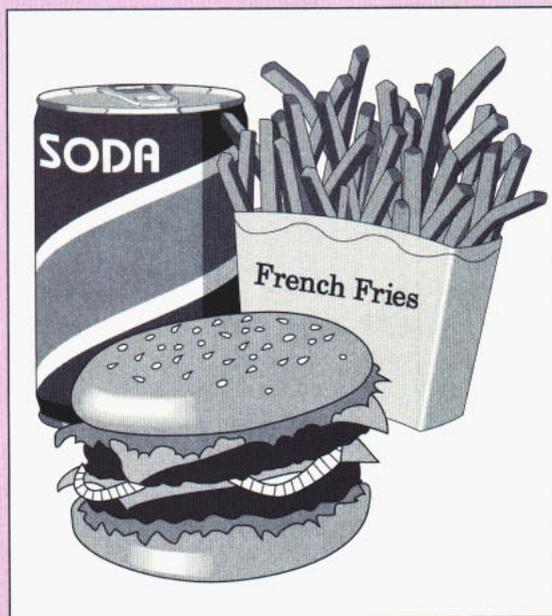
It's no secret. A proper diet will not only make you look and feel better, but can also help you live longer.

Foods loaded with fat, cholesterol and excess sugar and sodium can damage your body and increase your chances of high blood pressure, high cholesterol and heart disease.

According to the U.S. Department of Health and Human Services Dietary Guidelines for Americans, heart disease is the No. 1 killer in America. Many people believe high blood pressure and heart disease are problems for older, overweight people, but studies show these illnesses are not just something that happens to older people.

You are what you eat. Data from nutritional studies show an average meal at a fast food restaurant contains more than 1,000 calories and more than 50 grams of fat. Eating a light, healthy meal for lunch, instead of continually running for a burger, fries and a soda, can reduce your chances for heart disease.

Staying away from substances that add unneeded fat to your food can also reduce the chances for heart disease. Mayonnaise, butter, margarine, cheese and sauces add fat and cholesterol to otherwise healthy food.



Health experts recommend eating foods with adequate starch and fiber such as whole grain breads and cereals, fruits, vegetables, dry beans and rice.

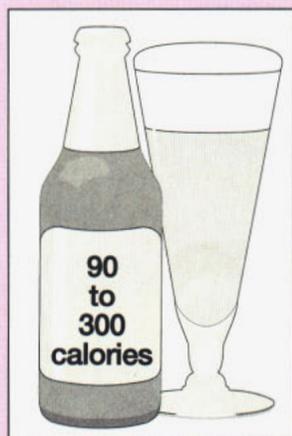


Too much salt is another problem. The average American consumes 25 times the recommended daily amount.

Like salt, too much sugar is also a dietary problem. Many foods come pre-processed with large amounts of sugar in them. There are about 10 teaspoons of sugar in a regular soda, and many other foods and drinks have different types of sugar in them. If the name sugar, sucrose, glucose, maltose, dextrose, lactose or fructose are on the label, the food contains processed sugar.

Simple things you can do to improve your diet and increase your chances for good health.

Cut fried foods out of your diet. If you eat out remove any fried batter from the food. When preparing chicken at home, remove the skin. Most of the fat in chicken is right under the skin.



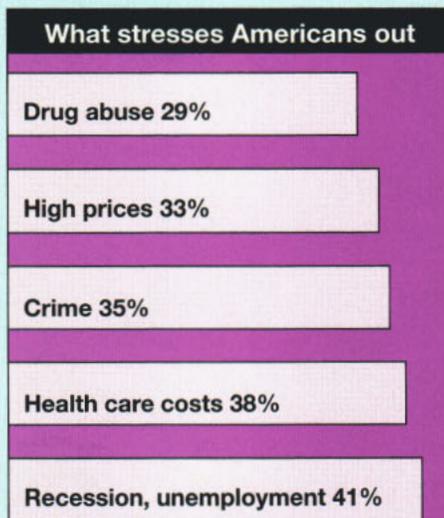
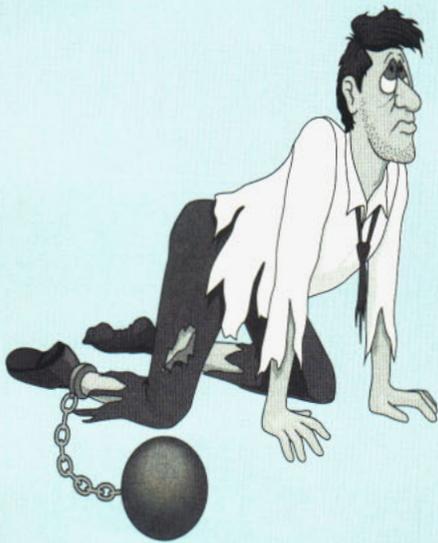
If you drink alcoholic beverages, do so in moderation. Beer contains no fat, however, it is low in nutrients and high in calories. An average beer has about 150 calories, and light beers aren't really that light, about 90 calories. A shot of whiskey mixed with soda can have as much as 300 calories.

Education and attitude go a long way. Once you learn what and how much to eat, you've taken the first step in developing a healthier diet. In the long run, you'll look and feel better and probably add years to your life. □

Data for this article was taken from the U.S. Department of Health and Human Services Dietary Guidelines for Americans

STRESS

Tips to help you beat it



- **Take deep breaths.** Deep breathing can help lower blood pressure and pulse rate.

- **Exercise.** Exercising gives you a psychological lift and helps boost your self-esteem.

- **Eat well.** Take in a variety of healthful foods and don't skip meals. Snack on apples or pretzels. Chewing releases tension in your jaw muscles.

- **Don't cram too many chores into too little time.** If you have to be somewhere in 15 minutes, trying to squeeze in another errand will set you up for tension and frustration.

- **Meditate.** Meditation can help lower heart rates, blood pressure and stress-hormone levels.

- **Get enough sleep.** Try to get eight hours and if necessary work in an afternoon catnap.

- **Plan your day the night before.** Select the clothes you'll wear — check them for stains or missing buttons.

- **Plan ahead.** Make duplicates of keys, eyeglasses and any other article you'd be lost without.

- **Create a budget and stick to it.** Mounting credit card debt and excessive bank loans can create stress and tension.

- **Don't bottle up anger.** A study shows that people who hold their tempers may die earlier than people who occasionally blow off steam.

- **Laugh it off.** Maintaining a sense of humor helps keep things in perspective, and a good laugh is good for you physically.

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HIV and you

Make choices that protect your life

Human Immunodeficiency Virus (HIV), which leads to development of Acquired Immunodeficiency Syndrome (AIDS), continues to be a health threat to every man, woman and child. Statistically, the virus is infecting heterosexual teens in the greatest numbers today. To date, there have been approximately 3,700 HIV-infected active-duty Navy and Marine Corps personnel. It is important for every sailor and Marine to know the facts regarding the prevention and transmission of HIV.

HIV: The virus that causes AIDS

The HIV virus is passed from person to person through blood-to-blood and sexual contact. AIDS results from HIV infection. When a person has AIDS, the immune system is so damaged that it can no longer fight infections. These infections are usually fatal.

You cannot "catch" HIV like you do a cold or flu

Unlike other viruses, HIV does not spread by traveling through the air. Even though HIV is sometimes found in small amounts in saliva, the virus is not spread by saliva. HIV is very fragile and dies quickly outside the body. Also our skin (without cuts or sores) helps prevent germs — including HIV — from infecting us. For these

and other reasons, HIV cannot be spread by: shaking hands, hugging, coughing, sneezing, kissing; nor from swimming pools, toilet seats, straws, spoons, dishes, food, insects — including mosquitoes — or animals.

You can protect yourself from HIV

If you are sexually active, reduce your number of partners and have sex only with a partner who is not infected, who has sex only with you and who does not use needles or syringes. Never use needles or syringes, unless under a doctor's care. Postponing sex until marriage or a long-term relationship with one partner are also safer alternatives. Abstinence is the only foolproof way to avoid exposure to the virus.

Latex condoms can help protect you from HIV

Latex condoms can help protect you and your partner from HIV — birth control pills and diaphragms cannot. But you must use condoms the right way. And you must use them every time you have sex, from start to finish. Condoms are not foolproof, because they can break, tear or slip off.

Natural condoms — how safe are they?

Natural condoms are made from the intestinal lining of sheep. Although these condoms work well as a birth control method, they do not provide reliable protection from disease agents, including HIV. Experts recommend using only latex condoms for disease protection.

Nonoxynol-9 provides added protection

Nonoxynol-9 is a chemical that kills sperm and viruses including HIV. Nonoxynol-9 treated latex condoms provide both physical and chemical barriers against HIV and other diseases.

Remember, no form of protection, other than abstinence, is 100 percent certain. Sex is serious business, and unprotected sex can be deadly serious. Make choices that protect your life. □



Story compiled from Naval Service Medical News, Bureau of Medicine, Washington, D.C.

Avoiding the

Academy sports doctor offers exercise safety tips

Story by JO2 Paul Taylor, photos by JO2 Brett Bryan

While shaping up, it's important to remember to do so safely. Knowing your limits will help you make your exercise program safe and effective.

According to CDR (Dr.) Edward McDevitt, chief of orthopedics and sports medicine for the U.S. Naval Academy (USNA), you should also pay close attention to safety while enjoying recreational sports. As team physician for the USNA varsity football and basketball teams, and supervisor of sports medical programs, McDevitt has seen all types of injuries and says many of these injuries could have been prevented. "As physicians, we're used to treating problems," he said. "But we're much better served by preventing the injury."

McDevitt offers the following tips to prevent sports injuries and recreational accidents:

Bicycling

Last year, bicycle accidents killed more than 1,000 Americans. Head injuries caused 75 percent of those deaths, most of which could have been prevented by wearing a helmet. All cyclists, both

Each year, hundreds of joggers are struck by cars. Jogging on a track is always a safe way to go.

adults and children, should wear protective helmets.

Waterskiing

More than 25,000 Americans are injured each year in waterskiing accidents. Many are attributed to fatigue, so quit when you feel tired. Also, wear a life vest and a protective wet suit, and when stopping, ski parallel to docks or the shore.

Jet skis

Many jet ski accidents occur because the operator doesn't know what to do. Don't get on a jet ski unless you know how to operate it, and when you do, be aware of where

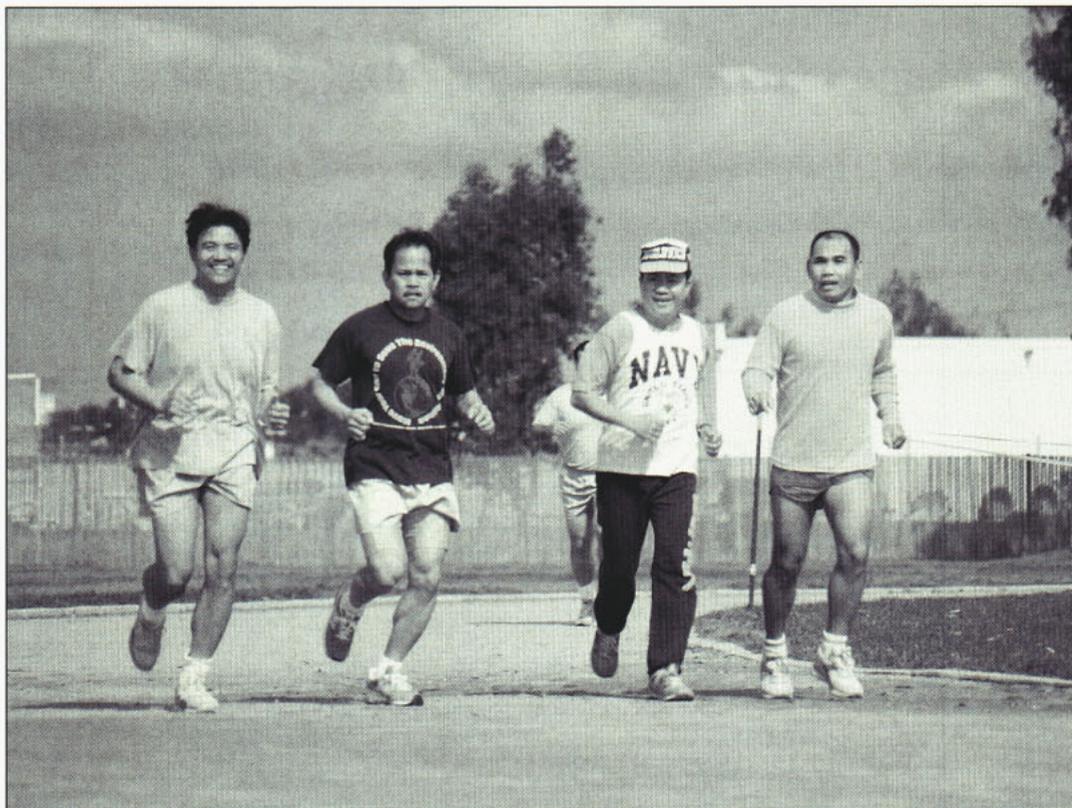
you are driving — never jet ski in an area where there are swimmers.

Playgrounds

Be sure your child's playground is safe. Look for exposed bolts or old wood. Check the stability of playground structures and ensure equipment is surrounded with low-impact surfaces (sand or wood chips).

Skateboards

There were 50 deaths caused by skateboard accidents last year, all of them due to head injuries. It is imperative you wear protective gear and if possible, go to a skateboard park — never board in the street.



agony of defeat

In-line skates

You are capable of achieving tremendous speeds on a pair of in-line skates. Unfortunately, getting up to speed isn't nearly as difficult as stopping. Take a lesson before venturing out on your own, and of course, you'll want to wear the standard protective gear — pads, helmets, etc.

Weight lifting

Improper weight lifting techniques can cause a variety of back injuries — get *good* instructions. Start out with light weights, increasing reps before increasing weight. Nautilus-type machines are less likely to cause injury than free-weights, however, use the seatbelts on the machines to keep your back in a safe position.

Racquetball and squash

Both of these sports are notorious for causing serious eye injuries. When a small ball traveling more than 100 mph hits your eye, you can be blinded instantly. Protective eyewear can save your sight.

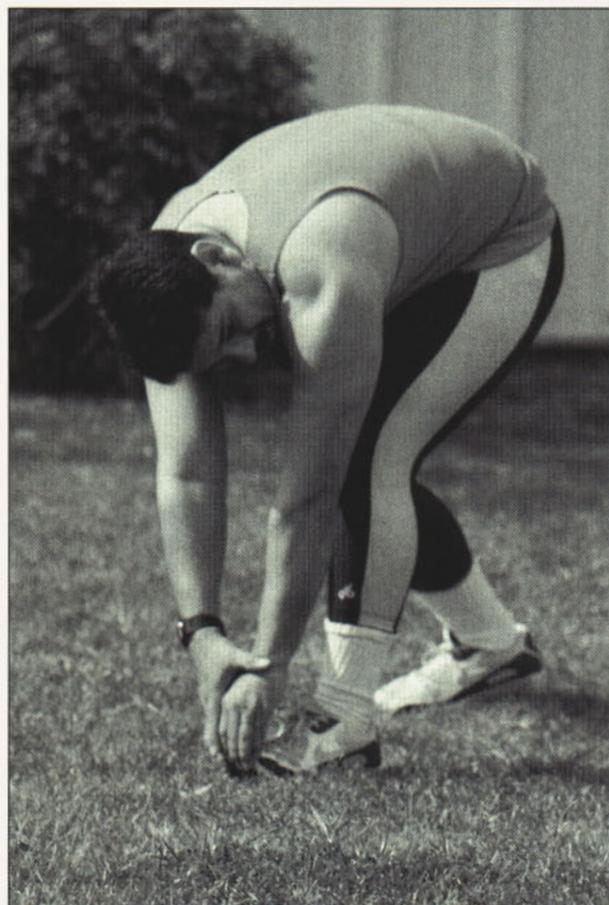
Baseball and softball

Always wear a helmet. Try to use breakaway bases. Don't wear shoes with metal cleats — they can stick in the ground while you're running, causing you to fall. Metal cleats can also be dangerous to other players — rubber cleats work just as well.

Stretching

Stretching is probably the most important part of exercise. Studies show stretching decreases the likelihood of injury and increases performance. You should gently stretch each muscle group for 15 seconds

(the stretch shouldn't be painful), and you should not bounce while stretching.



Swimming

People are paralyzed every year when diving into shallow water. Use the rule "feet first the first time." Also, never swim alone.

Shoes

A good pair of shoes will decrease the likelihood of injury. Depending on your mileage, running shoes should be replaced once a year. Additionally, well cushioned shoes will help offset the impact of running on steel decks aboard ship.

Avoid alcohol

Alcohol has no place in recreation and physical fitness. When you've been drinking, your thinking process is affected, and you sometimes make poor decisions you wouldn't make if you were sober. Most boating accidents in this country are alcohol related.

Eat properly

One of the good things about exercise is that as you exercise more, you are able to eat more. Carbohydrates are one of the best foods for athletes — they are more readily utilized by the body. Fats, on the other hand, are harder to digest and harder for the body to use.

Treat problems early

"No pain, no gain" is a bad policy for sports medicine. When you are in pain, your body is sending you a message that something is wrong. You should address any pain or discomfort as soon as possible.

Don't push it

Don't try to take on too much. If you are not prepared for the exercise, you might find yourself with a painful injury, like a stress fracture or shin splints. □

Taylor is a staff writer and Bryan is a staff photojournalist for All Hands.



Peddling sailors

Two-wheeling to work

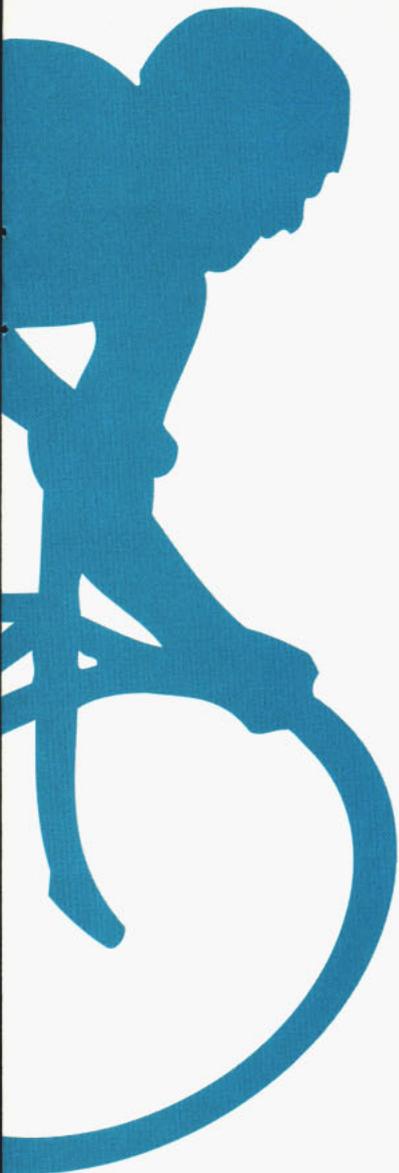
Story by JO2 Cathy Kurchinski, photo by PH3 Chris Carrothers

Instead of jumping in his car and driving to work, Electronics Technician 1st Class (SW) Mike Kurchinski hops on his 12-speed bicycle and peddles 24 miles, round trip, five-days-a-week to Naval Training Center (NTC), Orlando, Fla.

Kurchinski, a recruit company commander, is one of a growing number of sailors who are trading in four wheels for two. According to the Bicycle Institute of America, an estimated 4.2 million Americans cycled to work on a regular basis last year.

"For me, it's a practical form of exercise. I'm working out and getting to work at the same time," Kurchinski said. "I also save money on gas every week."

ETC(SW) Rick Clutter is another sailor who enjoys commuting to the Orlando base by bicycle. He said



Safe cycling

- Always wear a helmet. Three out of every four bicycle fatalities involve riders not wearing helmets.
- Wear reflective clothing, especially at night. Bicycle shorts have padding in the seat and are made to reduce chafing on the thighs. People who ride long distances should also wear gloves.
- Learn hand signals and obey traffic laws. Always ride with the flow of traffic.
- Ride with a friend whose speed is compatible with yours.
- If you haven't bicycled in a while, ride every other day. Set aside a regular time to ride, but vary your route. Try to avoid routes with heavy traffic.
- Stay relaxed but alert when you ride. Don't grab the handlebars too tightly, and keep your upper body relaxed to avoid fatigue.

bicycling is not only a fun way to get around, it's also a great way to shed a few pounds. "I've trimmed four inches off my waist since I started," said Clutter, who bikes to work

honk their horns. It scares the living daylights out of you," Clutter said.

Kurchinski said bad weather can sometimes be a problem. "I've been caught in the rain a lot, and puddles

"I've trimmed four inches off my waist since I started."

three-times-a-week.

Though peddling is great exercise, it does have a few drawbacks, such as drivers who don't respect your rights. "Some drivers wait until they're right behind you before they

can be pretty dangerous if you are not careful," he said.

But both sailors agree, the benefits of cycling far outweigh the disadvantages. "Bicycling is a great way to keep in shape," Kurchinski said. "I feel more prepared for the PT test, and [by not using my car] I'm also doing something that helps the environment."

"It doesn't take a whole lot of money or athletic ability to get started either," Clutter said. "You don't need a brand-new bike. A good, used bike will work." □

Kurchinski is a staff writer for the Navigator, NTC Orlando, Fla. Carrothers is assigned to the NTC Orlando photo lab.



Clutter and Kurchinski pass through the gate at NTC Orlando on their way to work.

CISM

International battle fought on the playing field

Story by JO1 Lorraine Frazzini,
photo by Lono Kollars

The more you sweat in peace, the less you bleed in war," reads a plaque on the wall of the quarterdeck of the Naval Special Warfare Center in San Diego. CAPT Thomas Richards, commanding officer of the training center for prospective Navy SEALs, believes it.

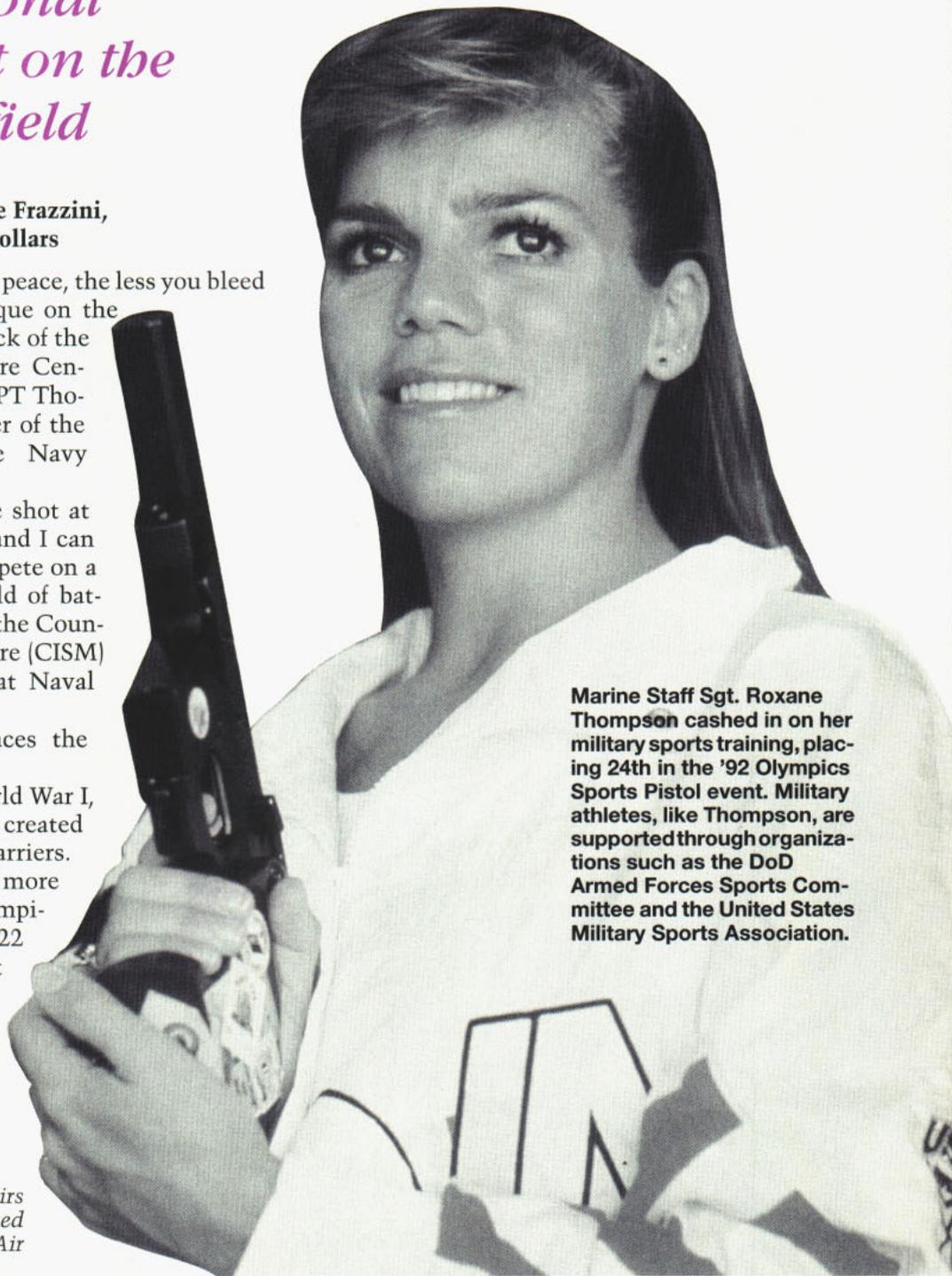
"I've had the opportunity to be shot at and missed and shot at and hit, and I can tell you I would much rather compete on a weightlifting platform than a field of battle," said Richards, who oversees the Council International du Sport Militaire (CISM) U.S. Naval Pentathlon training at Naval Amphibious Base Coronado.

CISM does just that — replaces the battlefield with the playing field.

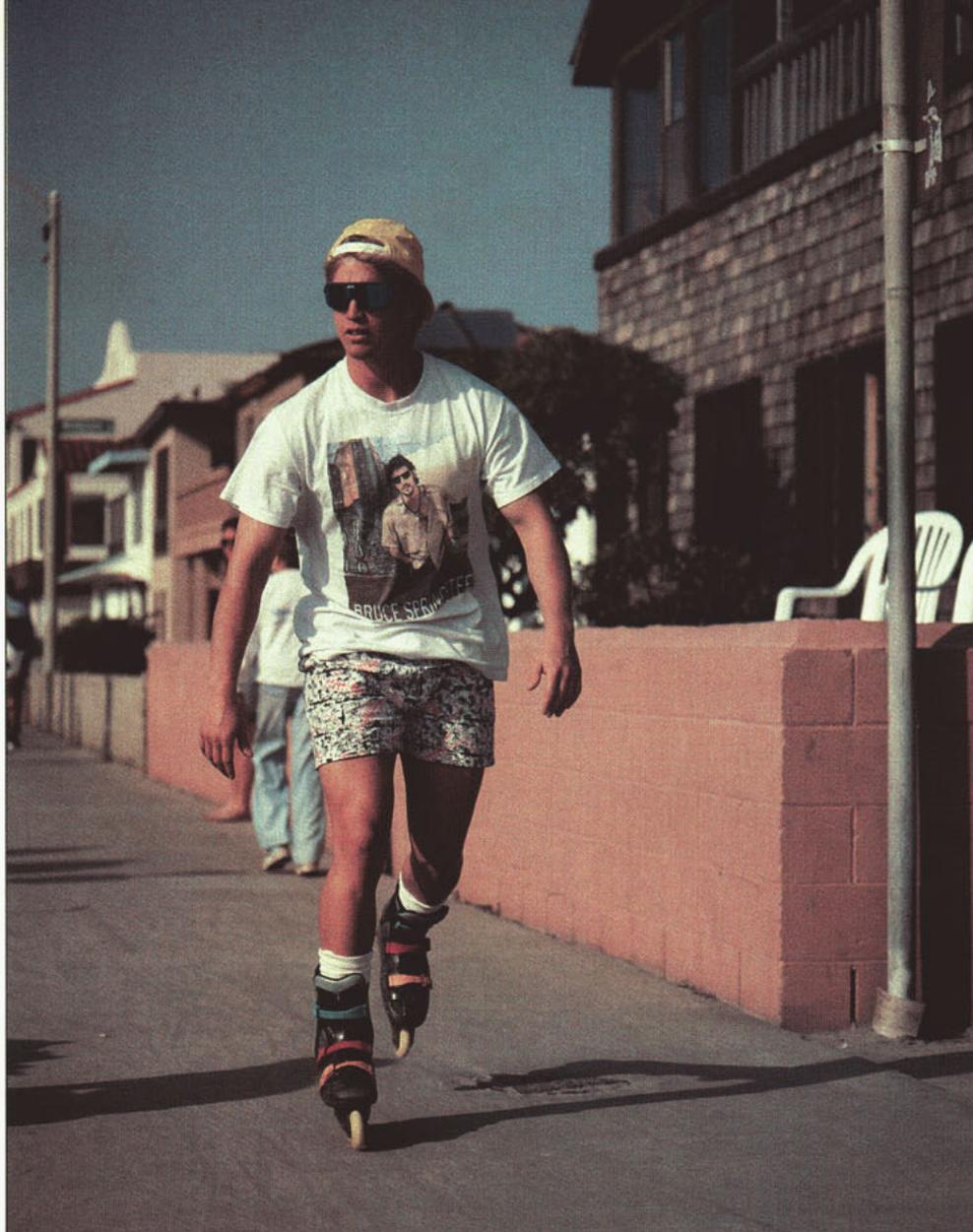
A tradition that began after World War I, the military olympic games were created to bridge language and cultural barriers. CISM now has a membership of more than 82 nations and holds its championships every year in up to 22 different sports — each event hosted by a different country.

Earning a spot in this select group isn't easy, but the payoff is big. Many CISM athletes go on to represent their country in the Pan American and Olympic games. □

Frazzini is assigned to the Public Affairs Center in San Diego. Kollars is assigned to the public affairs office, Norton Air Force Base, Calif.



Marine Staff Sgt. Roxane Thompson cashed in on her military sports training, placing 24th in the '92 Olympics Sports Pistol event. Military athletes, like Thompson, are supported through organizations such as the DoD Armed Forces Sports Committee and the United States Military Sports Association.



Bladin'

Story and photos by JO2 Brett Bryan

On the Southern California boardwalk of Mission Beach, roller skates have given way to a new type of wheeled locomotion; in-line skates (blades). Combine the four-wheeled speed of roller skates and the maneuverability of ice skates and you have the newest craze in San Diego.

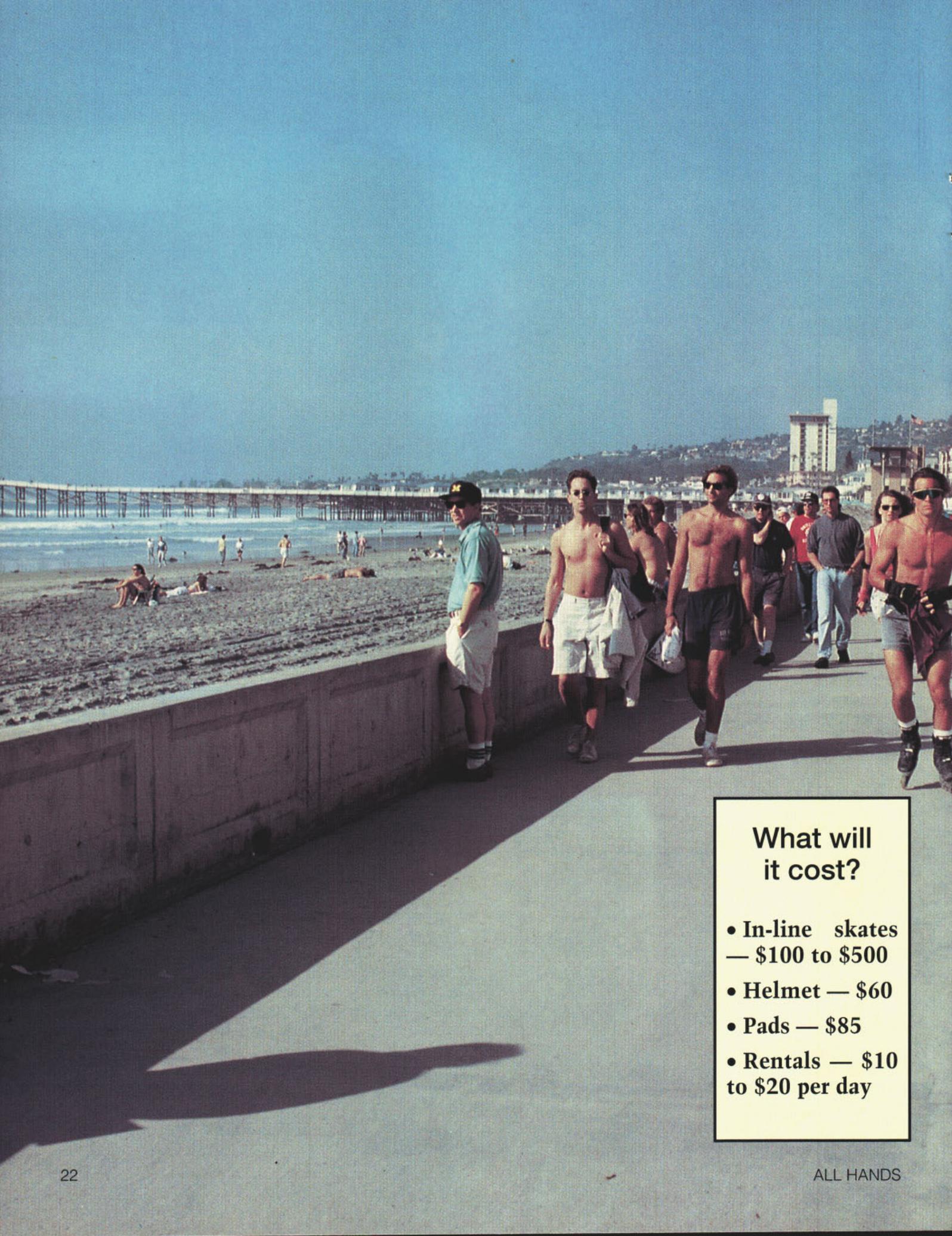
Originally designed as a way for hockey players and figure skaters to practice during the off-season, in-line skating is not only a fun recreational pastime, but a good way to keep in shape. It combines an aerobic workout with a substantial leg workout.

Peter Spanis, an avid blader and expert in exercise physiology, says,

for him, in-line skating is a lot more fun than jogging. "Blading is much more exciting, especially when you use it as an exercise focusing on speed and technique," he said.

According to Spanis, in-line skating isn't as hard on the legs as

Bladin' down the boardwalk, in-line skaters take advantage of California's sun.



What will it cost?

- In-line skates — \$100 to \$500
- Helmet — \$60
- Pads — \$85
- Rentals — \$10 to \$20 per day

Left: Blading is an excellent way to stay fit, reduce stress and enjoy the outdoors. Wearing protective gear is the best way to go.

“...Blading is much more of a low-impact workout and much easier on the knees and joints.”

jogging. “Because of the gliding motion, rather than the continual jarring of jogging, blading is much more of a low-impact workout and much easier on the knees and joints.” He recommends wearing protective gear, such as a helmet and pads while blading, because falls occasionally do happen.

Marine Pfc. John Keyle, stationed at Camp Pendleton, Calif., goes to Mission Beach with his friends every

weekend and blades up and down the boardwalk. “It’s great,” said the 21-year-old. “You get around pretty quick and get to see a lot of sights.” □

Bryan is a photojournalist for All Hands.

Below: Unlike roller skates, blades are designed with in-line wheels, which increase maneuverability.



Iron Tom

Story and photo by JO2 Brett Bryan

CAPT Thomas J. Flanagan is a picture of health. At 43, he's in better shape than most men half his age, and he's willing to prove it.

As commander, Submarine Squadron 3 in San Diego, he's challenged his sailors to outdo him on any one of the four categories of the physical readiness test. If someone does, that

person gets a four-day weekend. No one's beaten him so far.

Square-jawed and possessed with a well-defined form, Flanagan exudes a strength of body and mind. Flanagan said keeping in shape is not only enjoyable, but by doing so, he is setting an example for his people.

"Working out makes you feel good about yourself, and I think that's a key quality for a leader," he said.

"The crew looks to a CO to be intelligent, and they look to him for his leadership. When they see he's also athletic and fit, they can relate to that. And that enhances his effectiveness," he said.

Flanagan's sport is the triathlon, one of the most grueling challenges ever conceived. It includes biking distances up to 112 miles, swimming more than two miles in open



seas and running the length of a 26-mile marathon. To compete in this sport, you have to be more than healthy — you have to be in peak physical condition.

He has competed in national championships and was third overall in the Navy in the U.S. Military National Championships.

"I work out seven-days-a-week, twice a day. I'll bicycle four-days-a-week, run four-days-a-week, swim three-days-a-week and lift weights three-days-a-week," Flanagan said.

From a junior officer, carrying his own weights with him on deployments, to a senior officer pushing to get athletic equipment on all submarines under his command, Flanagan has been an advocate of physical

"Working out makes you feel good about yourself, and I think that's a key quality for a leader."

fitness in the Navy for many years. He said he believes staying personally fit is an important part in keeping the Navy fit.

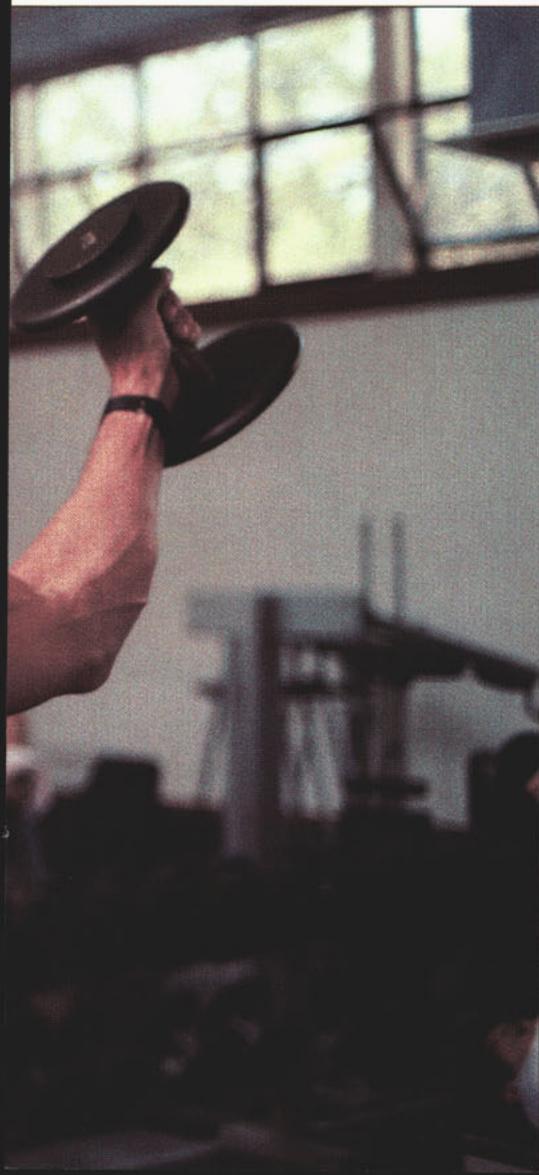
"I've been working out every day

since I was 17," he said. "Anyone who has worked with me knows I encourage people on my staff and on my ships to work out as well. It's a great way to take a break from work. You normally come back from a workout refreshed and relaxed. So rather than getting tired in the middle of the afternoon, you feel a good surge of energy, and you get a good day's work. I find I'm much more productive if I work out.

"If my people want to work out, I give them an hour and a half at lunch," Flanagan said. "I find that I don't lose that time from my people, in fact I get it back two-fold in increased productivity." □

Bryan is a photojournalist with All Hands.

CAPT Tom Flanagan pumps iron at Sub Base San Diego. Lifting weights four-times-a-week is one way he keeps in shape.



The origin of Ironman

Hawaii's famous Ironman Triathlon began as a debate among fitness enthusiasts — including a sailor. Who is the better athlete — a runner, a swimmer or a cyclist? And what event is the most challenging — the 2.4-mile Waikiki Rough-Water Swim, the 112-mile Around Oahu Bike Race or the 26.2-mile Honolulu Marathon?

Among those contemplating the answer was CDR John Collins, a Navy officer stationed at

Pearl Harbor. It was his idea to combine the three events into a single contest. But unlike the pentathlon, heptathlon or decathlon, which are conducted over a two-day period, the triathlon would begin and end on the same day.

Since 1977, the Ironman competition has grown from an unusual idea into a full-fledged sport. Competitions are held each year and more than 9,000 people from ages 14 to 73 participate in the event. □



Here
comes
the
SUN

ALL HANDS



Story and photo by JO2 Brett Bryan

Using the sun as an energy source isn't a new idea. But what is new is how the Navy is using sunlight as an alternative power source.

Deep in the California desert, Naval Air Weapons Station (NAWS) China Lake maintains hundreds of remote sites (camera stations, water towers, microwave stations and remote instrument recorders) far away from power lines. In the past, the only available power source was portable diesel generators.

But diesel fuel is expensive, difficult to transport on a continual basis and burning it has harmful effects on the environment. Powering these sites could be a real problem so China Lake lets the sun power the sites for them.

The process is called photovoltaic (PV) power acquisition. By using solar panels to convert sunlight into electricity, China Lake powers its remote sites without much work at all.

"PV is ideal for remote locations because it's inexpensive to operate and has relative ease of use compared to diesel generators," said L.E.

Humble, the photovoltaics program officer at China Lake.

With PV power, these sites can be maintained without refueling. Not having to gas up the generators is only one benefit of PV power. Other advantages of PV power include:

- *High reliability* — with no moving parts, it almost never breaks down and requires little or no maintenance.

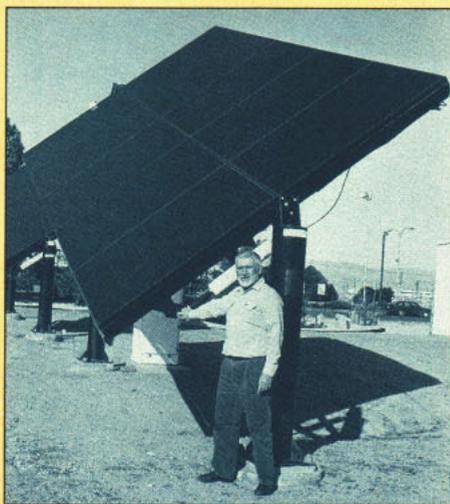
- *Modularity* — a PV panel can be sized to match any type of application.

- *Non-polluting* — PV panels are silent, inexpensive and require no fuel or water.

Though only a small portion of NAWS China Lake is powered by the sun, DoD is starting to use the technology for powering remote sites around the world. Humble anticipates greatly expanded use of photovoltaics throughout remote DoD shore facilities.

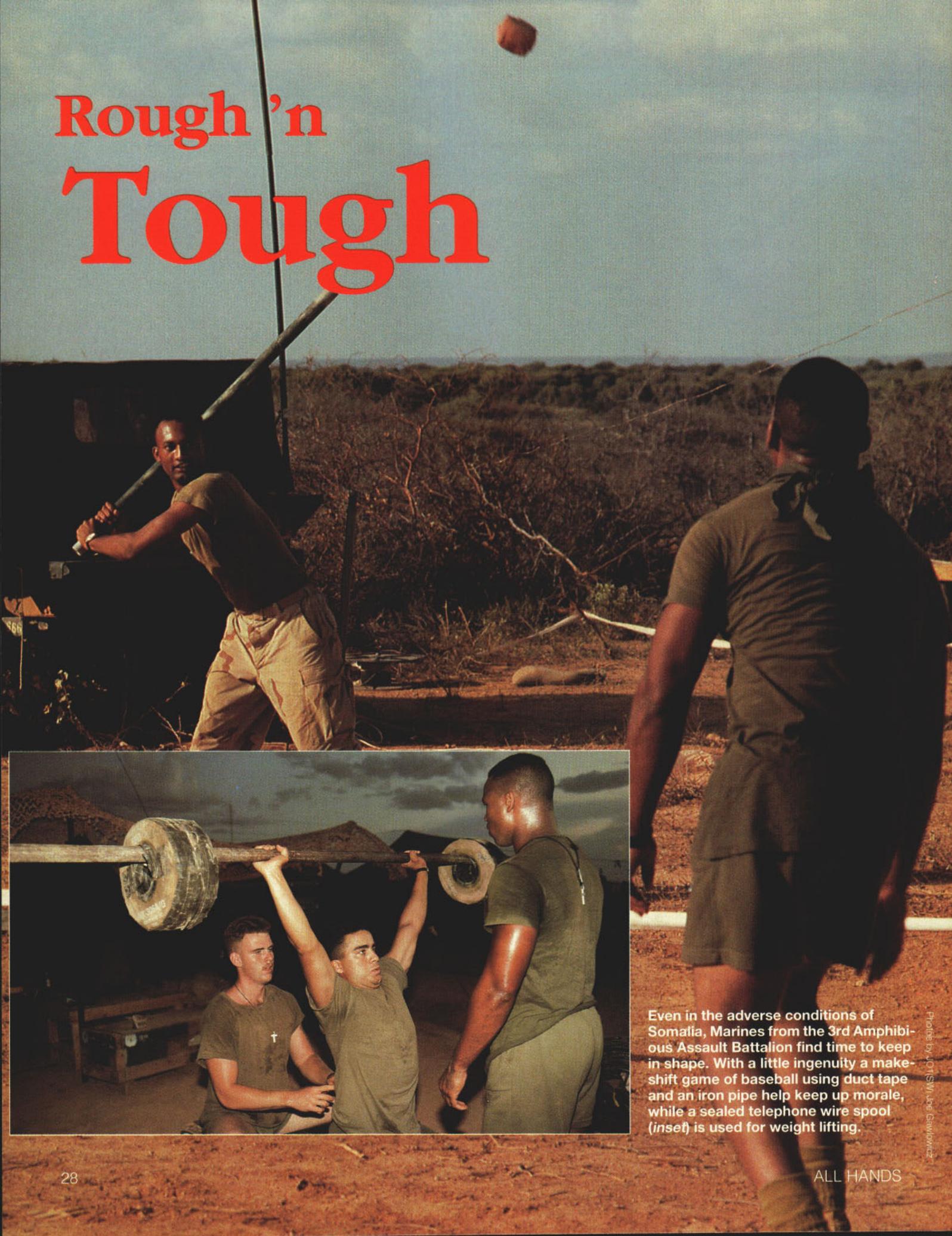
So instead of having to work out in the sun, in the near future, we'll have the sun out working for us. □

Bryan is a photojournalist for All Hands.



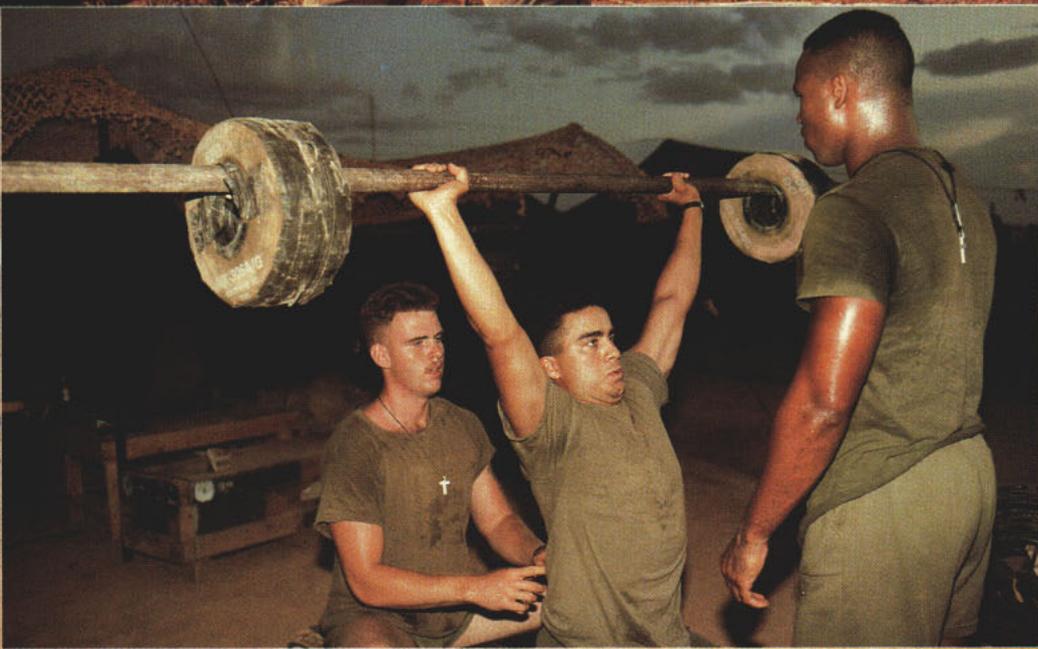
L.E. Humble displays a PV panel that helps power the Pass and ID building at NAWS China Lake.

Rough 'n Tough

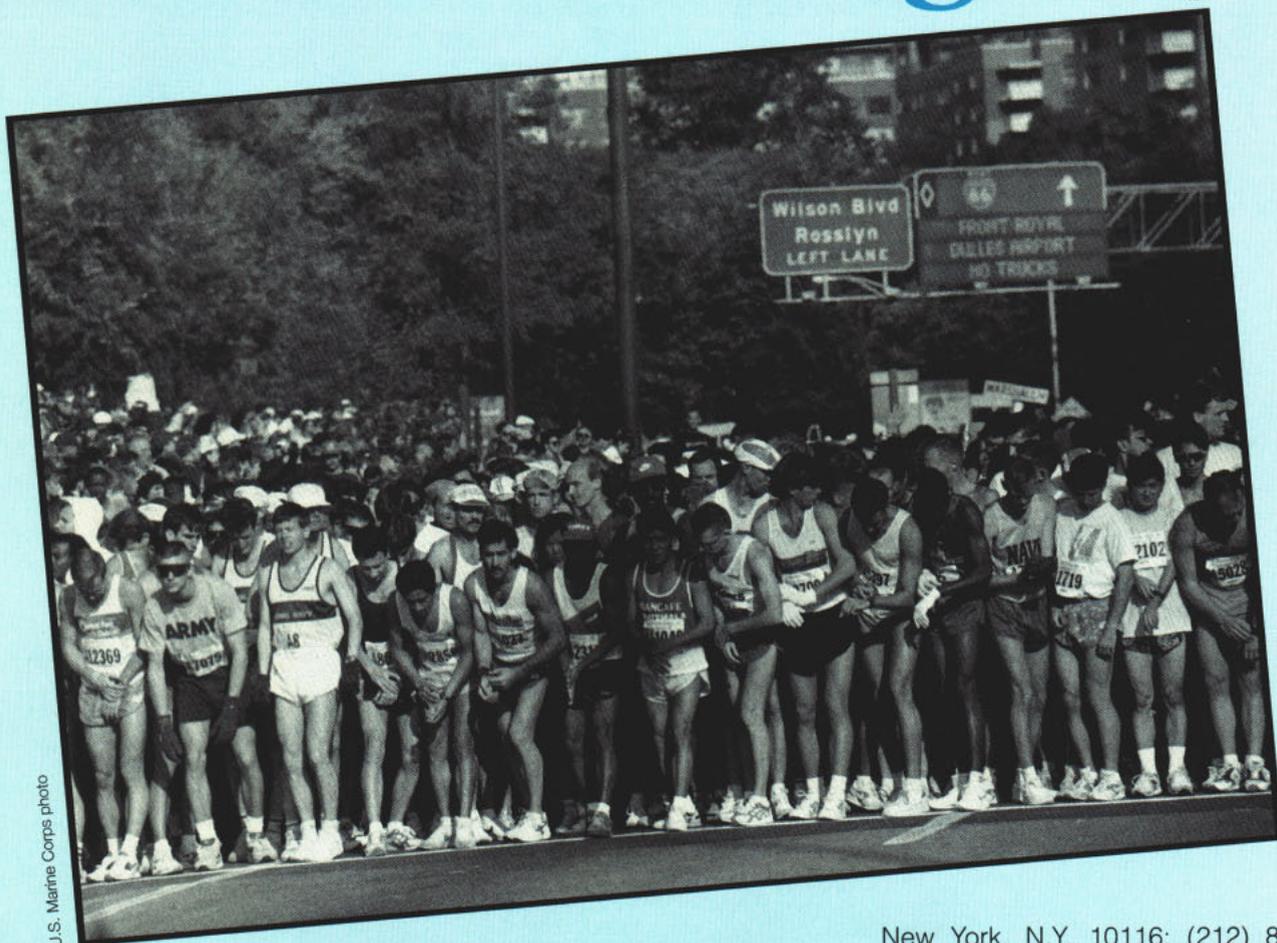


Even in the adverse conditions of Somalia, Marines from the 3rd Amphibious Assault Battalion find time to keep in shape. With a little ingenuity a make-shift game of baseball using duct tape and an iron pipe help keep up morale, while a sealed telephone wire spool (inset) is used for weight lifting.

Photo by JON SWABE GAWLOWITZ



Runner's delight



U.S. Marine Corps photo

Are you in good enough shape to run a marathon? Or, is a 10K or a 5K run more your style? *All Hands* has compiled a list of this year's 14 most popular races taking place near Navy towns.

To confirm all race dates, call the race coordinator or send a self-addressed, stamped, business-size envelope to the address listed and ask for a 1993 entry form.

July 18 — City of San Francisco Marathon. San Francisco Marathon, P.O. Box 77148, San Francisco, Calif. 94107; (415) 391-2123.

Aug. 15 — America's Finest City Half-Marathon. Neil Finn, P.O. Box 3879, San Diego, Calif. 92163; (619) 297-3901.

Sept. 18 — Neptune Festival 5K.

Betty Belknap, Tidewater Striders, P.O. Box 2121, Chesapeake, Va. 23327; (804) 428-7011

Oct. 3 — Bridge to Bridge 12K. KNBR Promotions, 55 Hawthorne St., San Francisco, Calif. 94105; (415) 995-6868.

Oct. 17 — Army 10-Mile. Claudia Ciavarella, P.O. Box 46954, Washington, D.C. 20050; (703) 614-1551.

Oct. 17 — Downtown 5K. Charles Breagy, P.O. Box 40759, Providence, R.I. 02903; (401) 232-2622.

Oct. 31 — Chicago Marathon. Carey Pinkowski, 214 W. Erie, Chicago, Ill. 60610; (312) 951-0660.

Nov. 7 — Marine Corps Marathon. Marine Corps Marathon, P.O. Box 188, Quantico, Va. 22134; (703) 640-2225.

Nov. 14 — New York City Marathon. NYRR, P.O. Box 31849, GPO

New York, N.Y. 10116; (212) 860-4455.

Nov. 27 — Seattle Marathon. Seattle Marathon, P.O. Box 31849, Seattle, Wash. 98103; (206) 547-0885.

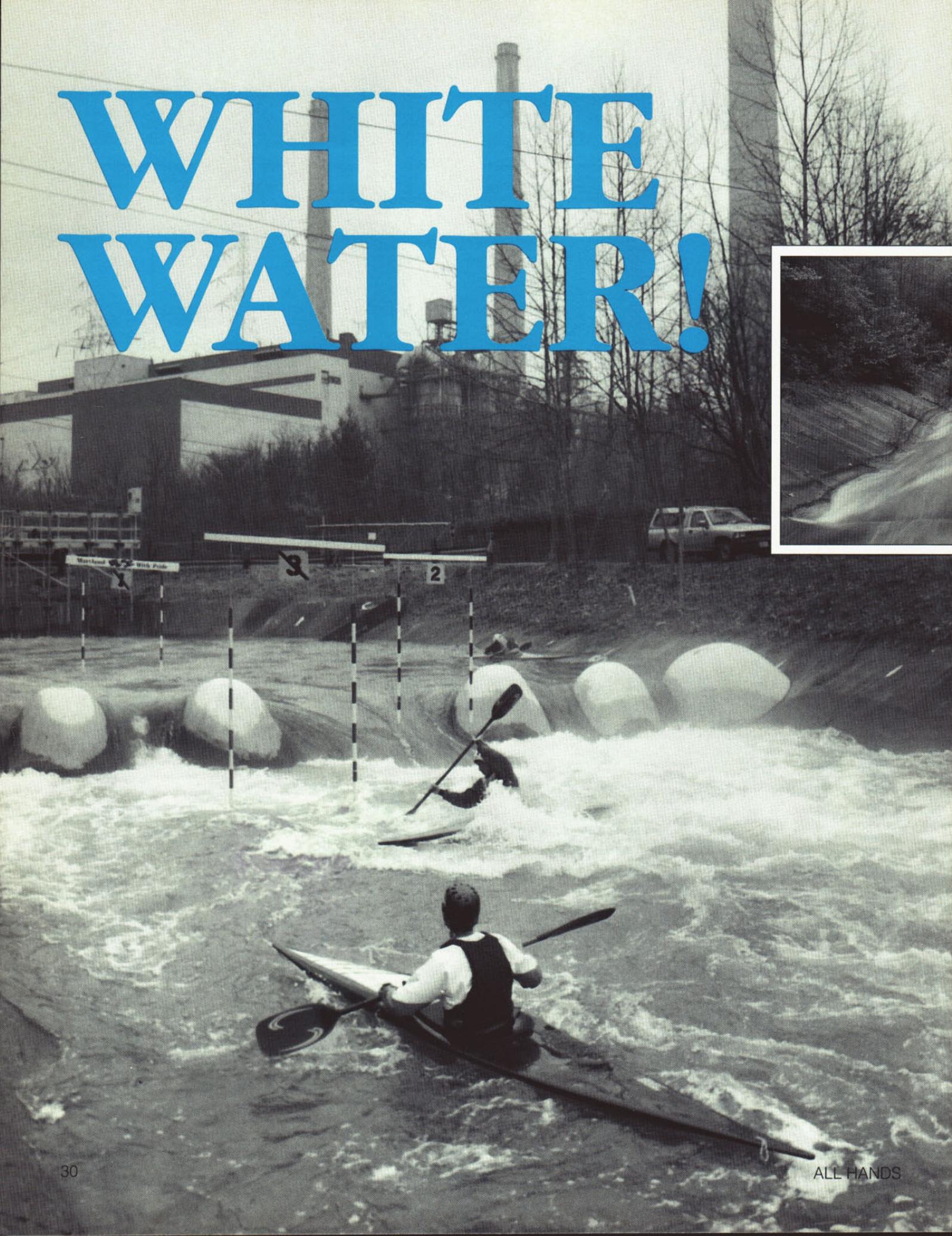
Nov. 28 — Run to the Far Side 10K and 5K. RhodyCo Productions, 3929 California St., San Francisco, Calif. 94118; (415) 387-2178.

Dec. 11 — Citrus Bowl Half-Marathon and 5K. Jon Hughes Track Shack, 1322 N. Mills Ave., Orlando, Fla. 32803; (407) 898-2425.

Dec. 12 — Honolulu Marathon. Honolulu Marathon Association, 3435 Waiālae Ave., No. 208, Honolulu, Hawaii 98616; (808) 734-7200.

Dec. 19 — Christmas Relays. Searcy Barnett West Valley TC, 1801 109th Ave., Oakland, Calif. 94603; (510) 635-9508.

WHITE WATER!



Navy helps bring home the gold

Story by JO2 Paul Taylor

Practice, practice, practice. Every coach preaches the same sermon — if you want to be the best at your sport, you have to practice. So when the 1992 U.S. Olympic whitewater canoeing and kayaking team trainers needed an artificial whitewater practice course, they turned to the Navy's David Taylor Research Center (DTRC) in Bethesda, Md. With the Navy's help, the team was able to bring home the gold.

The idea was to build a whitewater course in the 900-foot-long outflow canal of a power plant owned by Potomac Electric Power Company (PEPCo).

"One of my engineers asked if I was interested in helping build a whitewater course," said Bruce Webster, a hydrodynamic engineer at DTRC who joined co-worker David Coder to help out with the project. "One meeting led to another and we got a good idea of what they wanted."

Webster and Coder designed a 72-foot, 1:12 scale working model of the canal with obstacles that could be installed without requiring the plant to stop water flow and that wouldn't move after installation.

The course was first used during November 1991, just months before the '92 games in Barcelona, Spain. The heated water from the power station allowed the team to practice through the winter. Their practice paid off — the team brought home a gold and a bronze medal.

Webster and Coder eventually attracted a lot of attention. "The 1996 Olympic committee came to see our facility and the course," said Webster. "They're interested in having [DTRC] design an artificial course for the '96 Olympics in Atlanta." □

Taylor is a staff writer for All Hands.



Photos by Potomac Electric Power Company



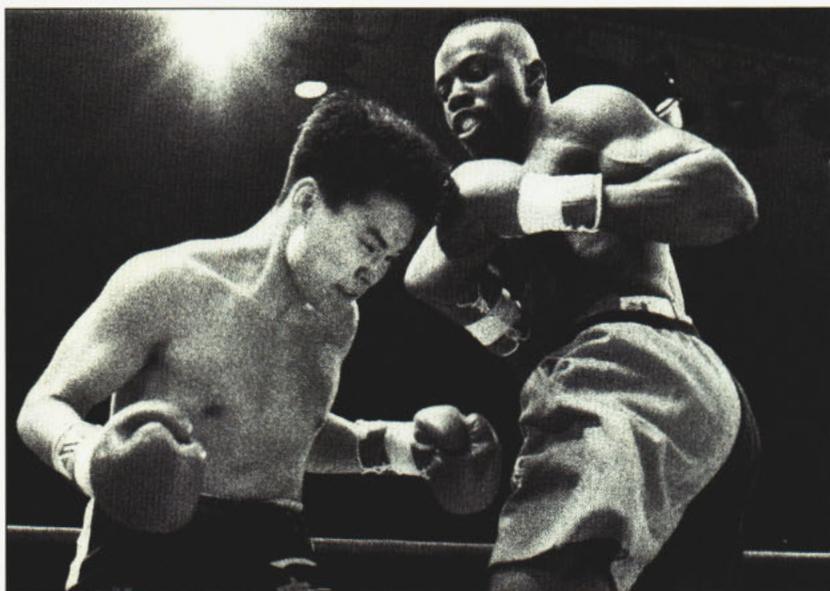
Above: After the model of the artificial whitewater course was constructed, U.S. Olympic whitewater team members helped place the rocks and boulders which give the course its whitewater characteristics.

Left: In the shadow PEPCo's Dickerson Generating Station, whitewater athletes prepare for the '96 Olympics in Atlanta, Ga.





MM3 Kevin Palmer carefully wraps his hands before putting on his boxing gloves during training at the NAF Atsugi gym.



Boxer Takeshi Suzuki staggers for a moment during his match against MM3 Kevin Palmer in Tokyo.

A yen for fighting

Navy boxer turns professional in Japan

Story by JOSN Raymond C. Boone, photos by PH2 M.C. Farrington

One thing most young boys share is the dream of one day competing in the world of professional sports — a goal few actually achieve.

In February, Machinist's Mate 3rd Class Kevin L. Palmer, a security patrolman at Naval Air Facility Atsugi, Japan, got a chance to fulfill his dream. Palmer fought his first professional boxing match in Tokyo.

"It was always something I wanted to do professionally," said the 27-year-old native of Brooklyn, N.Y. "It's kind of hard to believe."

Palmer started his amateur career at 13 in the Police Athletic League in New York. He progressed through three amateur league divisions before entering the military.

He joined the Navy not only to see the world, but to have a stable income for his family.

MM3 Kevin Palmer returns from a security patrol at NAF Atsugi, Japan.

"My family has been really supportive," he said. "They want me to go all the way, so they encourage me to train a lot and do my best."

The 160-pound Palmer made his professional debut on President's



Day by winning his first professional fight with a technical knockout in the third round. His opponent, Takeshi Suzuki, had a 5-4-1 record and was a lot tougher than Palmer had expected.

Prior to his professional debut in Japan, Palmer was unbeaten in five "smoker" boxing matches at Yokosuka Naval Station.

"Before, I was knocking guys out in the first round," Palmer said. "I had to carry Suzuki to the third."

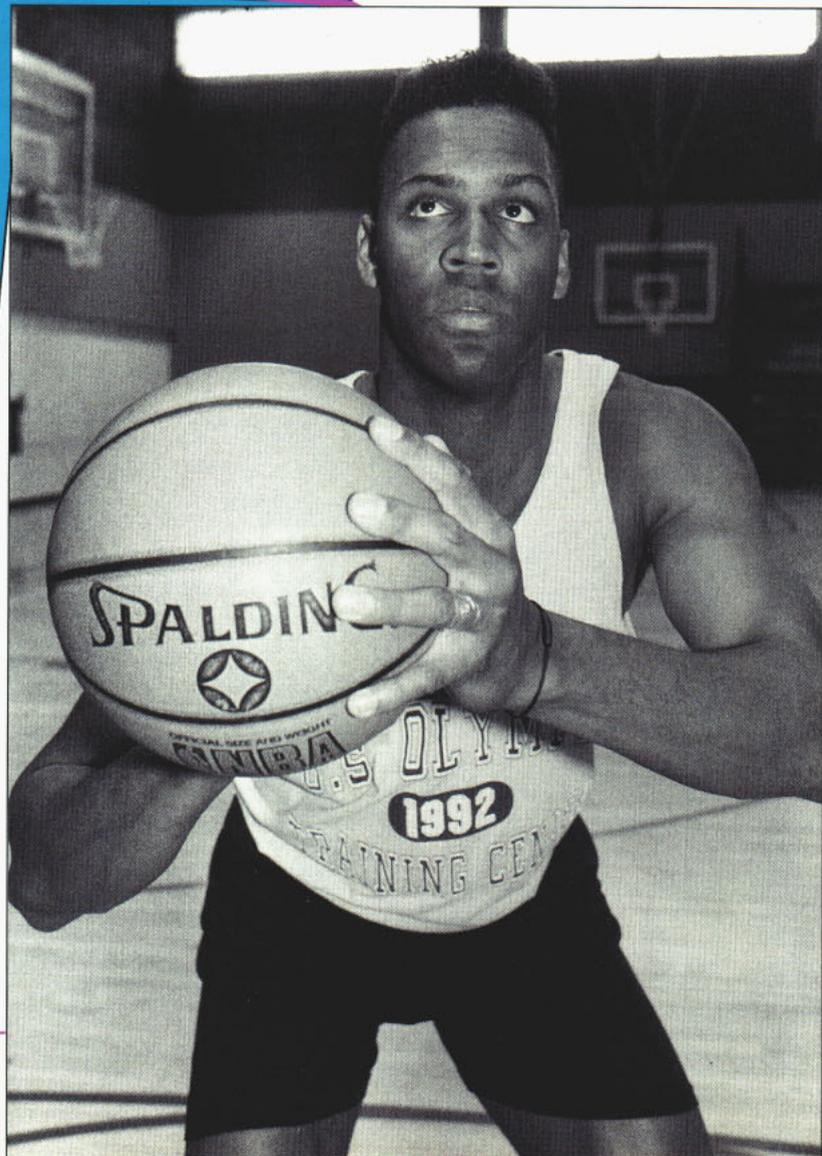
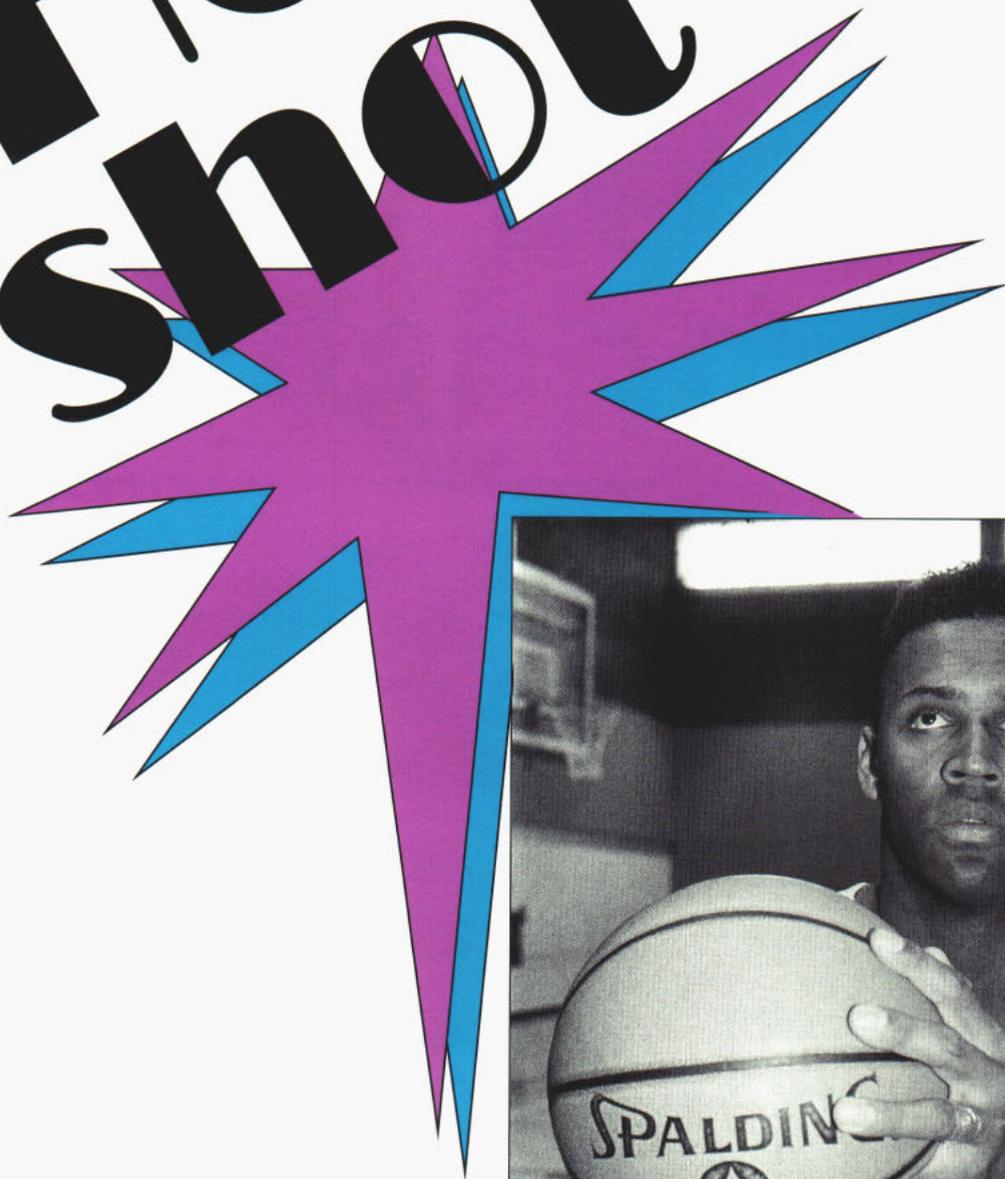
Palmer looks forward to his next professional fight, but knows it won't be easy.

"Boxing is a mental as well as physical sport," Palmer said, "and both mind and body must work together.

"I'm just going to be training harder... When the next fight comes around, I'll be ready." □

Boone and Farrington are assigned to Combat Camera Group Det., NAF Atsugi, Japan.

HOT SHOT



Sailor's mix of sports and work makes for a successful career

Story and photos by JO2 Brett Bryan

The shot starts almost imperceptively — from a slight flexing of his calves to the slow lowering of his center of gravity. Holding the basketball delicately, like an egg, his eyes focus intently on the rim as he lets the ball spring from his hands. Up it goes, making a graceful arch before descending through the net. SWOOSH!

"I once shot 98 out of 100 free throws," said 6-foot-7-inch Marlon Ferguson, showcasing his pro-baller's grin. A fire control technician 2nd class aboard USS *Elliot* (DD 967), Ferguson's prowess on the court earned him a spot on the All-Navy Basketball Team.

A former University of Pittsburgh *Panther*, Ferguson made his naval court debut right out of bootcamp, playing for Recruit Training Command Orlando, Fla. After reporting aboard *Elliot* and later medaling with the All-Navy team and playing for the All-Armed Forces Basketball Team, Ferguson's next goal was the Conseil International du Sport Militaire (CISM), an international sports association for military athletes. At the try-outs, Ferguson was able to pit

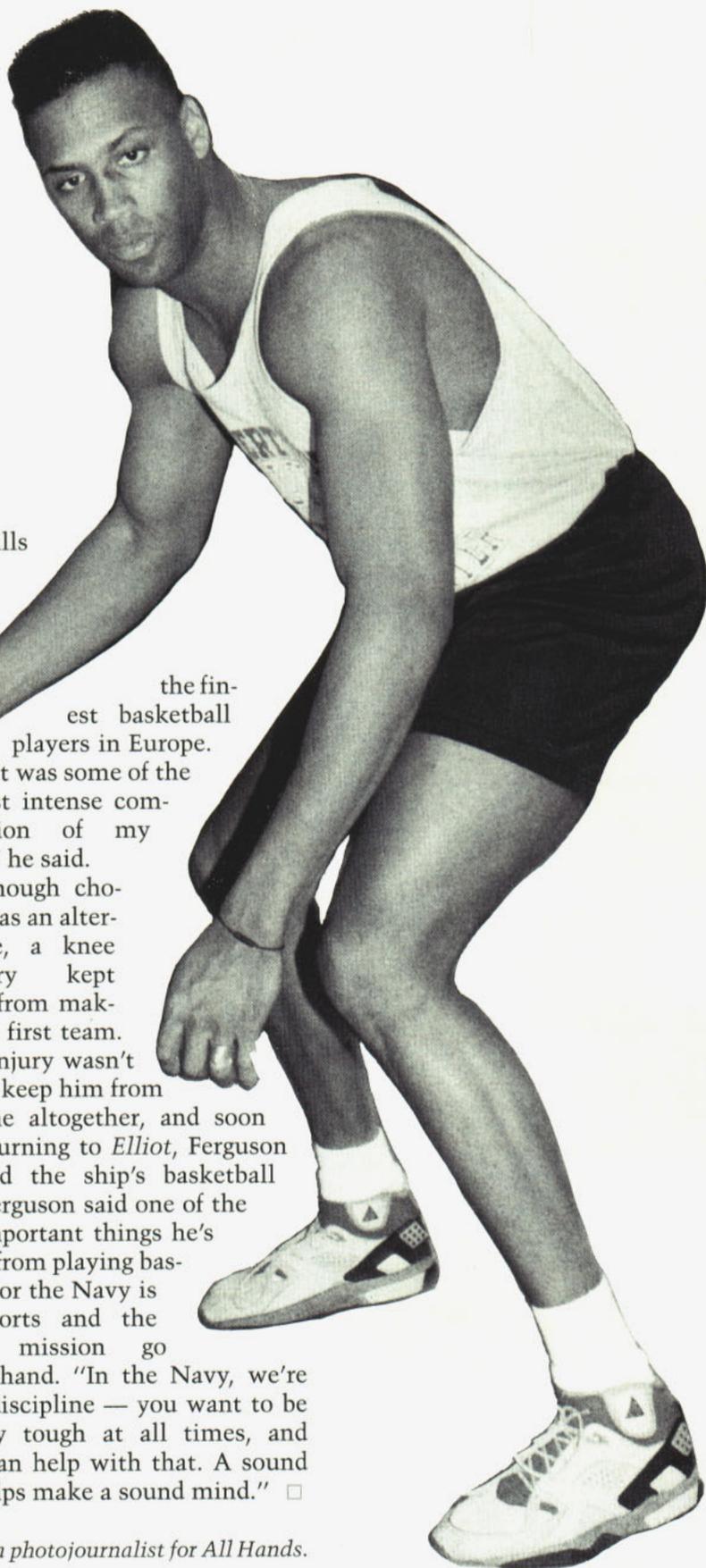
his skills against some of

the finest basketball players in Europe.

"It was some of the most intense competition of my life," he said.

Though chosen as an alternate, a knee injury kept him from making the first team. But an injury wasn't going to keep him from the game altogether, and soon after returning to *Elliot*, Ferguson organized the ship's basketball team. Ferguson said one of the most important things he's learned from playing basketball for the Navy is how sports and the Navy's mission go hand-in-hand. "In the Navy, we're taught discipline — you want to be mentally tough at all times, and sports can help with that. A sound body helps make a sound mind." □

Bryan is a photojournalist for All Hands.



Never say diet !

It's the top of the hour and as you flip through the TV channels looking for the next installment of the evening's entertainment, you are bombarded by commercials where slim, trim, beautiful women and muscular, men bounce across the screen showing you more of their perfect bodies than the product they're advertising.

"Nobody looks that good in real life," you say. "If all I had to do was be on television for 30 seconds a night I could spend hours in the gym and look like that too!" As your TV program begins you don't think twice as you reach, once again, into the bag of chips.

It's hard to ignore society's emphasis on being thin. So hard, in fact, that each year millions of

Americans spend \$30 billion on fad diets, books, special drinks, pills and fat farms. These things will help you lose weight, but sometimes the physical cost is greater than the monetary one — to people with special medical conditions some fad diet programs are downright dangerous!

But the worst thing is that many of these "wonder" programs simply don't work in the long run — the U.S. Department of Agriculture (USDA) estimates that more than 90 percent of the people who lose weight on food-restricted diets gain it all back (and sometimes a little more) within a year because they revert to their old eating habits.

It's bad eating habits that get most people into trouble. A diet won't help you change the way you look

for the long term. Eating wisely will. Here are a few tips from the USDA:

- **Know yourself.** Try keeping a log of what you eat and when. This will give you the basis from which to form a healthy relationship with food. You might be surprised to find out just how many times you visit the gedunk each day. This is not to say that you should cut *out* your favorite foods, but perhaps you should cut *down*.

- **Count fat, not calories.** Not all food grams are created equal. While a gram of fat has nine calories, a gram of protein or carbohydrate has only four. Plus, your body will burn carbohydrates and proteins, fat calories are stored as — well, body fat.

- **Don't skip meals.** Not only does eating at regular intervals maintain a steady energy level, but it also

What's your food attitude?

Do you agree with any of the following statements?

1 I should still weigh what I did in high school.



2 If I lost 10 pounds, I'd be satisfied with myself.



3 There are some foods I should just never eat again, like ice cream, chocolate and french fries.



4 I find fat people disgusting.



5 I've lost and regained weight several times during the past few years.



If you're like most people, you probably checked at least one of the above items — indicating a less than healthy attitude toward food. The pressure to be thin in a society where you encounter impossibly thin models everyday can produce not only feelings of deprivation, but can lead to compulsive dieting and food obsessions. According to the American Dietetic Association, there are no good or bad foods — you should eat balanced meals consisting of food from all food groups, consume less fat and exercise to maintain a healthy weight.

Food Guide Pyramid A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

Milk, Yogurt,
& Cheese
Group
2-3 SERVINGS

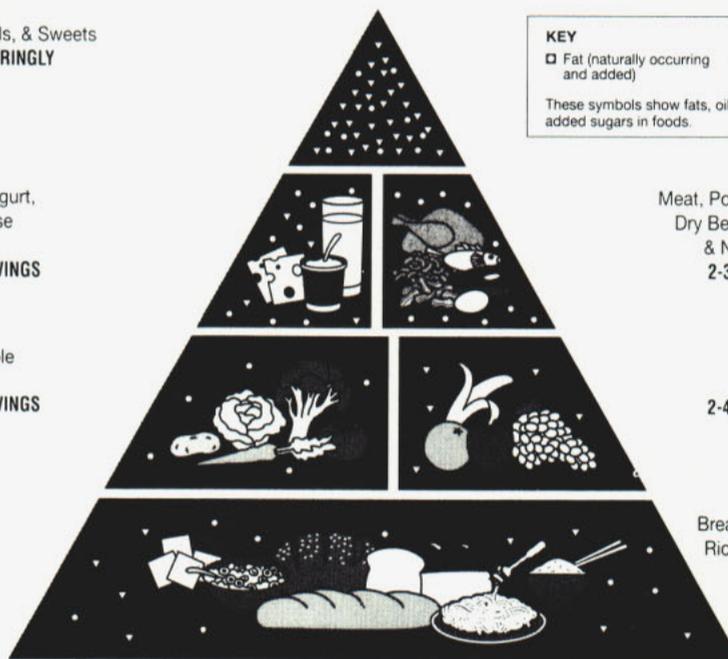
Vegetable
Group
3-5 SERVINGS

KEY
 Fat (naturally occurring and added) Sugars (added)
 These symbols show fats, oils, and added sugars in foods.

Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 SERVINGS

Fruit
Group
2-4 SERVINGS

Bread, Cereal,
Rice, & Pasta
Group
6-11
SERVINGS



Courtesy of the U.S. Dept. of Agriculture

decreases the likelihood of overeating after a missed meal.

• **Include your favorite foods.** If 90 percent of your foods are nutritious and for your physical health, the other 10 percent should be for fun and mental health.

• **Never say diet again.** Ironic as it may seem, eliminating the old concept of dieting from your approach to food is key to successfully controlling your weight. Rather than restricting many or most foods for a specific period of time to lose pounds, a healthful eating plan that includes all foods in proportion is one you can learn to live with.

If you are trying to lose weight, perhaps you may wish to rethink your strategy. Consult a doctor to help you decide on an eating program that's good for you. □

Graphics reprinted by permission, White Communications.



What's in a serving?



Grains: a slice of bread; a bowl of cereal; three or four crackers; 1/2 cup of rice or pasta



Fruits and vegetables: one cup of salad greens; 3/4 cup of fruit or vegetable juice; a banana; 1/2 cup of fruit salad



Milk group: one cup of skim milk; a slice of cheese; one cup of lowfat yogurt



Meat group: a hamburger patty about the size of a deck of cards; one egg; one to two tablespoons of peanut butter

Dining Out!

Nutritionists tell us to limit fat to no more than 30 percent of our calories (that's about 60 grams a day for most women). That can be a tall order, especially when eating out.

But there's no reason to resign yourself to lettuce leaves; ethnic foods in particular offer some great low-fat choices. This chart compares the approximate "fat values" of some popular restaurant selections. (Note: all quantities are for one regular-sized serving.)

Chinese			
Instead of:	Choose:	Fat Savings:	
Fried egg roll (6g)	Steamed dumpling (1g)	5g	
Fried rice (14g)	Steamed rice (0g)	14g	
Hot-and-sour soup (6g)	Egg-drop soup (4g)	2g	
Egg foo yong (12g)	Stir-fry veggies (3g)	9g	
Fast Food			
Instead of:	Choose:	Fat Savings:	
Egg-cheese-bacon croissant (31g)	Pancakes (easy on the butter) (10g)	21g	
Quarter pounder w/ cheese (20g)	McLean Deluxe (10g)	10g	
Wendy's cheese-burger (34g)	Wendy's grilled chicken sandwich (13g)	21g	
Regular order of Fries (15g)	Plain baked potato (2g) Side salad light dressing (5g)	10-13g	
Italian			
Instead of:	Choose:	Fat Savings:	
Caesar salad (20g)	Minestrone Soup (3g)	17g	
Fettuccine Alfredo (39g)	Manicotti w/ cheese (10g)	29g	
Spaghetti w/ meat sauce (21g)	Spaghetti w/ marinara sauce (3g)	18g	
Pepperoni or sausage pizza (18g/slice)	Veggie pizza (7g/slice)	11g	
Mexican			
Instead of:	Choose:	Fat Savings:	
Chimichanga (14g)	Bean burrito, no cheese (3g)	11g	
Refried beans (14g)	Black beans (0g)	14g	
Guacamole (24g)	Salsa (0g)	24g	
Taco salad (25g)	Chicken fajitas (6g)	19g	
Other			
Instead of:	Choose:	Fat Savings:	
Chef's salad w/ all the fixings (67g)	Bowl of chili, no cheese (7g)	60g	
Thousand Island dressing (20g/tsp)	Low-calorie dressing (3-8g/tsp)	12-17g	
Mayonnaisse (11g/tsp)	Mustard or ketchup (0g)	11g	
Strawberry shortcake (31g)	Angel food cake w/ chocolate syrup (2g)	29g	

Life

Get on the road to fitness

Story and photo by JO2 Brett Bryan

Charles Garcia, a physical fitness coordinator at Morale, Welfare and Recreation (MWR) department, Naval Station San Diego, says fitness begins in the mind. "People who want to be healthy have to establish a relationship with fitness, investing time and energy to develop that relationship," he said.

At Naval Station San Diego, MWR offers a program that determines an individualized approach to fitness and well-being called "LIFE: Fitness & Lifestyle Assessment." It's more than an exercise program or a fitness test. Lifestyle assessment is designed for people who already have a fitness goal in mind or those who want to make good health a significant part of their lives.

The first step in this program is filling out a medical questionnaire and detailed lifestyle survey about the individual's health and their attitudes toward health.

Next, the individual takes a physical assessment exam, designed to determine the individual's fitness level. This test includes: a body composition evaluation, a strength and flexibility assessment, pulmonary function assessment, cholesterol screening, nutrition evaluation and a cardiovascular fitness level test.

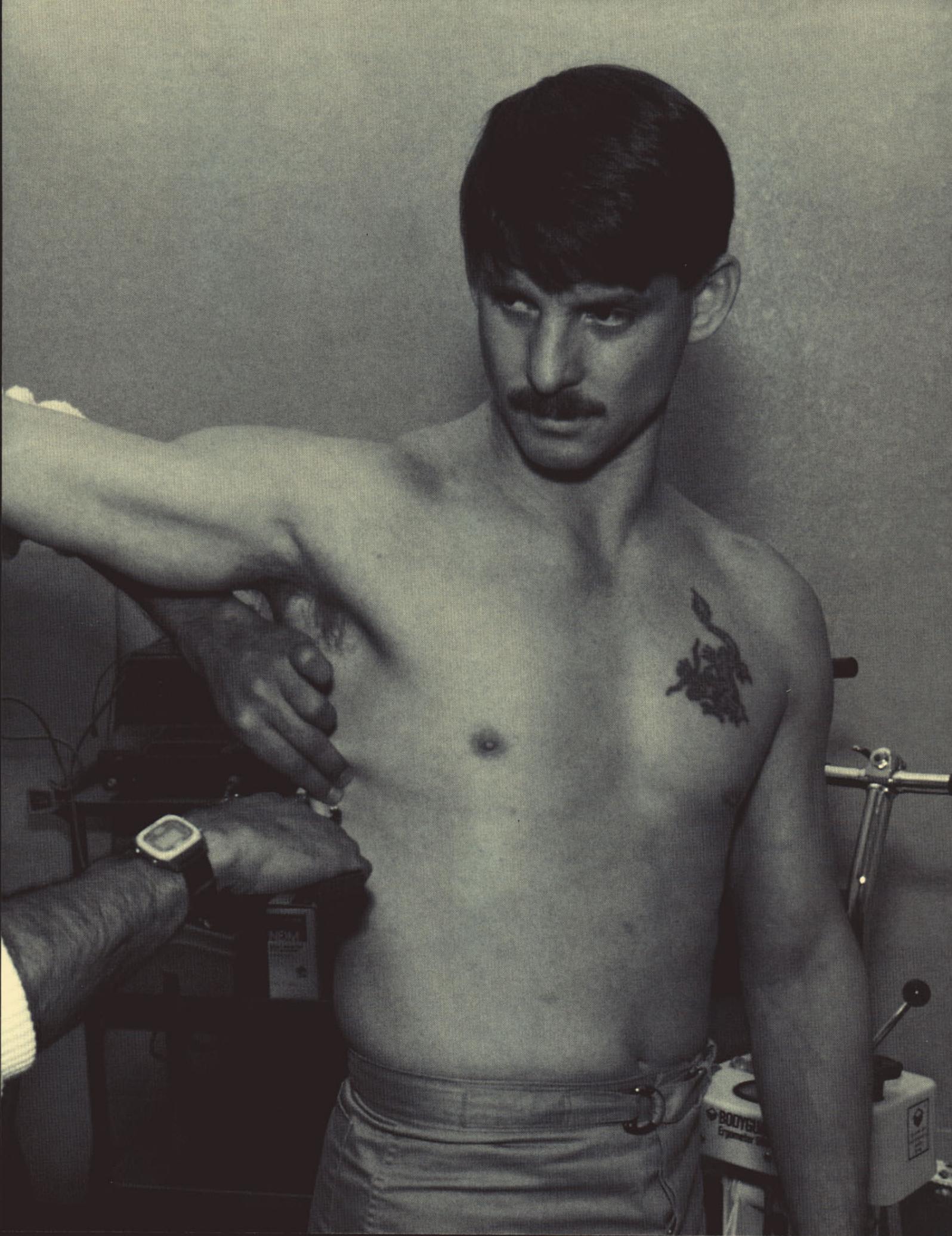
The results of the questionnaire and the fitness test are fed into a computer program called Lifestyle Inventory Fitness Evaluation (LIFE), which makes recommendations for maintaining or improving health. The individual and a member of the MWR staff then map out a program to enhance fitness and overall health.

From there, it's up to the individual. They can either join another MWR program (e.g., aerobics, weight-training) or begin a conditioning program of their own. But the important part is they have taken the first step. By assessing their own lifestyle and determining a path to improved health and physical fitness, they're already on the road to getting in shape. □

Bryan is a photojournalist for All Hands

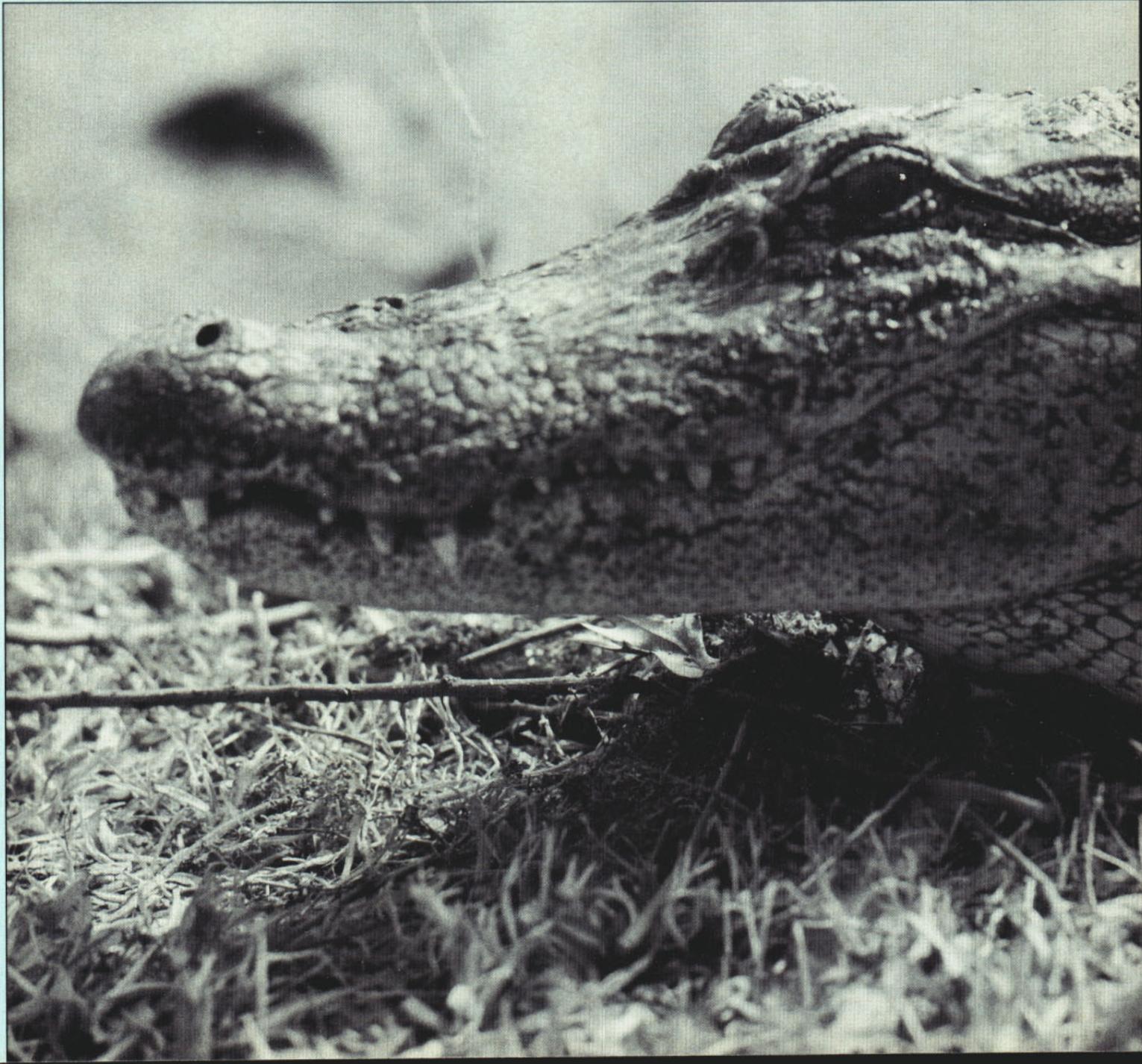
Charles Garcia (left), a physical fitness coordinator at Naval Station San Diego MWR, checks body fat evaluation on BT2(SW) Arrington Leonard. Body fat evaluation is one of the six factors that make up the lifestyle assessment.

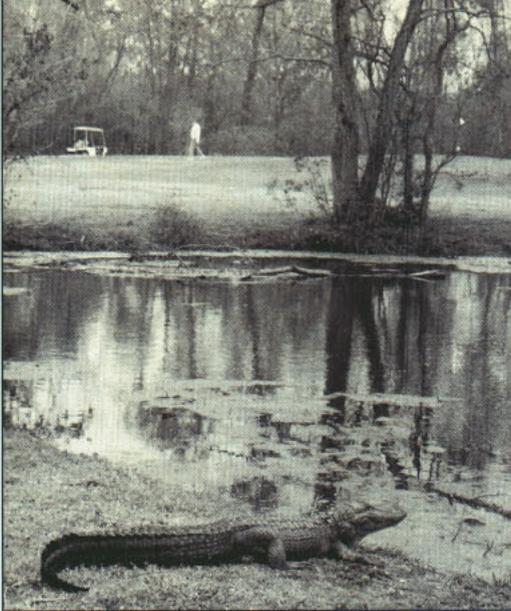




His name is **IZOD**

Story by Robert Gardner, photos by PHC(SS) Dave Mckee





Golfers have many obstacles to contend with while they're out on the links. There are water hazards, sand traps, alligators. . . .

That's right, alligators.

If you've never had to adjust your game due to an alligator snoozing along the front nine, then you've never teed off at the Naval Air Station New Orleans golf course.



When the weather is warm and sunny, golfers converge on the course as does Izod, the golf gator.

Residing on the course for the last eight or nine years, the 7-foot-6-inch non-aggressive gator is a familiar sight to the regulars and a startling one to many first-time players.

Casually lounging around the small ponds surrounding the first and second holes, Izod is now as much a part of the station's course as the greens and fairways.

But his appearance here wasn't an act of nature, it was an act of compassion to a stranded waif.

"A friend of mine found Izod on his carport after a storm," said Jack Tennison. "The Audubon Society and animal control people told us there was nothing they could do."

After these failed attempts, Tennison and his friend took the 8.5 inch long gator to the golf course and released him, after dubbing the baby gator "Izod" after the logo on many golf shirts.

"We put him in the pond on hole 10," Tennison said. "He stayed there for about a year before moving to the pond at hole 12."

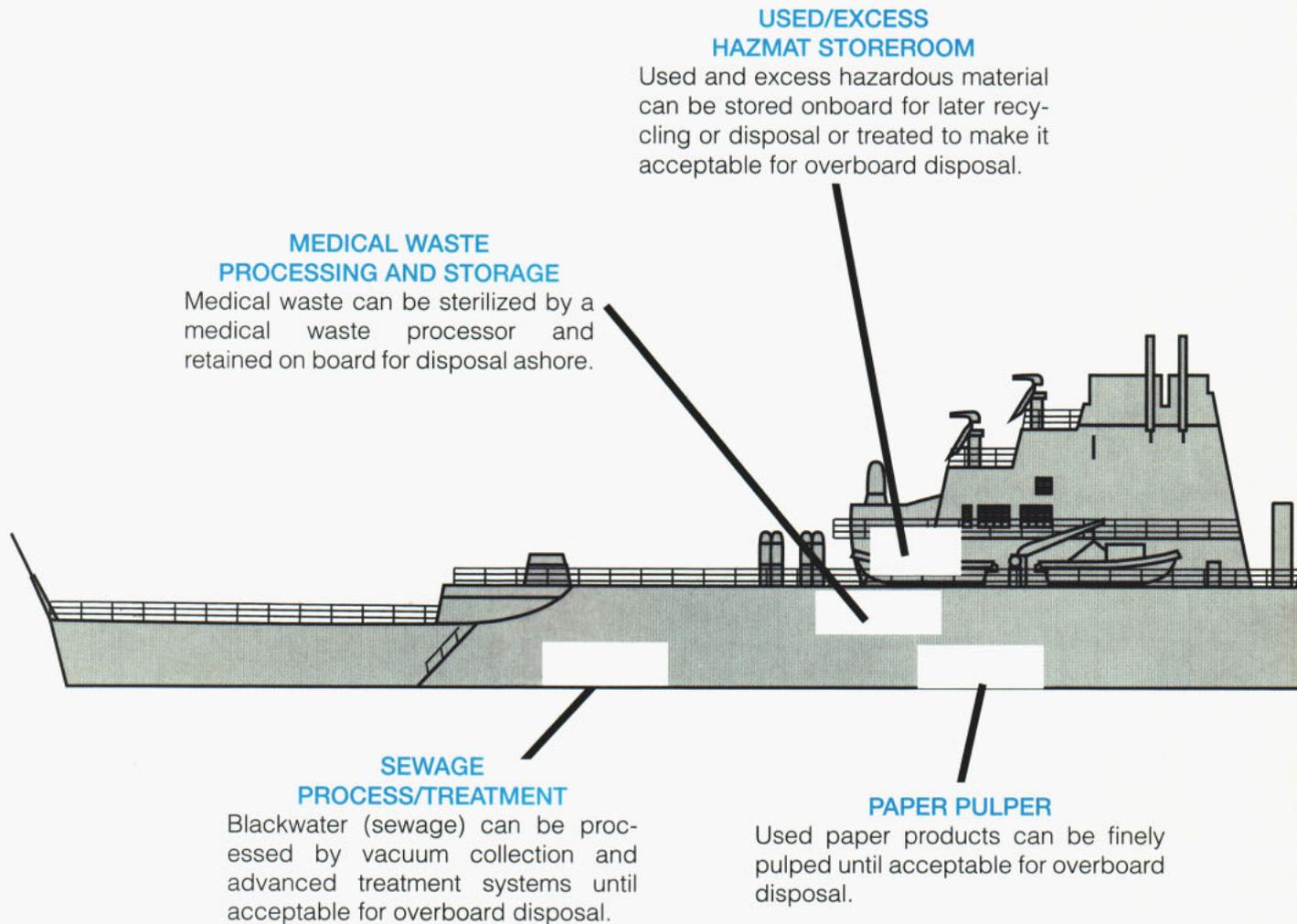
After another year at the 12th hole, Izod packed up and moved to the first and second holes, where he's been ever since.

Although an alligator can never be considered "tame," Izod has not shown any aggression toward golfers, although many of them have been within inches of him.

"There was a time I played my ball about four inches from his nose," commented Ray Holman, a regular on the course. "He just sat there and watched me, never moving or making a sound." □

Gardner is the editor for the NAS New Orleans Spotlight. McKee is assigned to NAS New Orleans.

Environmentally the 21st



Each Navy ship is like a small city, producing large amounts of waste every day. Unlike cities, ships cannot send their waste to processing plants or landfills for disposal, and ships do not have enough space to store waste for processing ashore. To meet this challenge, the U.S. Navy has embarked on the development of “environmentally sound ships” of the 21st

century.

What do we mean by “environmentally sound ships?”

Imagine a ship where all waste is processed for disposal or recycling. Environmentally sound ships will do just that. They will destroy as much shipboard waste as possible right on the ship and treat or recycle the rest.

Why do we want environmentally sound ships?

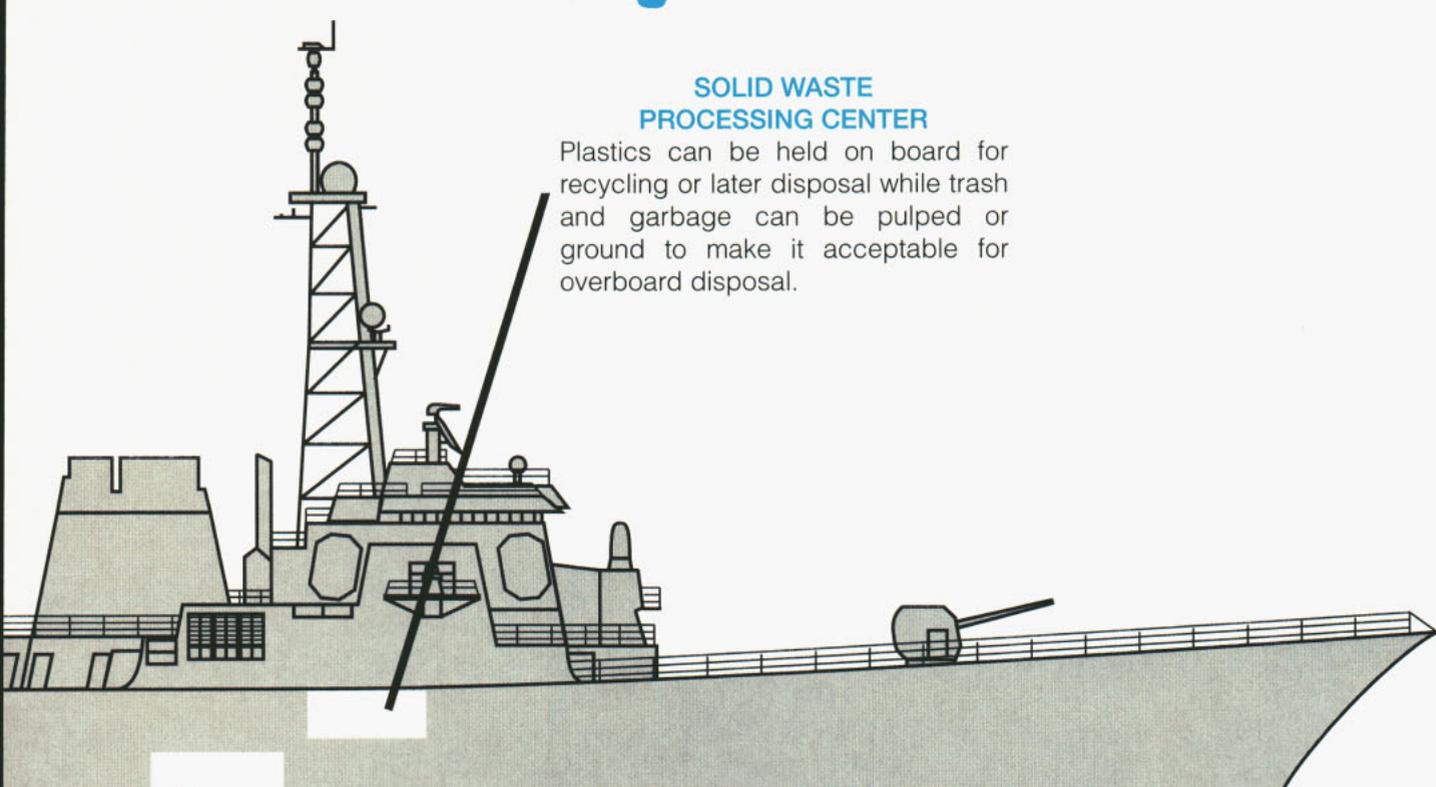
National and state laws require

Navy ships to comply with many environmental regulations. Environmentally sound ships will go beyond compliance and show the Navy’s commitment to protecting the environment.

How do we achieve environmentally sound ships?

Navy designers are working to design equipment that processes or treats oily waste; sewage waste water; trash; and plastics. Much of

sound ships of century



SOLID WASTE PROCESSING CENTER

Plastics can be held on board for recycling or later disposal while trash and garbage can be pulped or ground to make it acceptable for overboard disposal.

OILY WASTE PROCESS/TREATMENT

By separating the oil from the water, the oil may be stored or off-loaded ashore, while the water is treated until it's acceptable for overboard discharge.

This chart is an artist's conception of the new equipment arrangement.

the equipment will start coming aboard our ships within the next few years. After the turn of the century, ships will be designed from the keel up to be environmentally sound. They will have the space to incorporate pollution prevention equipment (waste water treatment) that is undergoing research and development at this time.

What can you do right now to help the Navy be environmentally sound?

You can help the Navy and the environment by following the correct procedures every time you work with chemicals, oils, paints and cleaning products. Be sure to turn in all hazardous material to the proper location for storage or disposal after each use. If you work with refrigerants, use the proper collection and recycling equipment so the gases do not escape. On ships, be sure waste materials do not enter the bilges. If

you see anything that looks unsafe or that may harm the environment, report it to your supervisor. Remember, you're either part of the solution or part of the pollution. □

Story by Larry Koss, head of the Ship and Air Systems Branch in the Environmental Protection, Safety and Occupational Health Division under the DCNO for Logistics.



H I C ups the environment

Story by CDR Stuart Paul, photo by PH2(AW) Lance Kirk

Industrial chemicals are major contributors to the environmental deterioration of our planet. Realizing this, the crew of USS *Theodore Roosevelt* (CVN 71) devised a new way of handling the chemicals they use to perform their jobs.

Roosevelt recently opened her Hazardous Inventory Control System (HICS) facility to control use of potentially dangerous chemicals, such as paints, solvents, oils and greases.

The HICS facility functions as a store with all the hazardous materials customers need for aircraft or ship maintenance. Work centers can get exactly what they need instead of having to get a full unit of issue. For instance, if a sailor only needs a few

ounces of a certain solvent, that's what he gets. Once it has been used, it can be immediately returned for disposal, making the ship and work center a much safer and healthier place. Workers are no longer required to store large amounts of hazardous material (HazMat) because they can get what they need, when they need it.

Like a grocery store

Just like any modern grocery store, a bar code scanner interfaced with a personal computer keeps track of what each customer receives. HICS also keeps a running inventory of what each customer has checked out. After each container issued is used, it must be returned for proper disposal. If the entire container is

not used, it can be returned for reuse by another customer.

The HICS facility is open 24 hours-a-day, and the customer has no paperwork. In the first 10 days of operation, HICS made more than 650 issues from among the 332 different products carried.

Roosevelt's HICS facility also accepts used HazMat from her customers. The "No Wait — No Delay" turn-in makes it much easier for sailors to "do the right thing." The HICS facility accepted 528 turn-ins during the first 10 days of operation.

As President Theodore Roosevelt said years ago, "It is not what we have that will make us a great nation; it is the way we use it." □

Paul and Kirk are assigned to USS Theodore Roosevelt (CVN 71).

Environmental leaders afloat

Story by JO2 Jason Chudy, photos by PH2(AW) T.A. Hanes



Recognizing top environmental achievements by Navy commands is one of the incentives spearheaded by former Assistant Secretary of the Navy (Installations and Environment) Jacqueline E. Schafer.

Schafer recently awarded one such incentive, the Secretary of the Navy Environmental Quality Award, Large Ship Category to USS *Carl Vinson* (CVN 70).

According to Schafer, *Carl Vinson* leads the way toward the Navy's environmental policies. "The crew of USS *Carl Vinson* proved their ship was a centerpiece of the Navy's growing environmental protection capability."

Above: PH1 Richard Mercky conducts a hazardous material inventory in *Carl Vinson's* operations division.
Right: HM2 Matthew Jones prepares hazardous material for shipping.

Schafer pointed out the crew's self-initiated hazardous material evaluation; recycling of excess oil products; and tackling the problem of plastic disposal at sea.

"Nowhere is *Carl Vinson's* all-hands effort more necessary and more obvious than in the areas

of plastics," Schafer said. At one point during an Indian Ocean deployment, *Carl Vinson* and her accompanying air wing spent more than six weeks without a port visit.

During that time, the supply department replaced some disposable plastic items with paper, and the remaining plastics were collected and stored until they could be taken back to port for recycling.

Carl Vinson's environmental efforts saved the ship \$7,000 in fuel costs, generated \$50,000 for command recreational programs and saved taxpayers close to \$400,000 in landfill costs.

With those statistics in mind, Schafer concluded, "*Carl Vinson's* crew has become the leader afloat. . . . We want other commands to follow their outstanding example." □

Chudy and Hanes are assigned to USS Carl Vinson (CVN 70).



BO\$\$ on the waterfront

When it comes to saving a dollar, Aviation Storekeeper 2nd Class Michael Baker is one of the Navy's biggest nags. In 1991 alone, Baker's "nagging" saved the Navy \$2.9 million, and earned the USS *Peleliu* (LHA 5) crew member the title of "BOSS on the waterfront."



AK2 Michael Baker scans the computer for his next price challenge.

Baker has made a hobby out of the BOSS (Buy Our Spares Smart) program, which offers cash awards for finding ways to save money when purchasing parts. In 1991, he submitted more than 900 price challenges and received \$4,132 in awards.

While on deployment, the seven-year Navy veteran spends most of his off-duty time searching through "Parts Master," a Navy computer program which lists the price of every part the Navy buys. "After a while you develop a sixth sense as you go through the price list," Baker said. "It's really fun when your hunches pay off."

His hunches have paid off for *Peleliu* as well. Late last year, Baker and his command received the Project BOSS Excellence Award for the second year in a row. ■

Story by JO2(SW) F.R. Keeley, photo by JOSN Donald Asdel; both are assigned to USS Peleliu (LHA 5).

Rough Ridin'

Lots of kids want to grow up to be cowboys. Meet Hull Maintenance Technician 3rd Class Shannon Curran and his USS *Whidbey Island* (LSD 41) shipmate, HT3 Asa Wilson, two cowboys turned sailors who still ride rodeo for excitement.

"To me it's the best high and biggest rush you could ever have," said Curran, who began riding bareback broncs while attending high school in Montana.

"It's a way of life," added Wilson, a native Texan who has a preference for bull riding. "The adrenaline's flowing when you're climbing down on his back; you're thinking what you have to do to ride this animal. Then, when you call for the gate [to be opened], you're giving it every-

thing you got."

If you've never ridden rodeo, then you probably will never truly understand Wilson or Curran. But, perhaps a phrase from the movie "My Heroes Have Always Been Cowboys" might enlighten you.

"...and sometimes, when the chute opens and they turn us loose — just sometimes — something magic happens, and I'm part of that animal. For eight seconds I get to be wild and free and uncontrolled." ■

Story and photo by JO3(AW) David M. Kindley assigned to USS Whidbey Island (LSD 41).

HT3 Asa Wilson struggles to hang on for the eight-second ride.



ALL HANDS

Cecil Field stretches Navy dollar

Combined use of a basic desk top computer, simple machinery, a cable testing computer system and "white hat" ingenuity has saved the Aviation Intermediate Maintenance Department (AIMD) at Naval Air Station Cecil Field, Fla., nearly \$1.5 million in the last two years in aircraft wiring harness replacement.



AT2(AW/SW) Eric Baker, assigned to Cecil Field's AIMD, uses a monitor to enlarge his view of microchips, prior to repair.

The Navy saw an increase in aircraft wiring harness failures, which result in down aircraft.

Cecil Field technicians researched solutions to the problem, then recommended purchase of a cable tester. When connected to a computer, the tester performs continuity checks between every wire in the harness. Once testing is complete, the computer will print out a list of any problem in the harness. Technicians then repair the problem. ■

Story by JO2 Priscilla Kirsh, photo by Loren Barnes; both assigned to the Public Affairs Office at NAS Cecil Field Jacksonville, Fla.

MAY 1993

"Green" sailor saves two men

Airman Apprentice Steven Shuler may be the most successful mail-buoy watchstander of all time. The USS *Dwight D. Eisenhower* (CVN

69) crew member knew exactly what Straits. Dehydrated, sunburned and starving, they had the incredible good fortune to drift into Shuler's line of sight. The men were quickly



U.S. Navy photo

69) crew member knew exactly what to look for as he stood his first watch: "An orange buoy, with a flag on it," he said. "Once we got our mail, we would lower it back into the water for a submarine."

Properly briefed and fitted with the standard mailbuoy watch uniform, including helmet, kapok life vest, binoculars and sound-powered phone, Shuler began his search. Within seconds, the 21-year-old spotted something and shouted "I think I've got the mailbuoy!" According to Shuler, "Everybody started laughing."

Then, 30 seconds later, he saw hands waving and said, "There's people on it." Suddenly the laughter stopped. The traditional practical joke became a real rescue at sea.

Shuler had spotted two men on a raft made of inner tubes. They had been adrift for 15 days in the Florida

AA Steven Shuler (left) reviews flight schedules with his supervisor, ABH2(AW) Steven Burkey. Shuler's sharp-eyed mailbuoy watch resulted in the rescue of two men.

rescued, treated by the ship's medical staff and transported to Key West, Fla.

Shuler said the whole experience was a lot of fun, and he's looking forward to telling the story to his family. Of course that may be difficult since he never actually found the mailbuoy. ■

Story by LT Bob Ross, assigned to USS *Dwight D. Eisenhower* (CVN 69).

Filipino citizenship

Responding to DT3 Lara's letter in the March issue of *All Hands*, I couldn't agree more. More than 35,000 citizens of the Republic of the Philippines have served in the Navy since 1953 and their record of service is impressive in peacetime and in war.

Recruiting in the Philippines has ended with the closure of U.S. Navy bases, but the 3,000 plus sailors from the Philippines continue to serve today in 30 different ratings, and in paygrades E-1 to E-9.

Recognizing this important and dedicated service, the U.S. Navy supported Congressional legislation in 1991 to offer special immigration status to Filipino sailors with 12 years honorable active service, or six years of service and an obligation to serve another six years. The Armed Forces Immigration Adjustment Act also covers their spouses and children. Special immigration status is the first step to obtain U.S. citizenship, followed by the granting of lawful permanent resident status and actual naturalization.

We will do everything we can to help deserving sailors take advantage of this new law. Procedures are explained in NavAdmin 005/92 and more information is available from Pers-662 (DSN 227-6621) or commercial (703) 697-6621.

Our Command and Community Support Branch expert, FTCS (SS/SW) Dodge, says he has advised more than 300 individuals and commands on this subject in the past 12 months, including DT3 Lara after reading his letter.

—VADM R.J. Zlatoper
Chief of Naval Personnel

Taking care of single sailors

ET2 Burr's letter in the February edition of *All Hands* is right on target. Congressional authorization for a quarters allowance for single E-1 to E-6 sailors on sea duty has been the Navy's No. 1 legislative contingency proposal for several years. The costs involved and their applicability to other services are issues, but we are continuing to push this proposal as an important matter of quality of life and fairness. Happily, the recent report of DoD's Joint Services Housing Allowance Study supported the Navy on this subject.

As for bachelor quarters (BQs) for single sailors, the Navy has made family and single-person housing the top fund-

ing priorities in improving quality of life for all Navy men and women. Continuing an investment program started this year, our proposed military construction program for 1994 includes a whopping 179 percent increase in funding for Navy BQs. This will build and modernize 4,300 spaces. In addition, the budget for maintenance of real property is up 158 percent, and the operations and furnishings request is 49 percent higher to accelerate replacement of BQ furniture.

On top of these and other funding increases for BQs and family housing, our philosophy of management now demands a greater emphasis on customer service and customer satisfaction. Our aim is to eliminate the notion that adequate is good enough ... because sailors deserve more.

—VADM R.J. Zlatoper
Chief of Naval Personnel

Telling the whole story

The *All Hands* feature entitled "Duty in Guam," suffered a bit from the old adage "timing is everything," coming, as it did, at the same time as the first of five typhoons. The unparalleled level of storm activity made worse a critical shortage of electrical generation capacity on the island, leading to rolling power outages for up to 10 hours per day.

By the same token, the concerns over electrical power expressed in AT1 Bailey's letter (February issue) have also been addressed. Guam's Governor Ada has pursued an aggressive "quick fix" generation package adding 84 megawatts of power to the island's electrical system. This provides a reliable power reserve and puts an end to the rolling power outages. And more is on the way.

As for the perceived anti-military attitudes, they are limited to a small but vocal group of indigenous rights activists. The government, the local business community and the majority of Guamanians are very supportive of the military and its mission. We enjoy terrific relations with the community, as evidenced by our flourishing Sister Village and Adopt-a-School programs.

Frankly, in my experience, the people who gripe about duty on Guam are the folks who live, work and play on the bases and don't make the effort to know this beautiful tropical island and the gracious people who call it home.

—LT David J. Wray
Public Affairs Officer
ComNavMarianas

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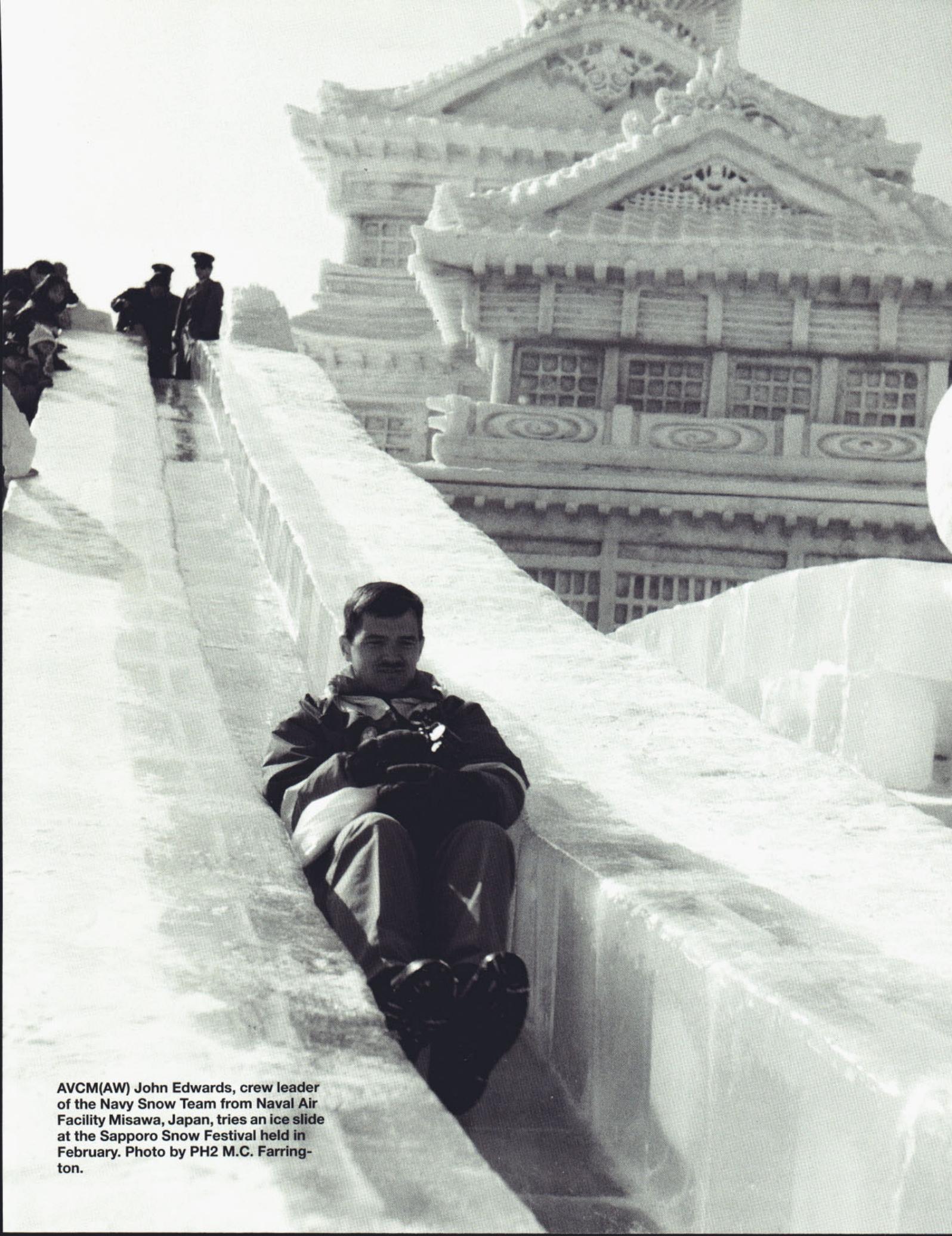
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AVCM(AW) John Edwards, crew leader of the Navy Snow Team from Naval Air Facility Misawa, Japan, tries an ice slide at the Sapporo Snow Festival held in February. Photo by PH2 M.C. Farrington.

WANTED



Healthy sailors