

*Building Sailor Grows Stronger While Stationed in Japan*  
**Body, Heart & Mind**



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# **All HANDS**

MAGAZINE OF THE U.S. NAVY AUGUST 2003



**We I come to the Jungle**



# 36 Building the Body, Heart and Mind

# August

**[On the Front Cover]**  
Students from the 2nd Intelligence Battalion make their way across a rope bridge strung over a deep gorge.

Photo by PH2 Bob Houlihan

**[Next Month]**  
All Hands looks at duty in Bahrain and focuses on the Sailors of Naval Coastal Warfare Group 1 within the 5th Fleet/NAVCENT area of responsibility.

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Photo by JO1 Preston Keres

Martial arts is a discipline that truly takes full concentration and harmony between the body and mind, and it's not uncommon to find military members who participate in martial arts. But, for one Sailor stationed in northern Japan, the chance to live in the Far East was an opportunity to study in the land of his art's birth. This is fitting, considering that Aircrew Survival Equipmentman 2nd Class (AW/SW) Jovaun Brown has been participating in some form of martial arts from a young age as an Army soldier's son.

## [Features]



Photo by PH3 Antoine Thomas-Dostrows

### 14 Keeping the Home Fires Burning

When Sailors are deployed, as many Sailors currently are, their spouses stay behind, often with children and sometimes alone, adjusting their daily lives while coping with the emotions that result from a deployment. But, a deployment during wartime carries a new meaning. The uncertainty of a loved one's safety, combined with the intense media coverage of the war only increases the challenges inherent in any deployment.

### Rest for the Weary 20

To meet the Marines of the 15th Marine Expeditionary Unit (MEU), you might think they were about to go on a luxury liner to the Bahamas rather than an amphibious ship due to remain in the Gulf for another few months. According to Marine Corps Capt. Pete McAleer, company commander, of Echo Company 21, "To have a mattress, take a shower, have warm food and no bugs is great. It was the first night I slept completely through the night with no worries of gunfire or patrols going out."

Photo by PH1 Shane T. McCoy



Photo by PH2 Bob Houlihan

### 28 Welcome to the Jungle

The slippery red mud threatens to pull you down at every step. Vines reach out, and grab your arms and legs, no matter how careful you are. And the bugs — they bite and bite and bite. Don't even mention the snakes. But the worst thing of all, there's nothing you can do about it except suck it up, and keep putting one foot in front of the other. To most people it sounds like hell on earth, but for the handful of Navy Corpsmen and Marines assigned as instructors at the Marine Corps Jungle Warfare Training Center (JWTC) in northern Okinawa, this is home, and they love every minute of it.

## Buffer Zone

Photo by PHC Chris Desmond

**AO1 Jeff Kuhar** looks through the thick protective face shield of the heavy bomb suit he wears during training at **Naval Submarine Base Kings Bay, Ga.** Kuhar is a member of **Explosive Ordnance Disposal Mobile Unit (EODMU) 6, Det. Kings Bay.**

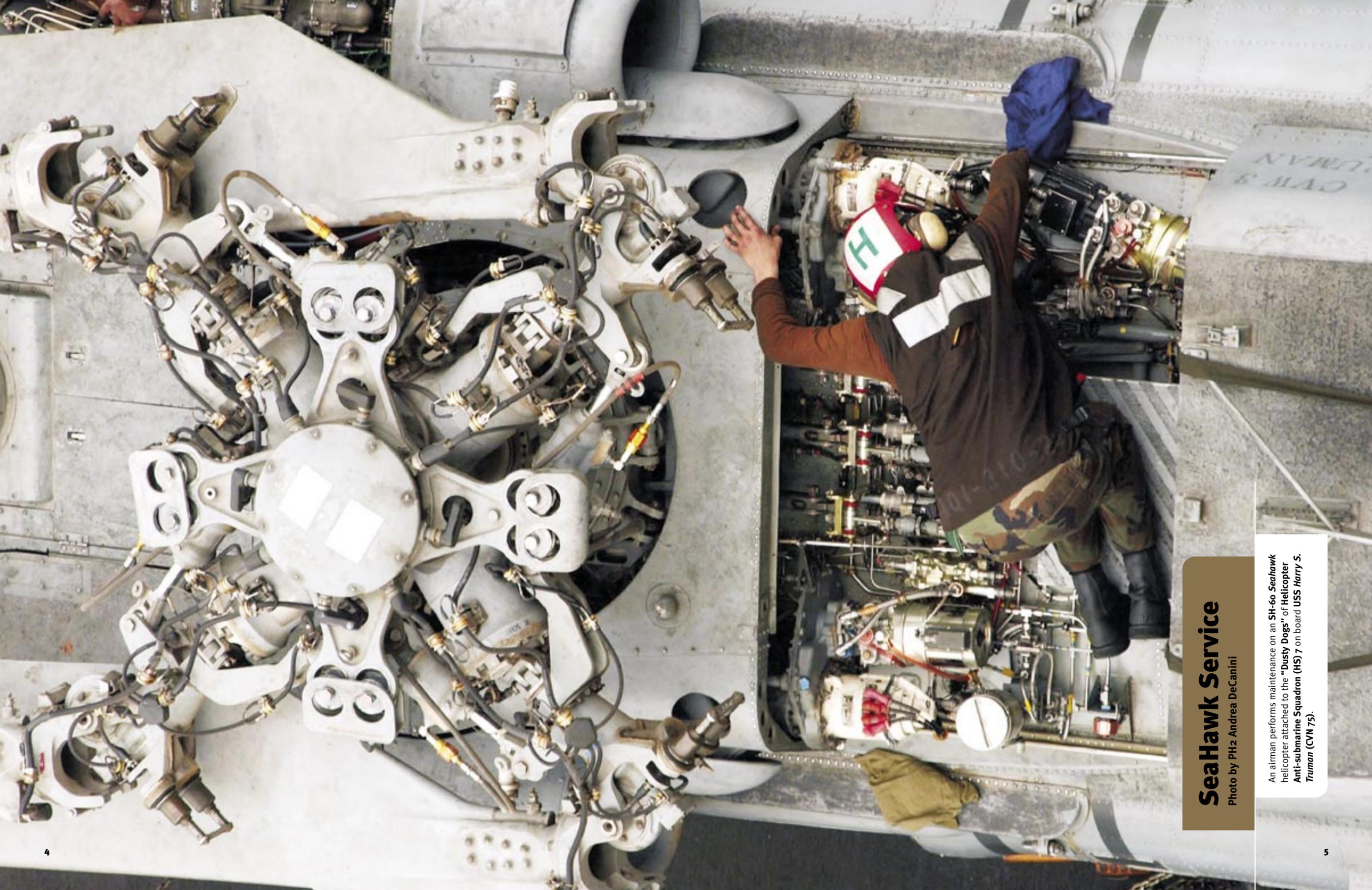
WARNING

RESTRICTED AREA

KEEP OUT

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## SeaHawk Service

Photo by PH2 Andrea DeCanini

An airman performs maintenance on an SH-60 Seahawk helicopter attached to the "Dusty Dogs" of Helicopter Anti-submarine Squadron (HS) 7 on board USS Harry S. Truman (CVN 75).

# Speaking with Sailors

Master Chief Petty Officer of the Navy  
MCPON (SS/AW) Terry D. Scott

## The Following Question Came from the Recent Exceptional Family Member Conference in New Orleans

**Q:** When calling for orders, will my exceptional family member's needs affect my career negatively?

**A:** The answer to that is, absolutely not! The Exceptional Family Member Program, or EFMP, is a mandatory enrollment program for all service members who have family members with chronic medical or educational needs. It is an assignment coordination program that works closely with detailers to match duty stations and available resources for services needed.

By considering the special needs of your family *before* you transfer – we can ensure you're better prepared and able to accomplish the mission. I believe that when we properly prepare, screen and assist all Sailors so that their family's needs are met, we enable them to succeed.

I'm aware that there are some misconceptions out there regarding the EFMP, and I'd like to dispel some of them right now. Although EFMP enrollment is mandatory when special needs are identified, many Sailors are suspicious

or distrustful, due to misperceptions that enrollment in EFMP may have an adverse career impact.

Common negative perceptions include fears that enrollment may result in lack of promotional opportunities, inability to serve overseas, restriction to fleet concentration areas only or denial of reenlistment approval.

As a result of these fears, Sailors can create additional problems, such as cancellation or modification of orders, loss of scheduled schools, early return of family members from overseas locations or under some circumstances, disciplinary action.

The reality is that enrollment allows a proactive approach to assignment planning, and in the vast majority of cases, can allow you to go to an assignment that meets both your career needs and accommodates the needs of your family.

In fact, EFM-enrolled Sailors have a normal sea/shore rotation, are fully deployable, and other than those in category 5, which is homestead-only status, they are assigned to most CONUS locations.

Additionally, those in category four and five are eligible to receive priority government housing.

Getting accurate information is the most effective way to combat any false or negative perceptions you may have about this program. For more information, contact your local Fleet and Family Service Center. 

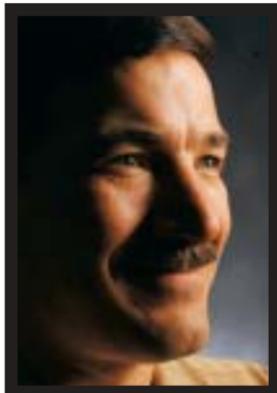


Photo by JO1 Preston Keres

*Speaking with Sailors* is a monthly column initiated by the Master Chief Petty Officer of the Navy as a way of reaching out to the men and women of the fleet, whether they are stationed just down the road or halfway around the world.

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Editor,

While waiting for an oil change in my truck, I came across *All Hands*. I did not recognize it, until I started reading it. WOW! What a change the magazine has gone through.

While stationed overseas for 14 years with the U.S. Navy, I looked forward to receiving *All Hands*. You guys have continued in the great naval traditions and the magazine is outstanding. Keep up the good work.

**RPC(SW) D. Trejo, Ret.**

Editor,

Here in the United Kingdom, I recently watched a TV program which followed *USS Abraham Lincoln* leading up to and during the war against Iraq.

Until tonight, I took for granted the skills required of a pilot aboard an aircraft carrier.

I understood that to land a high-speed jet on a small, no tiny, floating platform took exceptional skill. However, what I saw shocked even me.

I watched in amazement as a Navy pilot rendezvoused with a tanker plane in the pitch black of night to take on fuel. Just finding the tanker won my admiration. Then, to locate, and connect to the fuel line in almost complete darkness had me glued to the TV.

As weather conditions worsened I saw what I thought to be impossible. In the dark of night – in driving rain and lightning – plane after plane touched down on the deck.

Driving a vehicle in a rain-storm is no fun, but at least I can slow down reducing any

# Mail Call

Letters to the *All Hands* Editor

risk of accident. In my favor, the road is endless and not moving about.

I was speechless as the planes landed in the storm, IN THE DARK.

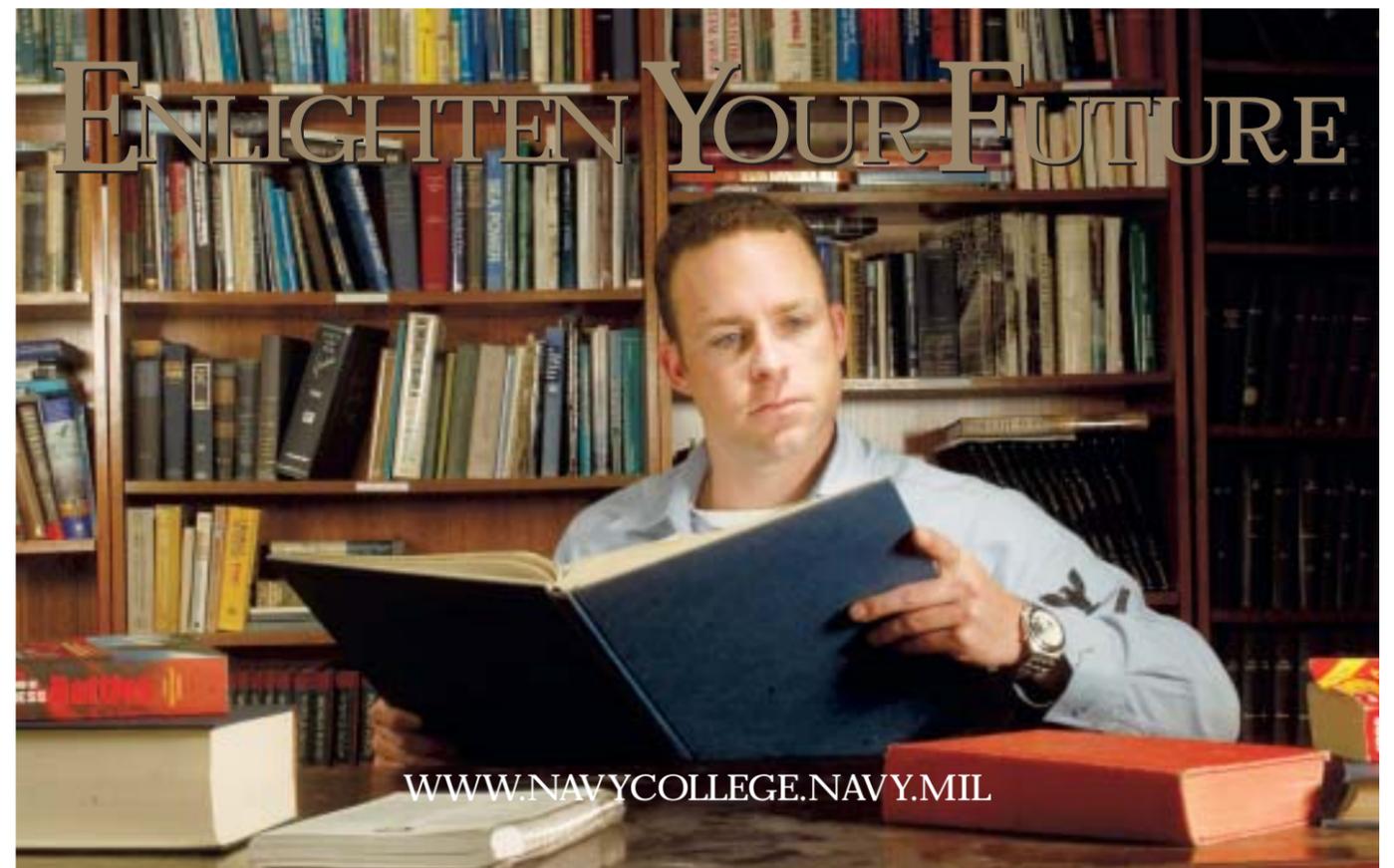
The men and women on deck who supported the pilots were as courageous as the pilots.

They should feel immensely proud of their skills and abilities.



**An F/A-18C Hornet** assigned to **Strike Fighter Squadron (VFA) 25** lands on the flight deck of **USS Abraham Lincoln (CVN 72)**.

**Alan Stephens**  
*United Kingdom*



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## CNP Tells Sailors: "Your Opportunities Abound"

**T**he Navy's newest Sailors "have abounding opportunities ahead of them," as they prepare to serve in the fleet.

That was the message delivered by Chief of Naval Personnel (CNP) VADM Gerry Hoewing during an address to graduating recruits at Recruit Training Command (RTC) Great Lakes recently.

"Always do the best job you can, in the job you are in," said Hoewing, "because the opportunities of the future are based on the performance of the past. The last nine weeks have been difficult and challenging, but you have succeeded in ways you could not imagine when you came to boot camp."

During his visit, Hoewing observed recruits as they completed the final events of Battle Stations, and took part in the emotional Battle Stations completion "capping ceremony," during which recruits trade their "RECRUIT" ball caps for "NAVY" ball caps.

The ceremony marks the symbolic transition from recruit to Sailor.

CNP also toured RTC's new barracks, drill halls and the \$30 million physical

training facility, which have recently been completed as part of a nearly \$1 billion boot camp recapitalization project. The massive construction project will create a more training-centric environment, reduce transit time between training events and increase efficiencies.

Hoewing also saw several facilities currently under construction, including a new ceremonial drill hall, which will be dedicated later this year in honor of the veterans of the Battle of Midway.

Following the recruit graduation, CNP spoke of the success of several of the Navy's new personnel initiatives, such as "Perform to Serve," and provided insight on efforts to shape the force for the future.

"The Navy today is as



**VADM Gerald L. Hoewing**, Chief of Naval Personnel, reviews U.S. Navy recruits going through the investigate and rescue portion of "Battle Stations." This is the last major hurdle of basic training and helps prepare the recruits for the fleet. During his visit to Great Lakes, Ill. Hoewing observed recruits competing in several "Battle Stations" events, as well as the "capping ceremony," where recruits earn their Navy ball caps signifying they have completed the requirements to become Sailors. Hoewing was the reviewing officer for the May 30th recruit graduation.

ready as it has ever been. We have nearly half of our ships, more than 120, and 50,000 Sailors still forward-deployed right now, doing the nation's work, and every battle group and amphibious ready group is manned at or above 98 percent," Hoewing said.

"We have never enjoyed that kind of man-

ning success before. While we have the best Sailors the Navy has ever seen, our skill mix could be better. Some skills are crowded and others are undermanned. We're working to find ways to keep the talent we have, while we shape the force to provide fleet commanders improved combat capability in

terms of the right Sailor at the right time with the right skill."

Hoewing also said the Navy's new Perform to Serve initiative is working to achieve its goal of easing crowded ratings and shaping the force.

"Shaping the force means developing personnel programs and policies that strengthen combat readiness, while still fostering the growth and development of our Sailors," Hoewing said.

Shaping the force includes several closely linked initiatives, including:

- **Perform to Serve.**

Perform to Serve is an essential vehicle to ease crowding in many of the Navy's skills and move these talented Sailors to undermanned skills. "In a word, Perform to Serve is working," Hoewing said. "We have approved more than 2,000 Sailors to reenlist in rate and another 600 to convert to undermanned ratings."

- **Selective Reenlistment Bonuses (SRBs).** SRBs continue to be a valuable resource encouraging Sailors to work and stay in certain critical skills and ratings. "The program is fully funded through the fiscal year," Hoewing said. "We will update award levels soon to make sure we are offering SRBs for the skills the fleet most needs."

- **Top Six.** Top Six is a plan seeking to increase the number of Sailors in the petty officer and above pay grades. Hoewing said the Navy needs to do

this to match the increasingly demanding technical aspects of the Navy.

Hoewing also remarked that Sailors have more resources than ever before for them and their families to access information on personnel programs.

"As always, the chain of command, and specifically command career counselors, remain the best place to start to learn the latest information on career programs," Hoewing said. **ES**

*Story by JOC Rhonda Burke who is assigned to the public affairs office, Naval Training Center Great Lakes, Ill.*



**Four V-22 Osprey aircraft sit along** the flight line with rotors turning before recent test flights. Over the last 12 months, the Osprey Integrated Test Team has conducted more than 500 hours of mishap free flying while executing a very challenging and dynamic test plan.

### NAVAIR's V-22 Osprey Reaches 500 Flight Hours

(ITT) over the 500-flight hour milestone, while conducting a test flight out of Edwards Air Force Base May 30, a year and a day after the program returned to flight.

"We've averaged

## Shipmates

**Journalist 2nd Class Antonio Lopez**, a member of the Navy Information Bureau Atlanta Reserve Unit, recently provided the Naval Security Forces Bahrain Reserve unit with basic defensive training. Lopez holds a 6th degree black belt in combat sambo, jujitsu and kempo. In his spare time, he provides martial arts defensive training to numerous law enforcement agencies, residents of several battered women's shelters and all ranks of military personnel. Lopez is employed in the civilian community by the Sumter County Law Enforcement Agency.



**O**sprey No. 7 pushed the Naval Air System Command's (NAVAIR's) V-22 Integrated Test Team

more than 40 flight hours a month in the past year," said Marine Corps

**Lt. Col. Kevin Gross**, the ITT's chief government test pilot. "Reaching the 500-hour milestone in a single year is the result of a sound plan carried out by dedicated professionals."

The 500-flight hour achievement comes on the heels of a very successful ruling on the V-22 test program by the Under Secretary of Defense for Acquisitions, Technology and Logistics. In a recent acquisition decision memorandum, the undersecretary writes that "the flight testing has demonstrated (the V-22 has) combat maneuvering superior to helicopters, acceptable handling qualities in low speed flight and dynamic shipboard compatibility," among other performance attributes, that satisfy "the threshold levels for all of its key perfor-

# Around the Fleet

mance parameters and reliability and maintainability metrics." The undersecretary further directs cognizant authorities to make recommendations and take actions that "reflect a more success oriented program."

In another memorandum, the undersecretary compliments the V-22 team for "paving the way for the eventual fielding of this much needed capability to the warfighter." He goes on to state "the Department of Defense is sincerely grateful."

The V-22 Team garnered even more plaudits two weeks later, when it received the third annual NAVAIR Commander's Award for Special Achievement. In the citation for the award, VADM Joe Dyer, the NAVAIR commander, cites "a complete turnaround of the V-22 Tilt-rotor program" and labels the V-22 Joint Program Office "a benchmark for multi-disciplined joint service,

joint government, and industry co-located Integrated Program Teams."

Marine Corps Col. Dan Schultz, the V-22 joint program manager, said, "I am proud of the entire team's accomplishments, as we continue to execute a safe and methodical flight program. From

Bell-Boeing that has built a reliable airplane, to Rolls-Royce that has produced the Liberty engine, to all the members of team Osprey, as well as the government side of the house, this program has had a great 12 months."

But all of this success and recognition has not slowed the pace of the

Osprey program. In the coming weeks, the ITT will be conducting developmental testing on the V-22's navigational systems and tactical sensors. The team will also be doing "pitch up with sideslip" flights to further understand how the aircraft performs, and how the flight control laws might be modified to give the

aircraft the optimal characteristics in that regime. In addition to executing the test plan, the team will also be busy training a new cadre of developmental and operational test pilots for both the MV (U.S. Marine Corps) and CV (Special Operations Command) variants of the Osprey.

"We've got a busy summer ahead of us," said Gross, "but as this year has shown, that's the sort of environment the V-22 team thrives in."

NAVAIR provides advanced warfare technologies through the efforts of a seamless, integrated, worldwide network of aviation technology experts. 

*Story by Ward Carroll who is assigned to the public affairs office, Naval Air Systems Command, V-22 Program Office*



An E-6B Mercury is being moved into a Hanger at the Boeing Aerospace Support Center, Cecil Field, Fla., to be retrofitted with a new cockpit and an advanced communications package. The E-6B is a dual-mission aircraft capable of fulfilling either the E-6A mission or the airborne strategic command post mission and is equipped with an airborne launch control system (ALCS). The ALCS is capable of launching U.S. land-based intercontinental ballistic missiles.

## Ricky's Tour

By J02 Mike Jones

mikejones43@hotmail.com



# Time Capsule

This month we look back in the *All Hands* archive to see what was going on in the month of August. To view these issues in more detail on the Web, go to [www.news.navy.mil/allhands.asp?x=search](http://www.news.navy.mil/allhands.asp?x=search)



### 27 Years Ago – 1976

This cover highlights the International Naval Review (INR) held in New York City. During the INR, Sailors were given liberty to go explore the Big Apple. One Sailor from USS *Forrestal* (CVA 59) told the staff of *All Hands* "I don't know if it's because of the Bicentennial or because of the INR, but, I've never been treated so well on liberty before in the 13 years I've been in the Navy. We also told readers about the Hush House where pilots can take their jets for a variety of tests. Regardless of the noise created inside, anyone outside a 250-foot radius won't be disturbed.



### 20 Years Ago – 1983

This year, *All Hands* showed USS *Ohio* (SSBN 726) as she came out of dry dock at Delta Pier, Bangor, Wash. Another story covered in this year's issue, was on HM2 Sheila D. Sundbye, who had been driving along California's Highway 580 when she saw Olton Pierce, 72, who suffered an apparent heart attack. Sundbye began cardiopulmonary resuscitation and by the time the fire department paramedics arrived, the victim's vital signs had been restored.



### 16 Years Ago – 1987

The Capitol dome graces the cover of this edition of *All Hands*. We showed Sailors what it would be like to serve in Washington, D.C. From the National Zoo to the Washington Monument, there are a wide variety of things to see and do in our nation's capital. In this issue of *All Hands*, we also reminded Sailors of their responsibility to vote.

## NAVAIR Celebrates First in U.S. Military Aviation History with E-6 Engine Milestone

Members of the Naval Air Systems Command (NAVAIR) E-6B Program Office and Strategic Communications Wing 1, marked a first in U.S. military aviation history May 28, when they commemorated an E-6B Mercury engine that surpassed 15,000 hours of flight time without the need for major repair or removal from the wing.

Oklahoma City community members, defense industry members from CFMI, Boeing and GE, joined Wing and NAVAIR personnel to celebrate the milestone event during the ceremony held at Tinker Air Force Base, Okla. In early May, the CFM-56-2A-2 turbo fan engine, one of the four engines that powers the E-6B Mercury, surpassed the 15,000-hour mark. This is the first time in U.S. military aviation history this milestone has been achieved.

"I want to thank each member of the squadron, the program team and industry team members for your contributions in getting us to this day," said Tom Laux, program executive officer for NAVAIR's Air Anti-Submarine Warfare, Assault and Special Mission Programs. "Celebrating the first time in military aviation history that an engine has remained on wing for 15,000 hours is only an indicator of the great professionalism at work here."

RADM Wally Massenburg, NAVAIR's assistant commander for Industrial Operations, was the keynote speaker at the ceremony, and emphasized the individual and team contributions to this important milestone. "From a "boots on the ground" perspective, the VQ-3 [Fleet Air Reconnaissance Squadron 3] TACAMO Ironmen mechanics are

highly-trained, dedicated professional Sailors," Massenburg noted. The CFM-56-2A-2 engine entered service in 1982. There are now 13,000

CFM-56 engines of all types, in service or on order, including spares. With proven low fuel burn for extended range and excellent takeoff

performance from hot airfields, the **CFM-56** has also been selected by the Air Force, Finnish Air Force and the Royal Air Force to power their re-engined or new **KC-135R**, **C-135FR**, **KE-3** and **E-6** tactical and strategic aircraft.

The **E-6B Mercury** is a modified civilian 707 aircraft frame. There are 16 aircraft assigned to Strategic Communications Wing 1, also known as TACAMO for Take Charge and Move Out. TACAMO is headquartered aboard Tinker Air Force Base in Oklahoma City. The TACAMO community provides a survivable communications link between national decision-makers and the country's arsenal of strategic nuclear weapons.

"It's so rewarding to see how a solid acquisition strategy conceived early on in a program, and coupled with consistent maintenance/depot performance and superior engine design, can achieve such unprecedented excellence," said **CAPT William Okoniewski**, NAVAIR's E-6 program manager.

NAVAIR provides advanced warfare technology through the efforts of a seamless, integrated, worldwide network of aviation technology experts. ☞

*Story by Renee Hatcher, Naval Air Systems Public Affairs*

## Navy Tackles

## Combat Stress

In the case of more than 140,000 former military members receiving disability, by any other name, the aftermaths of diagnosed "combat stress" is an acrid smell that may linger long after the physical repercussions of war.

In the months and closing days of **Operation Iraqi Freedom**, the U.S. military has aggressively planned for and implemented counseling and psychological interventions for a wide array of deployed personnel.

**LCDR Jeffrey Jones**, a Navy psychiatrist who was attached to **Fleet Hospital (FH) 3**, indicated recently in a telephone interview, that he personally saw few cases of combat stress.

"Some service members, throughout this [war], have done very well," he said, as the command was preparing to end its operations as a combat field hospital in southern Iraq.

Upon arriving at **FH-3** with a preliminary diagnosis of combat stress, a condition describing war-related emotional symptoms that may lead to post-traumatic stress disorder (PTSD), there are generally two options for the psychiatrist on duty. It's either return the service member back to duty or send them home.

The majority of the service members

returned to their unit, but some went home, **Jones** said.

"Only time will tell," he said. After about a month, family and friends may need to keep a vigil on those Sailors and Marines who were preliminarily diagnosed with combat stress. The psychiatrist also said he diagnosed no service members with PTSD.

Symptoms to watch for include intrusive memory loss, reliving trauma, flashbacks and becoming hyper-vigilant or fearful.

PTSD, or combat stress, is not new. In virtually every wartime scenario in which American forces have been involved - in various decades and centuries - a term was developed for what is combat stress.

During the "War Between the States" in the early 1860s, wartime physicians referred to it as a "soldier's heart." During the "war to end all wars" in the early 20th century, the repercussions of an epidemic of trench warfare became known as "shell shock".

So, what's in a name when symptoms transcend two centuries?

The names may be different, but the signs are generally rigid: nightmares, difficulty sleeping, reliving traumatic events, fear, jitters and irritability.

"We try using relaxation techniques, and they're generally worried about their families,

who some of them hadn't had heard from for months," said **Jones**. "You would be surprised how things change (with their psyche) when we were able to offer them e-mail capability."

"It's been difficult hearing the stories," said **Jones**, speaking about the daily wear-and-tear on his mental state. "It was also difficult for the psychiatry tech (corpsman), too, and the surgical staff who saw the injuries. There's nothing pretty about war," he said.

The Naval Hospital Pensacola-based psychiatrist said the key to getting through the daily grind was his wife and three sons back home, and his faith.

"Some service members have done very well," he continued. The morale-enhancing activities for fleet personnel - sporting events, movies "and good food" - have been real life savers ... much like the Navy medical/surgical teams that saved lives virtually every day. ☞

*Story by Rod Duren, Naval Hospital Pensacola Public Affairs*

## Student Pilot's Quick Reaction Saves Lives and Aircraft

A lesson all Training Air Wing 5 squadrons teach their flight students is, "awareness of the inherent risks of

naval aviation, and the assertiveness to manage them

in any situation," said **Helicopter Training Squadron 8** Commanding Officer **CDR Chip Laingen**.

**LTJG Melissa Coombes**, a student naval aviator at **Helicopter Training Squadron 8**, demonstrated that she learned this lesson well this spring, when her quick action averted a potential mishap and earned her the Navy and Marine Corps Achievement Medal.

She was in the right side passenger seat on a training flight when, her citation reads, "her **Bell TH-57 Sea Ranger** helicopter entered a dynamic rollover situation and would not recover despite control inputs by the flight instructor. With the aircraft on one skid and the main rotor blades nearly impacting the ground, **Coombes** dove from her station to the left side of the cabin, providing the critical counterweight necessary to reverse the rotation and cause the aircraft to fall back on its skids. In this case, **Coombes** likely saved this aircraft and flight crew."

At the awards ceremony, **Laingen** commented, "I'm convinced that her action prevented a serious mishap in this incident. It would have been easy for her just to 'be along for the ride.' Instead, she was alert, aware and fully a part of the crew."

**Laingen** concluded, "She embodies the very best of what we are trying to reinforce at the

squadrons before our students head out to the fleet." ☞

*Story by Jerry Hennessy, Naval Air Station Whiting Field, Public Affairs*

## Preventive Medicine Team Protecting Marines From Disease

A Navy preventive medicine team is currently working in central Iraq, supporting Marines and Navy medical personnel during **Operation Iraqi Freedom**.

The 12 members of the **Preventive Medicine Mobile Medical Augmentation Readiness Team (PM-MMART) 5** spent months preparing for the current situation, and are mounting an offensive against the preventive medicine challenges that are critical to maintaining a robust force health protection (FHP) posture.

The team is made up of five officers and seven enlisted personnel who have expertise in medical entomology, preventive medicine/environmental health, microbiology and industrial hygiene. The team is also capable of analyzing a wide range of chemical, biological and radiological warfare agents.

Medical staff and Marine operational staffs worked together to deploy three of these public health surveillance teams into theater: one in Ad Diwaniyah in central Iraq, one in southern

## Shipmates



**LT Lars Krusholm**, a physical therapist at U.S. Naval Hospital, Yokosuka, Japan, recently saved the life of a Japanese businessman who had collapsed on a train station platform. He gave the man chest compressions and mouth-to-mouth until an ambulance arrived. The patient made a full recovery. The Yokohama Fire Department, joined by officials from the Keihin-Kyuko train, thanked him for his quick and decisive action.

Iraq, and one in Kuwait, to provide advanced diagnostic and specialty consultation to medical officers and operational commanders. Their presence has been essential, according to **Navy CAPT Joel Lees**, **1st Marine Expeditionary Force** surgeon.

"Team 5 has been a great asset to us!" says **Lees**. "They've been able to rapidly tackle some potentially important public health issues for us, and get good advice out to the commanders and their medical staffs in time to help keep the problems minimal."

Shortly after arriving here, **PM-MMART 5** made the first laboratory diagnoses of malaria, shigella and norovirus in Marines and Sailors in Iraq.

"We concentrate on preventing or mitigating that subset of medical issues that can rapidly degrade the combat power of the Marines," said **CDR Scott Sherman**, medical team leader and public health physician. "Because of our range of

expertise and specialty equipment, we get involved in a very wide variety of medical issues that have the potential to cause acute disease or are of concern for chronic exposures."

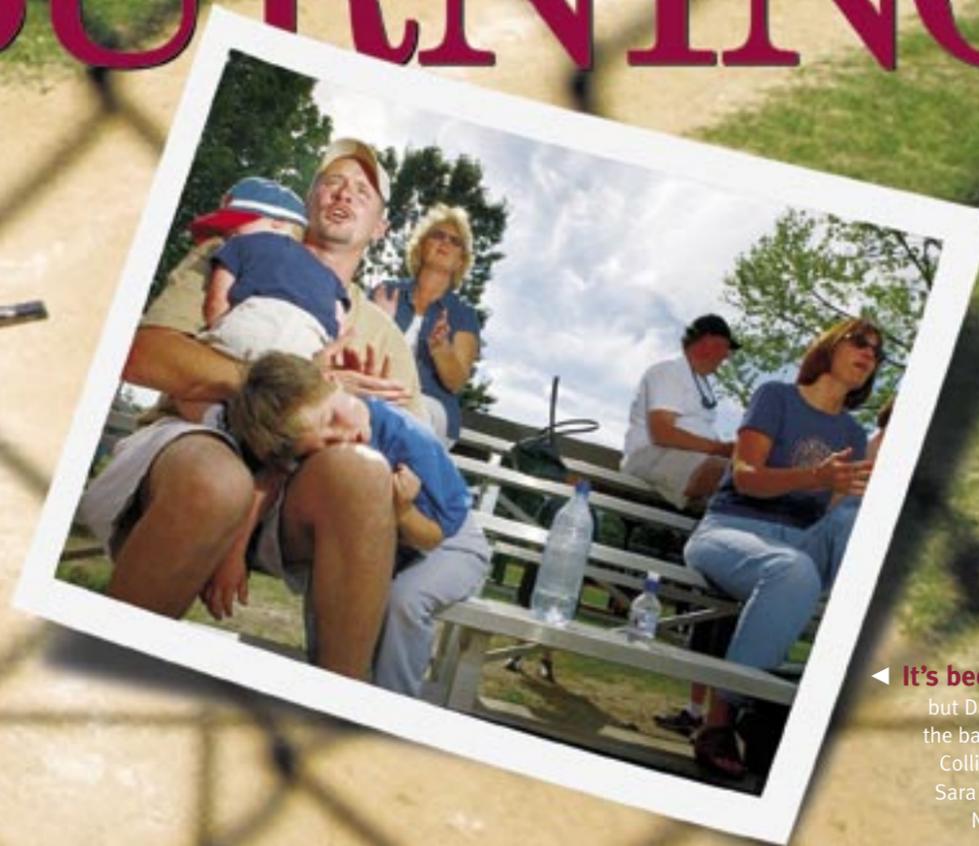
The team has been extensively utilized by elements of the **1st Marine Expeditionary Force** for mosquito control operations, water testing, blood/stool testing for infectious agents, epidemiological consultation, environmental sampling, safety consultations, traditional field sanitation and hygiene issues, and analysis of unusual chemicals or vapors in camp areas and at one of the liberated palace compounds.

"The commanders have done a good job identifying areas of concern," said **LCDR Lucy Walker**, industrial hygiene specialist for **PM-MMART 5** and assistant team leader. "We are able to come in, characterize the nature of the exposure and give them good,

# Keeping the HOME FIRES BURNING

**W**hen Sailors are deployed, as many Sailors currently are, their spouses stay behind, often with children and sometimes alone, adjusting their daily lives while coping with the emotions that result from a deployment. While many families have endured numerous deployments in the past, there is no denying that a deployment during wartime carries a new meaning. The uncertainty of a loved one's safety, combined with the intense media coverage of the war, only increases the challenges inherent in any deployment.

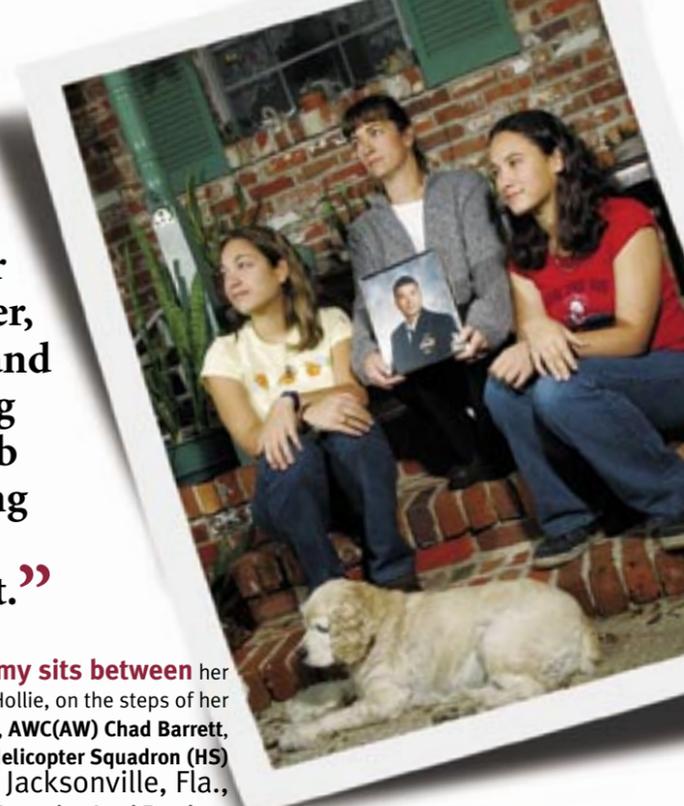
▲ **David Klemisch is there** to see his oldest son, Collin, cross home plate at his baseball game.



◀ **It's been a long day,** but David still cheers at the ballgame for his son Collin, as his daughter Sara and youngest son Nathan take a nap.

“The danger level is higher, but my husband is still doing the same job he did during his last deployment.”

► **Tammy sits between** her daughters, Brandy and Hollie, on the steps of her front porch. Her husband, **AWC(AW) Chad Barrett**, is deployed with **Helicopter Squadron (HS) 11** out of Jacksonville, Fla., in support of **Operation Iraqi Freedom**.



Barrett family. Tammy, along with her two daughters Brandy, 17, and Hollie, 15, admit that watching media coverage of the war can make the deployment more stressful. “We try not to watch a lot of news, because you never know what you’re going to see,” said Tammy. “When we do watch the news, we do it as a family, and if we see something that bothers one of the kids, we talk about it. We know that we just can’t stop moving. We have to keep moving to keep our lives as normal as possible.”

The Barretts keep their lives normal by pulling together. When a deployment begins, they transform into what they call “deployment mode.”

“We know what has to be done, and we try to help out my mom as much as we can,” said Brandy. “We have a lot more responsibility when my dad is gone. There’s a lot of yard work and things around the house that have to be taken care of. If my mom is working late, I know I have to cook dinner, and if my sister needs help with her homework, then I help her,” Brandy added.

“I TRY to look at this deployment like any other deployment,” said Tammy Barrett, a Navy spouse whose husband, **Chief Aviation Warfare Systems Operator (AW) Chad Barrett**, is currently deployed with **Helicopter Squadron (HS) 11**,

Naval Air Station Jacksonville, Fla., in support of **Operation Iraqi Freedom**. “The danger level is higher, but my husband is still doing the same job he did during his last deployment.”

This is the fifth deployment for the

► “We have a lot more responsibility when my dad is gone,” said Brandy, as she mows the back yard, which is normally her



Stepping up and taking on new roles when their father deploys is only one example of the high level of maturity that the Barrett daughters possess. They know and understand what their father is doing is important to many people.

“My dad is gone a lot, but I understand that it’s his job, and it’s what he has to do,” said Hollie. “I know that this is part of the Navy life.”

Tammy is well aware of the important role that her children play.

“My children are my saviors when my husband is deployed. I don’t know what I would do without them.” It is so much easier now that my children are older. It allows me to take care of things without having to worry about a baby-sitter. They are a great help to me.”

This was not always the case for the Barrett family. Married to a Sailor for 18 years, Tammy understands what a deployment can be like for a spouse with small children. She understands that the stress can be overwhelming when a spouse has to take on such a huge responsibility.

“The military spouse is the one taking care of the house, cars, bills and the family,” Tammy said. “Families with young children have the most difficult time with deployments. This is where the military family should step in. I believe that we should help one another. If someone needs help with their children, then we should help them. When you are Navy, you are family.”

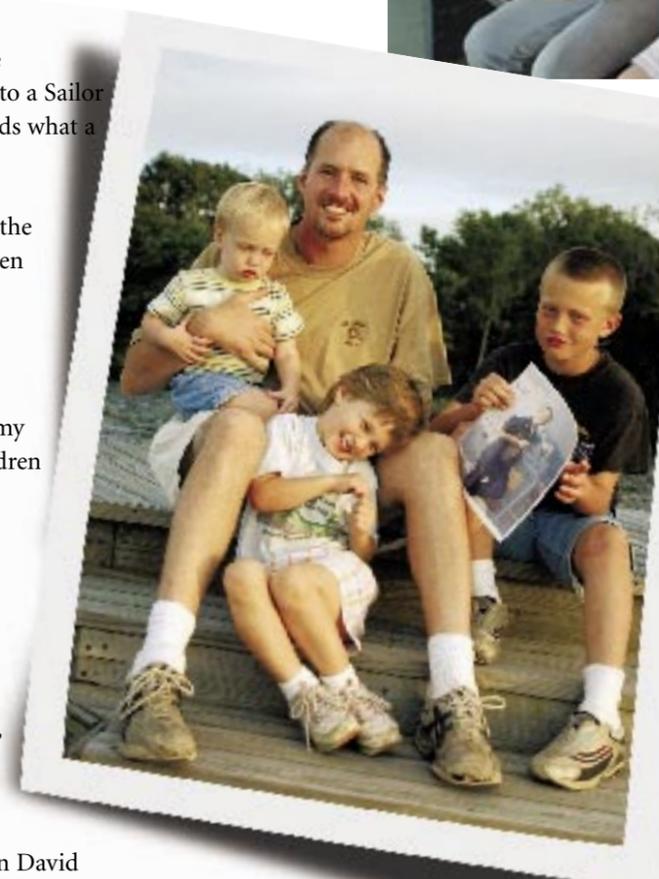
No one understands how important community can be during a deployment more than David Klemisch. Klemisch is the husband of **LCDR Kristin Klemisch**, a Navy nurse deployed aboard **USS Tarawa (LHA 1)** in support of **Operation Iraqi Freedom**.



► **David** has his hands full with Nathan, as he watches his daughter, Sara, dancing on the pitcher’s mound during her T-ball game.



► **Collin, Nathan** and Sara Klemisch sit in the dug-out together. David was left with a handful after his wife, Kristin, was deployed, but luckily, he has a great deal of support from his community.



► **David Klemisch is surrounded** by his children, Nathan, Sara and Collin. His wife, **LCDR Kristin Klemisch**, was deployed with **USS Tarawa (LHA 1)** in support of **Operation Iraqi Freedom**.

# Keeping the HOME FIRES BURNING

“When my community found out that my wife was deploying, they brought over dinner, and they let me know that they were willing to help me in any way that they could, it has been a tremendous help to me.”

His community has reached out to him a great deal while he takes care of his three children: Collin, 7, Sara, 5 and Nathan 1.

“When my community found out that my wife was deploying they brought over dinner, and they let me know that they were willing to help me in any way that they could,” said Klemisch. “It has been a tremendous help to me. With so many other things to take care of, not having to worry about making dinner makes all the difference.”

**“When the war started, I was really scared,” Maria explained. “When we were in Japan, he would deploy all of the time, but this is different. It is really scary. He tells me not to worry because he is safe, but you can’t help but feel vulnerable in these times.”**

► **Mother and daughter organize** invitations for Brandy’s high school graduation. Brandy is very excited that her dad is going to see her graduate. “He missed my first day of school, my first day of high school and birthdays, but he will finally be home for this one,” said Brandy.



▲ **Maria Hannaman holds a picture** of her husband, **AM1(AW) Richard Hannaman**, who was deployed with **USS Harry S. Truman (CVN 75)** in support of **Operation Iraqi Freedom**. In the background is one of the places where Maria and



The responsibility of taking care of three small children alone is difficult even in the best of times. It can be more difficult when you have to explain images of war to your children. Like the Barrett family, Klemisch limits the amount of news watched by his children. However, there is one image that he made sure his kids had an opportunity to see.

“When the statue came down in Baghdad, I wanted my children to see that part of history,” said Klemisch. “I wanted them to know that this was the reason why mommy had to go. My son wanted to know if mommy helped to bring the statue down. I explained to him that mommy takes care of the Marines. “So mommy takes care of the Marines, so they can be strong enough to give the people their freedom.’ It was great to see my son step up and have a mature moment,” Klemisch added.

Klemisch has noticed Nathan and Sara stepping up more each day. Whether it’s Nathan biking himself to school or Sara bringing their younger brother downstairs from his nap and preparing for Saturday T ball games, both Nathan and Sara already understand what being a part of the Navy family means.

The Navy has many families with situations like the Klemisch and Barrett families, coping with deployments while raising children. But many Navy spouses are all alone. And some spouses are in a new area, without any friends or family.

This was the case for Maria Hannaman. Her husband, **Aviation Structural Mechanic 1st Class (AW) Richard Hannaman**, was deployed aboard **USS Harry S. Truman (CVN 75)** in support of **Operation Iraqi Freedom**.

**Hannaman** transferred to **NAS Jacksonville** from Japan, and he deployed shortly after arrival. For Maria, who is originally from Bolivia, the most difficult part about the deployment is keeping busy. Being new to the country makes

it difficult to find a job because of the lack of references.

“Right now, I just try to find ways to pass the time,” Maria said. “I go to the beach, to the gym or I sew. It’s very hard because we are so close,” she added.

Although her spouse was stationed aboard a ship before, Maria knows this deployment carries a different meaning.

“When the war started, I was really scared,” she explained. “When we were in Japan, he would deploy all of the time, but this is different. It is really scary. He tells me not to worry because he is safe, but you can’t help but feel vulnerable in these times.”

For couples like the Hannamans, there are no children to occupy the time. There are no schedules to keep, or to-do lists to complete. There is, however, lots of time to think about your loved one.

“We have a very good relationship,” said Maria. “Our friends say we are always on our honeymoon. Before he left, we would go to the beach or go dancing. We were always together, and that’s what makes the situation so hard.”

Maria looks forward to the daily e-mails from her husband, while Tammy Barrett remembers when luxuries like e-mail didn’t exist.

“Eighteen years ago, when my husband went on deployments, there was no such thing as e-mail,” Barrett said. “You had to wait six weeks sometimes to get a letter. Now you can talk just about every day.”

Every Navy family would agree that while e-mails are great, there’s nothing like the real thing. Each family is planning a special homecoming for their loved one. The Barretts will do their usual welcome home.

“We always decorate our front yard with a helicopter and a huge welcome home sign,” Barrett explained. “I make his favorite meal – pot roast with pota-

toes and carrots. Then I give him his ‘honey-do’ list.”

# Keeping the the HOMEFIRES BURNING

If everything goes according to plan, **AWC Barrett** will be home for his daughter’s high school graduation.

“He’s been deployed during a lot of my firsts,” Brandy said. “He missed my first day of school, my first day of high school and birthdays, but he will finally be home for this one. I’m keeping my fingers crossed.” ■

*Boggs is a journalist and Themistocleous is a photojournalist assigned to All Hands*

**“Our friends say we are always on our honeymoon. Before he left, we would go to the beach or go dancing. We were always together, and that’s what makes the situation so hard.”**



▲ **Maria walks down the beach** remembering all the good walks she has shared on that same beach with her husband **AM1(AW) Richard Hannaman**, who was deployed with **USS Harry S. Truman (CVN 75)**.

▼ **A Marine naps** in the early evening among the hundreds of armored vehicles waiting to be washed.

# (Rest for the Weary)

# H

ow many people in the Navy have heard about a Marine excited to go to a ship, or even eager to get there? To meet the Marines of the 15th Marine Expeditionary Unit (MEU), you might think they were about to go on a luxury liner to the Bahamas, not an amphibious ship due to remain in the Gulf for another few months.

# (Rest for the Weary)



▲ **A Marine washes Iraq** out of his boots in between washing vehicles.

“We had one night during the entire time we were ashore that we spent under a roof. That was in Asir Bajan four days into the attack,” said Marine Corps **Capt. Pete McAleer**, company commander of **Echo Company 21**.

“To come in, have a mattress, take a shower, have warm food and no bugs is great. For me, it was the first night that I slept completely through the night with no worries of gunfire or patrols going out. It was just a great weight lifted off all our shoulders.”

The backload of Marines from the **15th MEU** began March 28, with the infantry flying out of Kuwait and onto **USS *Rushmore* (LSD 47)**.

“I couldn’t believe how skinny they were,” said **Operations Specialist 2nd Class Shelby Feather**, referring to the Marines now back aboard. Most of the 300 Marines aboard had lost some weight while in Iraq. Many claimed they just got tired of eating Meals Ready to Eat (MRE), and would just eat less even though activity continued almost 24 hours a day.

The **15th MEU** was one of the first mechanized units to enter Iraq. They were able to advance as far as An Naseriyah after securing many cities on the way in. When

► **BM1 R.A. Jones**, loadmaster for **Assault Craft Unit (ACU) 5**, guides a forklift onto the deck of an LCAC.



► **BMSN(SW) Tristan McCoy** helps guide equipment on to LCU 1653 to be returned to **USS *Tarawa* (LHA 1)**.



► **Most Marines** from the **15th MEU** have already returned to the ship that brought them to the war. This group stayed behind to clean the vehicles before the trip home.



# (Rest for the Weary)

the day came and the active-duty Marines were relieved by a unit of Reservists, it was welcomed but unexpected. Many of the Marines were amazed that the backload of equipment and personnel would only take two weeks to complete.

“To bring everything back on board, particularly from this area, requires a lot of effort,” said **McAleer** “We were spread several hundred miles inland, and we have about 2,500 Marines and Sailors of the **15th MEU**. Plus, we have untold

► **IT1(SW) Bobby Martinez**, from **Beachmasters Unit 1**, helps his unit study for surface warfare qualifications during a lull in the backload.



▼ **One of two Landing Craft Air Cushions (LCAC) from Assault Craft Unit (ACU) 5 Echo Det.**, attached to **USS Rushmore (LSD 47)** lands on the loading ramp of Camp Patriot.



▲ **OS2 Jamie McKee and GSE1(SW) Doug Wooley** are part of a three-man team who pilot an LCAC out of the well deck of **USS Rushmore**.

Some of the Marines have claimed to wash one truck for eight hours.

“We worked all through the night getting the sand out and washing the vehicles. Now I’m ready to get back on the ship and go back home,” said Marine Corps **Cpl. Samuel Heidecke**.

Cleaning the vehicles will keep any parasites from infesting our Navy ships and the United States.

Marines were also in sore need of cleaning. Every piece of clothing and equipment that they brought with them had to be cleaned, and most importantly, themselves. The crew of **Rushmore** claimed it took a couple of days for the smell to clear out of the lower decks of the ship where Marine Corps berthing is located.

“As a corpsman working with Marines in Iraq, we were not just dealing with field conditions and injuries,” said **Hospital Corpsman 3rd Class Marvin Vinbelanio** “We had to worry about sanitation for all our Marines. We had to be sure they washed their hands. Many of them became sick with what



► **When the backload is complete**, there will be very little room left in the enormous well deck of **USS Rushmore (LSD 47)**.



# (Rest for the Weary)

we were calling “Nasiarrhea,” because it was nausea, vomiting and diarrhea at the same time. At times, they were too ill to climb out of their holes. Now that we are back on the ship, we don’t have to worry, since everyone is able to shower and have good water to drink.”

It seems the opinion of most young Sailors toward Marines stationed aboard an amphibious vessel has changed in the past couple of months. Before, Marines on a ship just got in the way. They ate the food, monopolized the gyms and made the line to the ship’s store half the length of the ship. Now, shipboard Sailors don’t seem to mind so much having to wait a little longer for things. There is a definite sense of teamwork, of pride and of relief that they returned safely.

“Marines and the Navy, for this one, were well-trained and well-prepared. When we did something, we operated as a team, and that was the most important part for us. We knew ashore that the Navy was supporting us. We even got gift baskets coming out from the ship to us,” said **McAleer**. “Coming home to the ship really did feel like we were coming to someplace. It’s not just a ride for us to go back to the United States or deploy again, but all the Marines and Sailors understand that this has been a team effort, and the feeling is strong out here on *Rushmore*.” ■

*McCoy is a photojournalist assigned to All Hands*

► **When your home** is the desert, your bedroom becomes the vehicle you’re attached to.



► **Uniforms from the field** are far from pristine with writing, blood type and a kill number on most.



▲ **After living on and around** these vehicles, it’s hard for Marines to leave them, even to go a half mile away to the tent city.

“Welcome to the jungle,  
It gets worse here everyday,  
You learn to live like an animal,  
In the jungle where we play.”

— Guns N’ Roses, “Welcome to the Jungle”

**T** rudging forward with wet, aching feet, slippery red mud threatens to pull you down at every step. Vegetation reaches out, and grabs your arms and legs, no matter how careful you are. And the bugs. Oh, man the bugs — they bite and bite and bite. Don’t even mention the snakes. But the worst thing of all, there’s nothing you can do about it except suck it up, and keep putting one foot in front of another.

# WELCOME TO THE JUNGLE

▲ Two Marine students stop to make a plan as they get closer to the enemy stronghold in the jungle shooting portion of the course.

# WELCOME TO THE JUNGLE



▲ **HM3 Arthur Romo** gives his fire team the thumbs-up as they patrol a muddy trail in the jungle shooting portion of the course.

► **Students at JWTC** are required to complete arduous land navigations during the course. The longest, covering miles in terrain, is not flat and is criss-crossed by dozens of deep streams and gullies.



▼ **A JWTC student rushes** from tree to tree while making his way through the jungle while under heavy fire from an ambush team during the jungle shooting exercise.



To most people it sounds like hell on earth, but for the handful of Navy Corpsmen and Marines assigned as instructors at the **Marine Corps Jungle Warfare Training Center (JWTC)** in northern Okinawa, this is home, and they love every minute of it.

“It’s tough living out here, really isolated, but I get to do things medically I wouldn’t get to do elsewhere,” said **Hospital Corpsman 3rd Class (FMF) Jason Russo**.

“We’ve got the best corpsmen the Navy has to offer,” said JWTC Commanding Officer, **Lt.Col. Z.E. “Zene” Fearing**. “I know that I never have to look over these guys’ shoulders.”

The JWTC, established in 1958, grew from the concepts and traditions of the school once known as the Northern Training Area. This rugged 20,000 acres of jungle terrain, consisting of unique and demanding mountains, dense single-canopy vegetation and often harsh tropical weather, has prepared U.S. Marines and Sailors for combat missions and operations around the world.

The Marines and Sailors of the JWTC live and work at Camp Gonsalves, the central base camp named after U.S. Marine **Pvt. 1st Class Harold Gonsalves**, a World War II Medal of Honor recipient in the Battle of Okinawa.

Outside Camp Gonsalves’ few creature comforts, it’s like returning to the Stone Age. No traffic, no cell phones, not even an alarm clock. It’s those snakes and red mud and big angry ants — welcome to the jungle, baby.

They may be the “Docs,” but at JWTC, corpsmen aren’t there just to bandage up a few cuts and pass out something to soothe aches and pains. They are full-fledged members of the staff, teaching jungle survival alongside their Marine counterparts.

“We’re not just here to be corpsmen,”

said **Russo**. “We actually teach the survival courses. But, when there’s an emergency, we’re back in action. A lot of bad things can happen in the jungle.”

And although the majority of the JWTC students are from the Marine Corps, a small number of Sailors, usually FMF Corpsmen and Seabees, go through the course each year.

The six-day jungle skills course teaches the specific skills required for personnel to survive in the jungle. Instruction is conducted in an expeditionary environment and emphasizes small unit skills. It’s designed to increase a unit’s ability to attack, defend, patrol, resupply and survive in a jungle environment.

“They really learn a lot while they’re here,” said **HM3 Jason Beard**, one of JWTC’s three Navy instructors. “Patrolling, land navigation, first aid and how to find food in the jungle, all the things needed for survival.”

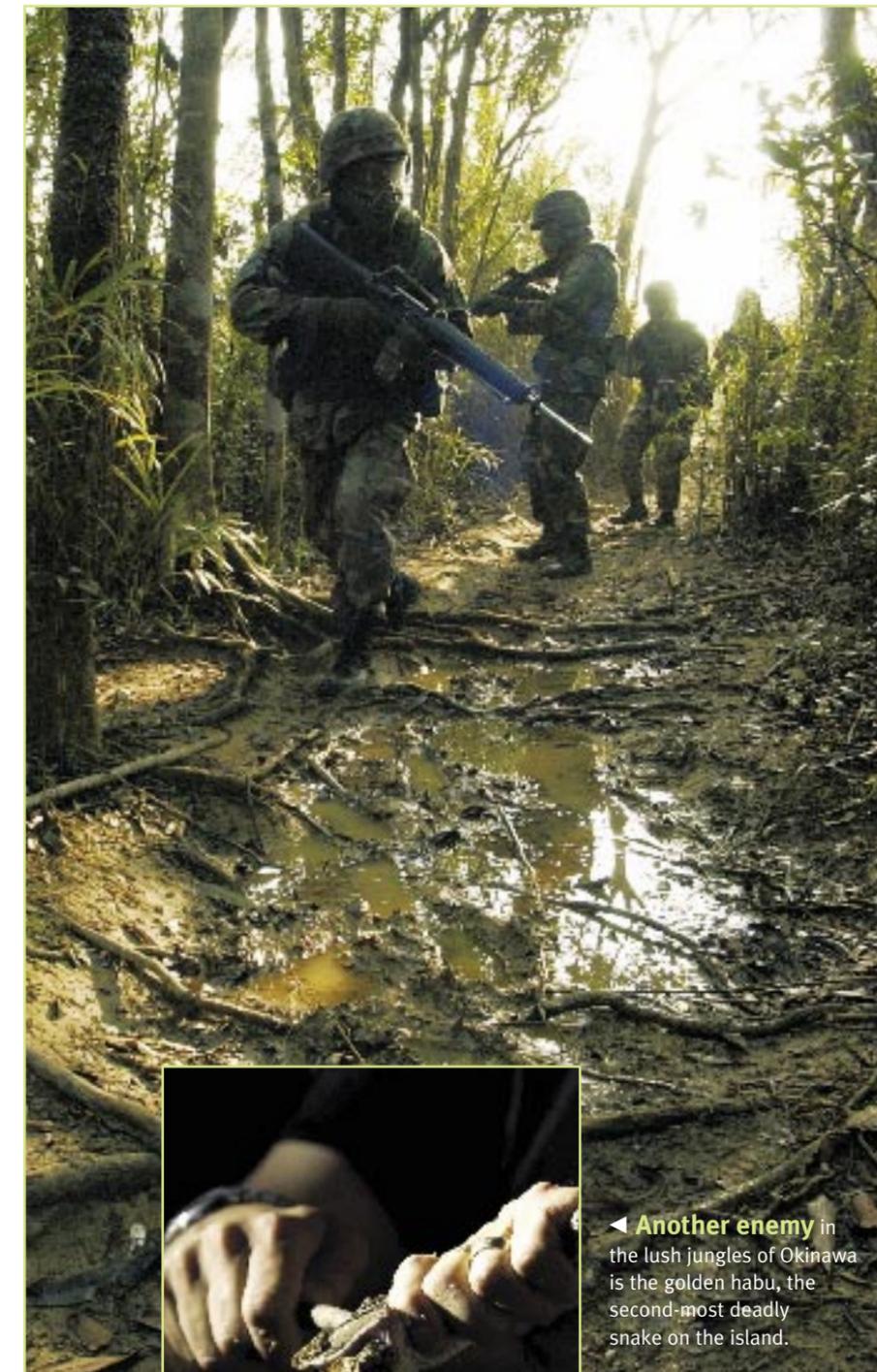
OK. So you have to get from point A to point B on the map. Five kilometers, no problem. Sound easy? Well, guess again. Remember the vegetation and the mud? Throw in the fact that most of the path is going up or down steep grades that appear out of nowhere in the thick brush, and you’ve got Jungle Land Navigation.

“For most students, this part is the hardest,” said Marine Corps **Staff Sergeant Johnson**, a JWTC instructor. “There’s just so many ways to get turned around out there.”

“The jungle was a truly humbling experience,” added **HM3(FMF) Rudy Estrada**, a member of the **3rd Medical Battalion, 3rd Force Service Support Group**.

While at JWTC, students must complete three land navigation exercises including one at night. “The night land nav can get pretty hairy. There’s a lot of

▼ **It’s not just the enemy** you have to worry about in the jungle. Obstacles such as sucking mud and tree roots reach out to trip you up at every turn.



◀ **Another enemy** in the lush jungles of Okinawa is the golden habu, the second-most deadly snake on the island.



▲ **Marine Corps Gunnery Sgt. Smith**, one of the JWTC instructors, gives a lesson on finding and killing food in the jungle at JWTC's "Third World Village."

opportunities to get lost or hurt, so we're always ready to do search and rescue if something goes wrong," said **Beard**.

For most JWTC students, the favorite part of the course is the Jungle Shooting exercise. Students are broken into separate patrol squads and participate in a variety of ambush situations.

Each student receives several hundred rounds of Special Effects Small Arms Marking System (SESAMS) rounds. The SESAMS rounds are paint rounds that are fired through their M-16A2 weapons.

Though the rounds won't kill you, they are sure to leave a nice pink stain and a welt you won't forget. Few come out unscathed, but everyone leaves with a better understanding of what it's like to be under fire in a jungle environment.

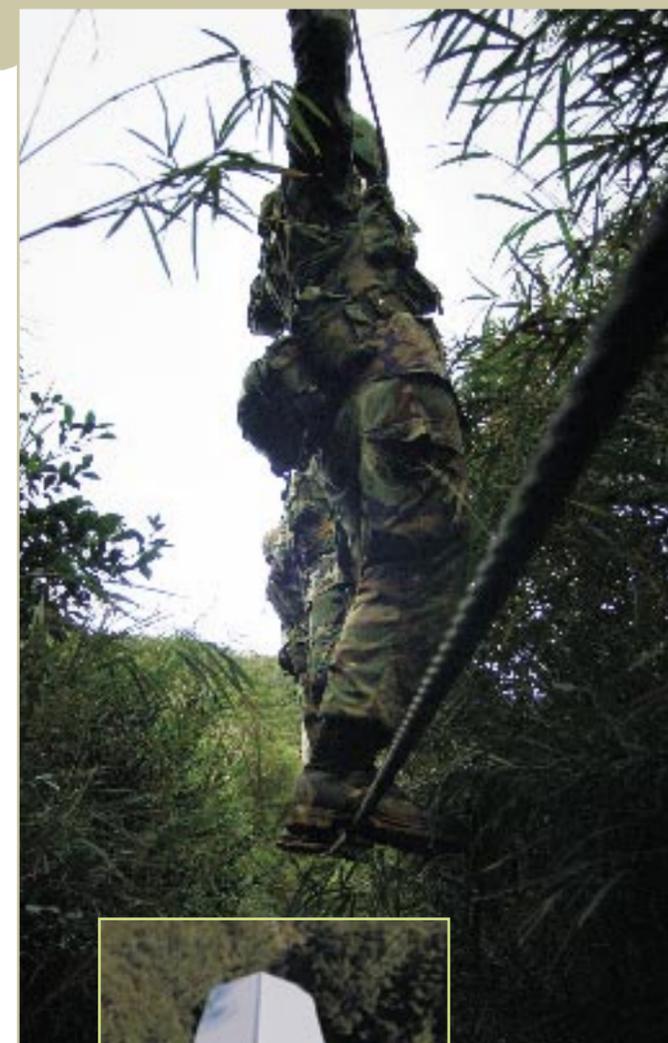
As the end of the week approached, students still faced the squad endurance course, which combines the majority of the skills learned throughout the six-day course. It also includes 3.5 miles of winding paths through the mountainous jungle terrain, hasty rappelling, mud and water crossings, rope bridges and a "slide for life."

The final mile was made more difficult, as participants constructed a field litter out of battle dress uniform tops and tree branches to carry the heaviest person in their squad to the end of the course.

This culmination of the skills pushes all the students to their limits and stresses the concept of teamwork. No one gets left behind.

"It was very tiring and a lot of hard work, but I really enjoyed it," said **HM3 Emily Fain**. "It was exciting to get a chance at some difficult jungle training to broaden my skills in the field." ■

*Houlihan is a photojournalist assigned to All Hands.*



▲ **Far below the clifftop**, JWTC students assemble to get a safety lecture before attempting the rappelling class.

► **To give the feeling of reality**, JWTC students shoot live paint rounds through their own M-16s. Simunition rounds won't kill you, but even through BDUs, they leave a welt that you won't soon forget.



# WELCOME TO THE JUNGLE

◀ **The traditional way of doing things** is often put aside in the jungle. Here, students cross a gorge using a pair of high tension wires. ▼ **Students make their way** down a jungle trail, as they head back to their hooches for the night.



WHEN THE AVERAGE AMERICAN THINKS OF martial arts, the first thought that pops into mind is the art of karate. After all, actors like Ralph Macchio punched this Japanese art to the front of American culture when he portrayed Daniel in the movie "Karate Kid." Later, it was actors like Steven Segal and Jean Claude Van Damme who began to show the action junkies in the West just how brutal martial arts could be when acted out on the sets of Hollywood.



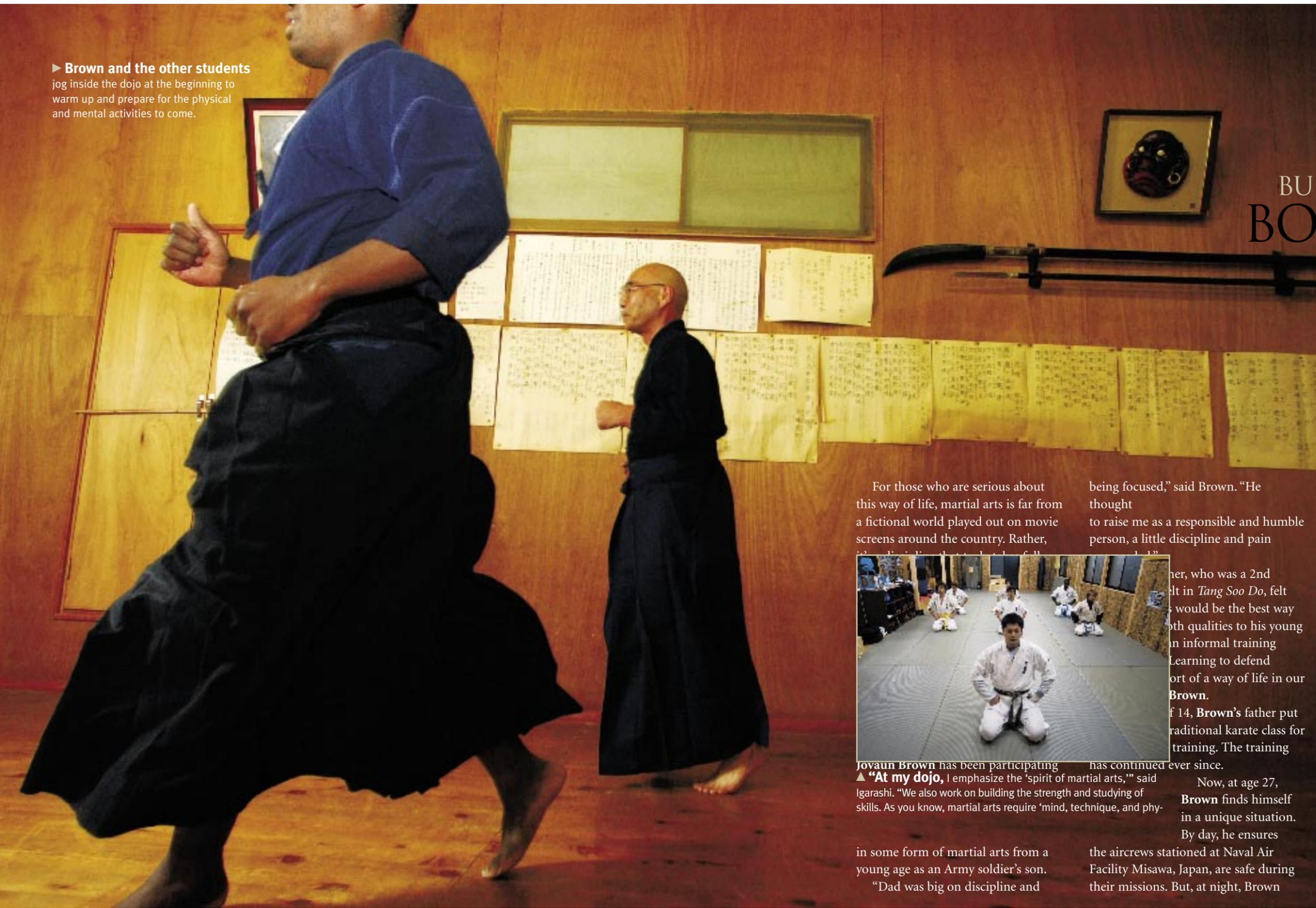
# BUILDING THE BODY, HEART & MIND

Sailor Grows Stronger While Stationed in Japan



▲ PR2 (AW/SW) Jovaun Brown is taking full advantage of living in the Far East. Learning martial arts from a young age has given him the opportunity to learn and grow in the homeland of martial arts while being stationed at the Naval Air Facility Misawa, Japan.

► **Brown and the other students** jog inside the dojo at the beginning to warm up and prepare for the physical and mental activities to come.



BUILDING THE BODY, HEART & MIND



For those who are serious about this way of life, martial arts is far from a fictional world played out on movie screens around the country. Rather,

being focused,” said Brown. “He thought to raise me as a responsible and humble person, a little discipline and pain



**Jovaun Brown** has been participating in martial arts since he was 14. “At my dojo, I emphasize the ‘spirit of martial arts,’” said Igarashi. “We also work on building the strength and studying of skills. As you know, martial arts require ‘mind, technique, and phy-

ner, who was a 2nd belt in *Tang Soo Do*, felt this would be the best way to instill both qualities to his young son through informal training. Learning to defend oneself is a part of a way of life in our dojo,” said Brown.

At 14, **Brown’s** father put him in a traditional karate class for his own training. The training

in some form of martial arts from a young age as an Army soldier’s son. “Dad was big on discipline and

has continued ever since. Now, at age 27, **Brown** finds himself in a unique situation. By day, he ensures the aircrews stationed at Naval Air Facility Misawa, Japan, are safe during their missions. But, at night, Brown



▲ **Martial arts requires body strength,** but that is not the overall goal. “If you only wish to be physically strong, there are many other types of training focused on boxing and free-fighting, and of course, those who wish to be strong will be no matter what type of fighting skills they acquire,” said Igarashi. “I started with martial arts for the reason that I wanted to be good at fighting and catch everyone’s attention. But once you get to where you want to be, there will be further goals such as to seek for the meanings of practicing martial arts and how it would affect your personality.”



▲ **Brown takes advantage** of being stationed in Japan by learning his art in the local dojos. Often he finds he is the only American in many of his classes.



◀ **Brown's Daiado Juku Instructor**

Yugi Igarashi keeps a keen eye on the training of his students. "I think people from some other countries are more masculine and physically built strong," said Igarashi. "If I tell my Japanese students about it, they would not believe me unless they actually see them with their own eyes, hence having foreigners as students at my dojo allows them to do that, which is a very good incentive."

▶ **The attention to detail** while folding his training outfit is just as important as the training itself. "In swordsmanship, first of all, I expect my students to learn to put on the *hakama* (Japanese traditional clothes, nowadays used in formal ceremonies and martial arts' training) properly and to know all the manners," said Koike. "Second, we go on our training by understanding the basics and logic of sword skills, so the beginner would feel more confident about it and eventually enjoy the practice."



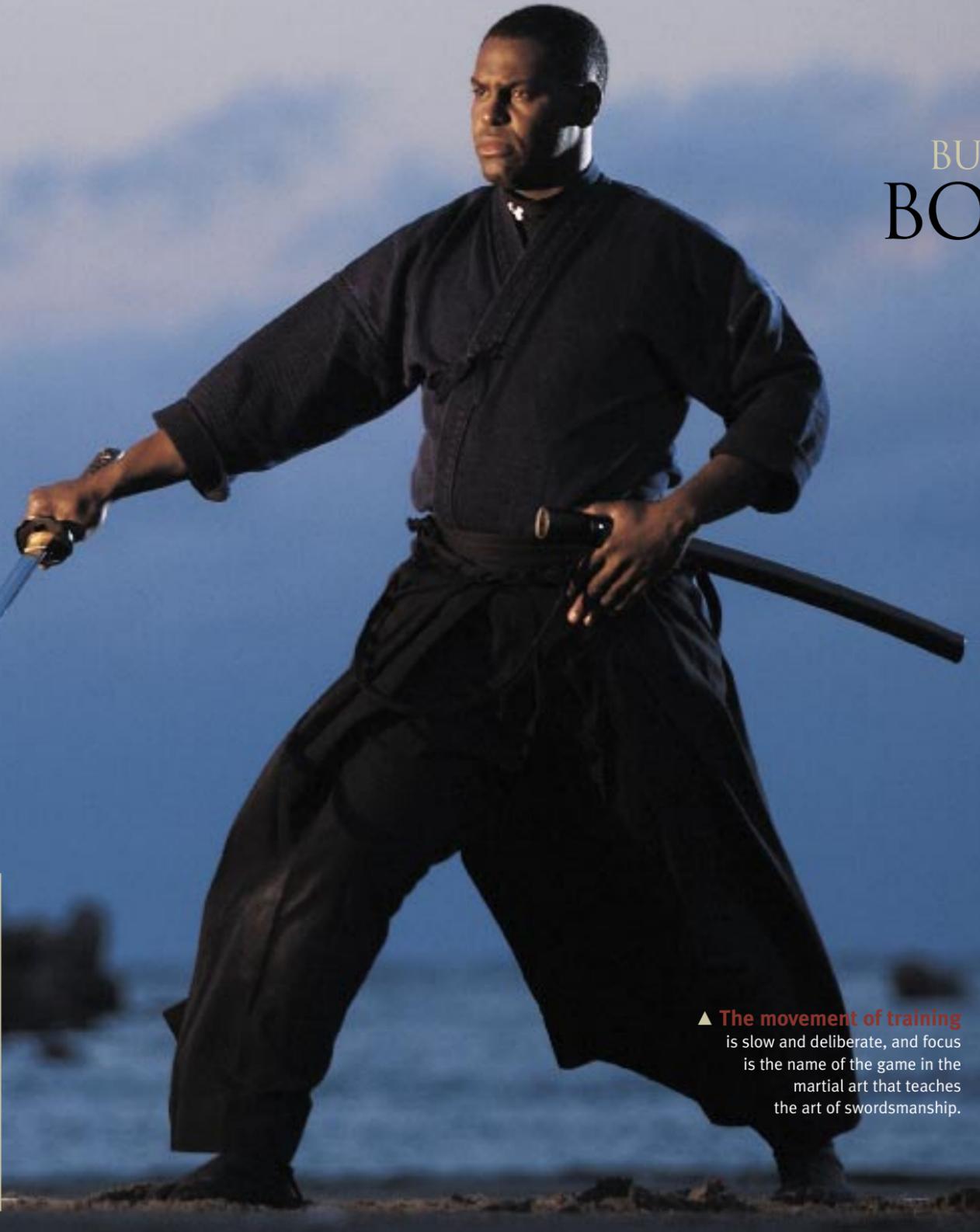
goes to work as a student of history and discipline. "It's kind of ironic that [martial arts] can be used to hurt or kill someone," said **Brown**, "where at work as a PR, my job is to save lives."

Now, his goal isn't to become some senseless killing machine, but to get in the mindset of those who have studied the disciplines.

"I have always wanted to understand what it was like to be a warrior at that time," he said. "Once I got into it, I began to enjoy what it really had to offer. It is a discipline that teaches focus, patience and basically life endurance."

There are just as many reasons people participate in martial arts as there are disciplines. And it's not uncommon to find warriors who study in several areas.

**Brown** is no exception. He studies



▲ **The movement of training** is slow and deliberate, and focus is the name of the game in the martial art that teaches the art of swordsmanship.



# BUILDING THE BODY, HEART & MIND

*Ninpo Taijutsu* to learn about life and how to succeed. His Judo training, which originated from jujitsu, teaches him patients and perseverance. Karate shows him how to be dynamic and humble, and his *Shinto Ryu Iaido* training teaches him to be dutiful with all things.

"Each one is hard in its own way," said **Brown**. "They are very challenging, just like the Navy, but I persevere in striving to be one of the best with my fellow men — in the past and my present." ■

*Keres is a photojournalist for All Hands.*

# 24 Seven

On Duty On-the-Hour Every Hour

Story by JO2 Charles Ludwig, photo by PH1 Aaron Ansarov

For some Sailors, the hospital corpsman (HM) rating conjures up thoughts of shipmates at sea and on shore recording patients' vital signs, conducting audiograms and eye exams or administering any one of a seemingly endless list of immunizations. To the outside observer, an HM's daily routine never seems to change — first comes morning sick call, followed by cleaning something, routine appointments, lunch, more general duty — and then the cycle begins all over again.

For **HM1 Sylvia Wasden**, along with the other corpsmen assigned to Seabee units throughout the world, that cycle is far from routine. As an independent duty corpsman (IDC) with **Naval Mobile Construction Battalion (NMCB) 74**, Wasden is

## Caring for the Injured

known as "Doc." She is always working to prevent and treat any illnesses and injuries that can occur in the field, from influenza to broken bones, or worse.

And if the pressure of aiding the sick and injured wasn't enough, an IDC does all of that without the benefit of hospital staff and resources commonly used in the medical arena. It's a job requiring many skills — skills that Wasden and fellow IDCs spend years training and honing.

All that training was put to the test in October 2002, when Wasden and her battalion were deployed to the Middle East in support of **Operations Enduring Freedom** and **Iraqi Freedom**.

"That was actually both an exciting and tough time for everyone involved,"

Wasden said. "It's

never fun to potentially be in harm's way, but you have a job to do. It's what we're trained to do."

But treating the sick and wounded in a shore-based hospital, and doing it in the middle of war-torn Iraq are two different things. In the 10 months she was deployed, Wasden was responsible for treating injuries ranging from your basic sick call symptoms to joint and muscle problems, all while anxiously looking over her shoulder, dealing with inclement weather and the occasional sandstorm.

Even that's mild compared to another very dangerous aspect of Wasden's work. At any point in time, her battalion could come under fire, opening up a dreadful set of possibilities.

"It was very different working on shore," she said. "In Iraq, you always expected the worst. You never knew if you were going to end up taking fire somewhere. You had to be prepared for anything."

Luckily, the battalion never did come under fire in Iraq, and they made it back to Gulfport, Miss., in June.

For Wasden, the homecoming was a bittersweet experience. "We did a lot of good for the Iraqi people while we were there. We helped them get their liberty," she said. "But, it's kind of sad to leave, because you don't know what's going to happen to them. They didn't want us to leave, so we must have done some good."

*Ludwig is a journalist assigned to Navy NewsStand, Ansarov is a photojournalist assigned to Fleet Combat Camera Group, Pacific*

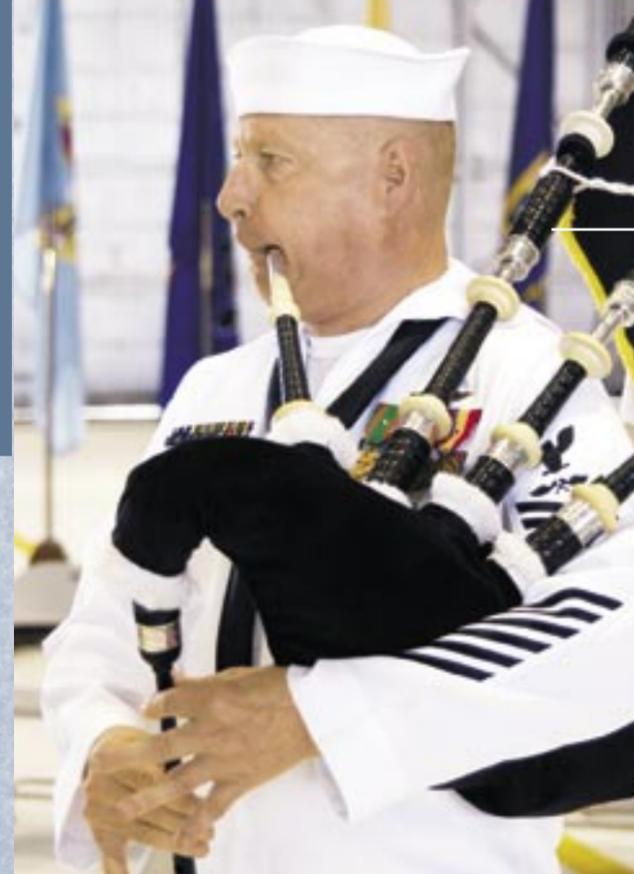
# Eye on the Fleet

**Eye on the Fleet** is a monthly photo feature sponsored by the Chief of Information Navy Visual News Service. We are looking for **high impact**, quality photography from **Sailors** in the fleet to showcase the American Sailor in **action**.



◀ **Clean Sweep**  
UTCM David Daniels surfaces from a dive with his Kuwaiti counterparts during a recent joint debris clearing operation. Daniels and the members of Underwater Construction Team (UCT) 1, homeported in Little Creek, Va., work side-by-side with their Kuwaiti hosts on a daily basis, re-shoring piers and clearing underwater debris.

Photo by JO1 Joseph Krpel

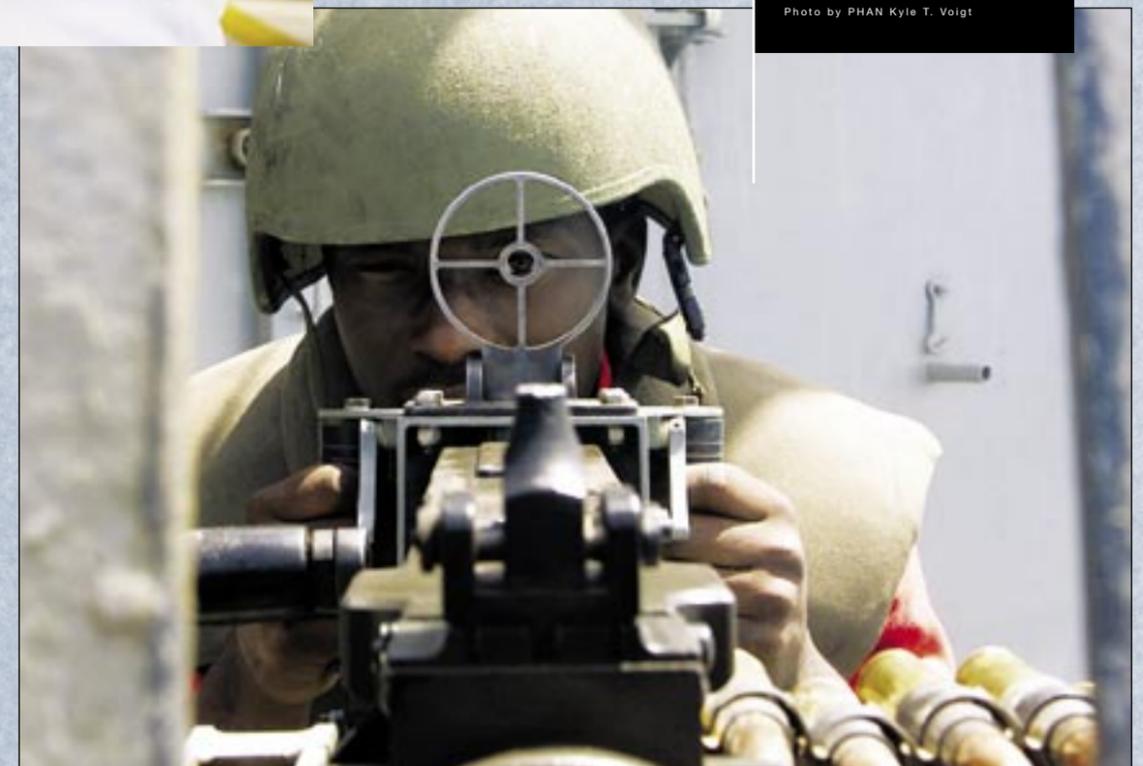


◀ **Scotland in Hawaii**  
AM1 Dan Titus plays the bagpipes at the Fleet Logistics Support Squadron (VR) 51 change of command, Kaneohe Bay, Hawaii. CDR David Valente relieved CDR Douglas J. McIlraith as commanding officer of the squadron.

Photo by PH2 Dennis Cantrell

▼ **Constant Watch**  
AO3 Lavander Segars from Hartsville, S.C., takes aim on his target with a .50 caliber machine gun aboard USS Saipan (LHA 2).

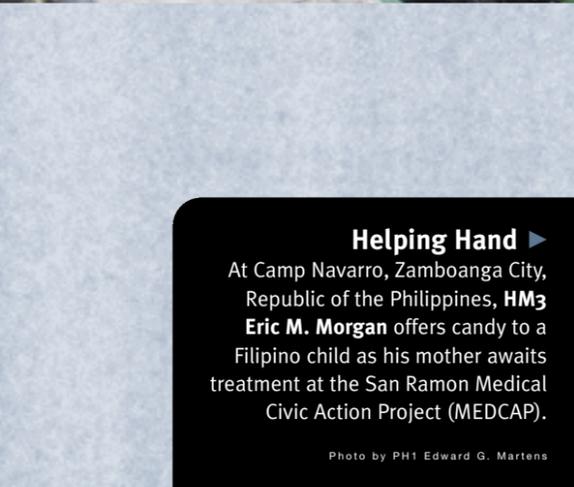
Photo by PHAN Kyle T. Voigt



**To be considered**, forward your high resolution (5" x 7" at 300 dpi) images with full credit and cutline information, including full name, rank and duty station. Name all identifiable people within the photo and include important information about what is happening, where the photo was taken and the date. Commands with digital photo capability can send attached .jpg files to: [navynewsphoto@hq.navy.mil](mailto:navynewsphoto@hq.navy.mil)

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For a new **Eye on the Fleet** everyday, click on the Navy NewsStand's home page, [www.news.navy.mil](http://www.news.navy.mil), for fresh images of your shipmates in action.



## Helping Hand ▶

At Camp Navarro, Zamboanga City, Republic of the Philippines, HM3 Eric M. Morgan offers candy to a Filipino child as his mother awaits treatment at the San Ramon Medical Civic Action Project (MEDCAP).

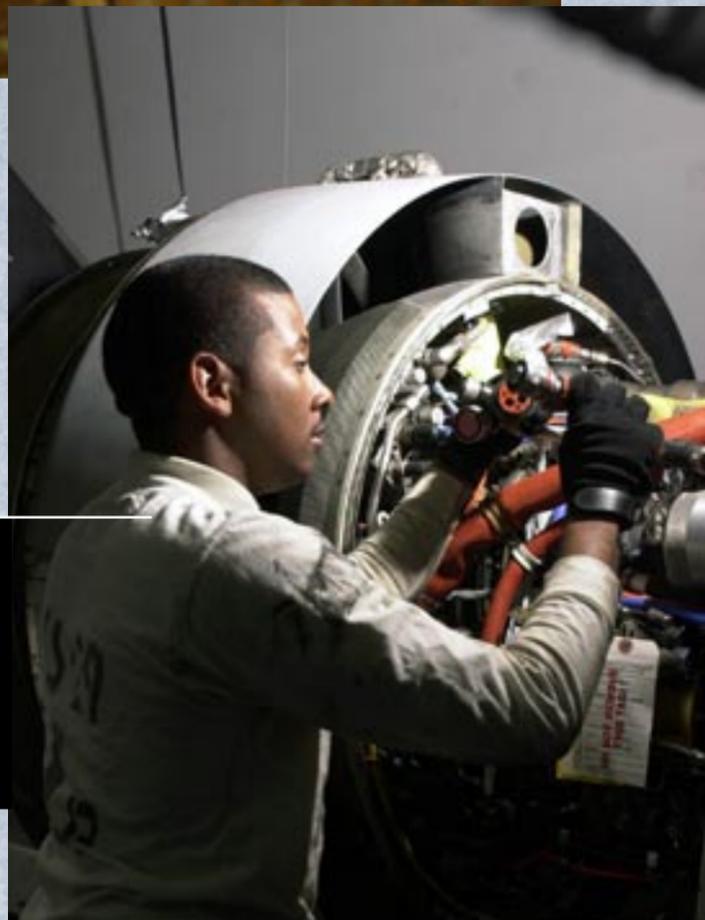
Photo by PH1 Edward G. Martens



# Eye on the Fleet



**Ready... Aim... ▲**  
**MA1 John Mendonca** from Honolulu, takes some target practice with a 9 mm pistol at the Japanese Maritime Self Defense Force (JMSDF) indoor rifle range near Yokosuka, Japan.



**Turbo Charged ▶**  
**AM2 Isaac Sampson** Of Baltimore, inspects the Turbo Fan (TF) 34 jet engine of an **S-3B Viking**, attached to Sea Control Fixed Wing Squadron (VS) 29 before installation aboard **USS Nimitz (CVN 68)**.

Photo by PHAN Shannon E. Renfro



## ◀ Navy Squall

Flight deck personnel work to secure **Carrier Air Wing (CVW) 9** aircraft during a rain squall aboard **USS Carl Vinson (CVN 70)**. *Carl Vinson's* Carrier Strike Force is participating in the military training exercise **Tandem Thrust '03** while operating in the Marianas Island training area. The exercise will focus on crisis action planning and execution of contingency response operations.

Photo by PHAN Dustin Howell



## Camp Patriot ▲

The residents of **Camp Patriot** have been key in the forward movement of nearly all the equipment and personnel the U.S. Marine Corps brought to the fight. The camp was constructed and later maintained by U.S. Navy **Seabees of Amphibious Construction Battalion (ACB) 1**.

Photo by JO1 Joseph Krypek

## ▶ Seeing Sound

An **F-14B Tomcat** assigned to **Fighter Squadron (VF) 32** reaches the sound barrier on a low altitude, supersonic fly by, during an air power demonstration for the crew aboard **USS Harry S. Truman (CVN 75)**.

Photo by PHAN Justin Osborne



# Eye on History

**Eye on History** is a monthly photo feature sponsored by the Naval Historical Center.

For more photos pertaining to naval history, go to [www.history.navy.mil](http://www.history.navy.mil).



◀ **1943**

This is a field "cooler." Its burlap sides help to preserve food. It is suspended from a tree to provide ventilation and to keep insects away. Here, **SN O.M. McKeith** checks on the food drawn by **SN J.E. Hicks**.



▼ **1973**

**PR3 Al Burton** and **PR3 Kevin McCoy** check **SMC Bob Mozingo's** standard Navy chest pack. Mozingo, the second most decorated Sailor to serve in Vietnam, is taking a one-week course in basic parachute training. He serves as an instructor in the survival training department at Pacific Fleet Specialized Operational Training Group, Naval Air Station North Island, Calif.



**1955** ▲

The face of **Santiago Lifofoi** reveals his torturing 40 hours in Pacific waters as crewmen take him below to sick bay. Kept afloat by three life jackets, he was spotted by **AEAN Harley Witte** from a search aircraft. Lifofoi's two missing companions tried to swim 30 miles to Guam. Carrying Lifofoi are **SN Delbert Blair** and **SN Silas Carpenter**.

**1952** ▶

Four naval airmen ice fish during their "Arctic Area" survival training under actual conditions. The men must learn to live by their ingenuity until located by rescue searchers.



**1967** ▶

**USS Forrestal (CVA 59)** crew members work their way through dense, oily smoke to combat the flight deck fire.



U.S. Navy Photos Courtesy of the Naval Historical Center

## The Final Word

# Giant Cheeto Helps Feed Small Town

Story by JO2 Phil Hasenkamp

**R**andom acts of kindness come in many shapes and sizes. One might help a child whose kitten is stuck in a tree. Or someone could spontaneously jump out of his or her car in heavy traffic and help someone else push their stalled car to the side of the road.

But Storekeeper **1st Class Michael Evans** of Fleet Industrial Supply Center Pearl Harbor, chose another, more peculiar way to show his benevolence.

He mailed a deformed Cheeto back to the manufacturer, Frito-Lay, in hopes of feeding a small town. His decision to give up his lemon-sized “snack-a-saurus” to charity may have lost him a small fortune, but has made a huge impact for the needy of Algona, Iowa.

“I poured a bowl full of Cheetos for my kid, and out came this absolutely huge Cheeto,” **Evans** said. “It was just beyond imagination, and I was really repulsed by it. So I picked it out with a paper towel, and I was going to throw it away.

“But I just stopped and looked at it and said, ‘There’s enormous humor potential here.’ And being the humorous person I am, I asked myself, ‘What’s the absolute, funniest thing I can do with this Cheeto?’ So I listed it on E-bay.”

**Evans** had absolutely no idea of what would come next for his lemon-sized Cheeto.

“It’s funny, you got to think to yourself, ‘Who’s the crazier one?’ Is it the person who put the Cheeto on E-bay, or is it the person who actually bid on it?”

And bid they did. Sincere bids for the deformed hunk of cheesy cornmeal rose to around \$5,000.

Bryce Wilson, a disc jockey for KLGA, Hometown Radio of Algona, saw reports of the Cheeto on CNN.

“I was doing show preparation and I saw something about the huge Cheeto on the news,” Wilson said. “As kind of a joke, I asked listeners to pool together money for [the Cheeto]. I had no idea that this would happen.”

But hackers and pranksters stole the show by bidding in the millions of dollars, causing E-bay to close the auction. After the auction was stopped on E-bay, Wilson e-mailed **Evans**, offering \$180 for the wayward Cheeto.

So **Evans** executed “Plan B.”

“It’s one of those things that you have to take a look at and say,

‘Where are my values?’ And my values are, ‘Hey, I’m going to do the right thing,’ he said. “I could’ve had money for [the huge Cheeto], and I could’ve enriched myself with it, but that wasn’t the intent of what I was trying to do. So I donated it to charity.”

**Evans** told Wilson to take the \$180 and donate it to the nearest food bank.

After finding out **Evans** had donated his “Cheeto money” to the Iowa’s Kossuth County Food Bank, Frito-Lay, the makers of Cheetos brand snacks, donated \$1,000 to the food bank and gave a large amount of Frito Lay merchandise to Wilson to auction on his radio shows.

An anonymous man from Indianapolis donated \$2,500 in the name of the Cheeto to the March of Dimes.

And the recognition didn’t stop there. Algona Mayor Lynn Kueck proclaimed a “Cheetos Day” in the city. Jimmy Kimmel, host of ABC’s “Jimmy Kimmel Live,” sent a crew to Algona to broadcast the unveiling of the Cheeto in its display case in Sister Sarah’s restaurant in Algona.

“There was absolutely no hesitation for me to have the Cheeto displayed here,” said Sister Sarah’s owner Tom Straub. “This is 15 minutes of fame.

It just goes to show you that there is no such thing as an insignificant conversation.”

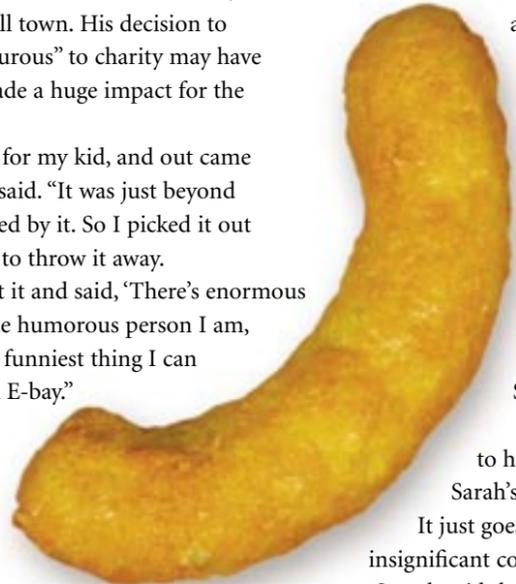
Straub said the Cheeto now sits on a gold-tasseled, purple velvet pillow, inside a glass case. “I have a security camera on it, but I don’t anticipate there being any security problems,” he said, pointing out that he’s made an addition to his restaurant’s menu in honor of the Cheeto. “It’s called Cheeto Soup.”

According to Frito Lay officials, **Evans’** Quasimodo-like Cheeto is the largest ever produced since the company began making the snack in 1948.

“I never intended for any of this to happen,” **Evans** added. “It started off as a little bit of fun I wanted to share with my family. But the world grabbed it and took off with it. It’s really amazing that something as silly as a Cheeto can do so much good for people.” ■

*Hasenkamp is a journalist assigned to the public affairs office, Pacific Fleet, Pearl Harbor*

Photo by Marco Marchegiani/Rabli + Bates Design Co.



his  
Recruiter  
warned him  
it would be Tough.



But, he’s up to the challenge of being a...



...are you?



**IS3 Leona DeMoss**  
**MA2(SW) Bruce Simmons**  
**PC2 Kenneth Norman**  
**AE1(AW) Kevin Shahan**  
**MM2(SS) Michael Lloyd**  
**STS1(SS/DV) Terry Giles**  
**ET2(SS) Justine Payne**  
and **CTR1 Michael Stout**  
reenlisted at the White House  
July 1, 2003 commemorating  
the 30th Anniversary of the  
All-Volunteer Military Force.

*“The Sailors of our All-Volunteer Navy are making a difference in the World.  
You can be a part of the solution.”*

— MCPON Terry D. Scott

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