Technically speaking

AMH2 Julie Link, assigned to HS 10 at NAS North Island, San Diego, inspects a deswirl duct from the engine of an SH-60F helicopter. Link is a native of Crawfordsville, Ind. Photo by PH1(SW) Mike Parsell, Fleet Imaging Center Pacific, San Diego.

Passing the word

SM2 Scott Bowser, a native of Riverside, Calif., communicates from USS John Paul Jones (DDG 53) to other ships operating off the coast of San Diego by using flashes of light. Photo by PH1 Steven Cooke, Fleet Imaging Center Pacific, San Diego.
Any Day in the Navy

May 18, 1994, was like any other day in the Navy. Sailors and Marines stood watches, steamed ships, trained and turned to as part of the worldwide, forward-deployed naval forces team. Although some Sailors and Marines went to work that day only minutes from home, others were at sea and ashore thousands of miles and months away from their families.

In this special issue of *All Hands* that celebrates the Navy's 218th Birthday, you'll see some of the nearly 12,000 photos that were shot on May 18th and sent in by hundreds of our readers. There wasn't really anything special about May 18. It was just another day we were forward deployed or supporting Sailors and Marines in the deployment cycle.

We didn't necessarily pick the most artistic or dynamic photos; we selected our photos to reflect the diverse activities our Sailors and Marines are involved in every day as they proudly serve the United States of America. ☝

U.S. Naval Forces Operations

May 18, 1994

406 Ships
Underway: 180 (44%)
5 CVs, 5 LHA/LHDs/LPHs
11 exercises/operations ongoing
with 14 countries
Port visits to 9 countries

Counter-drugs:
3 ships
3 combatants

Atlantic: 66 Ships
USS Theodore Roosevelt
USS Wasp
19 combatants
5 amphibious ships
29 submarines
13 support units

Mediterranean: 24 Ships
USS Saratoga
USS Inchon
10 combatants
4 amphibious ships
4 submarines
6 support units

Red Sea, Persian Gulf:
Indian Ocean: 20 Ships
USS Carl Vinson
USS Peleliu
10 combatants
4 amphibious ships
1 submarine
5 support units

Pacific: 67 Ships
USS Constellation
USS Kitty Hawk
USS Bunker Hill
USS Essex
22 combatants
8 amphibious
15 submarines
22 support units
Navigation detail

QM3 Michael Perreira, from Honolulu, shoots a visual bearing from the bridge of USS Gary (FFG 51). Photo by JOC(AW) Gloria Montgomery, Fleet Imaging Command Pacific, San Diego.

Yes, we’re hiring!

MM1(SW) Kevin Presley, a native of Temple Hills, Md., and a Navy recruiter in Hyattsville, Md., reviews the enlistment contract and enlistment guarantees with applicant Rasoolullah Brother at the Military Entrance Processing Station (MEPS) in Baltimore. Brother is one of the 57,000 people the Navy needs to recruit this year. Photo by PHC Kathleen N. Janoski, Navy Recruiting Command, Arlington, Va.
AO3 Vandy Parron of Portsmouth, N.H., works on a weapons station on a P-3 Orion. Parron is stationed with VP 10. Photo by PH2 Bob Joyal, Fleet Imaging Center Atlantic, Brunswick, Maine.
Waiting for their ship to come in

Dottie Cope and Jean Burgess brave a springtime drizzle to greet their husbands' return to home port in Gaeta, Italy. Cope, whose husband is a gunner's mate in the weapons department on board USS Belknap (CG 26), is Belknap's ombudsman. Burgess's husband is assigned to the staff of the 6th Fleet Commander as a cryptologic technician.

Photo by PHC Jack Baum, 6th Fleet Public Affairs.
Vigilant lookout

SN Charles Pendleton keeps a sharp eye out for any contacts on the horizon as USS Elliott’s (DD 967) starboard lookout. Photo by BM3(SW) Jack Cooley, assigned to USS Elliot (DD 967).

Footprint of a star

Marge Dilley makes a nice impression of newborn Drake Kamren’s right foot on his birth certificate as his father, Steve Genest of Missoula, Mont., looks on in the delivery room at the naval hospital at NAS Whidbey Island, Wash. Photo by PH1 Richard D. Estep, assigned to Fleet Imaging Center Pacific, Seattle.
One hungry Sailor

GMM2 James Watkins eyes chow during the noon meal on board USS Jesse L. Brown (FF 1089). Photo by Scott D. Halford, assigned to NAS Pensacola, Fla., public affairs office.

Need a lift?

AO2 Douglas Wentz (left) of Rockland, Calif., and AO3 Myron Alan of Clearmont, Fla., stationed at VFA 25 “Fist of the Fleet,” help their shipmates lift a GBU-12 onto the wing of an F/A-18 Hornet. Photo by PH1 Donald E. Bray, assigned to USS Carl Vinson (CVN 70).
Orders to the helm

TM3(SS) Dan Lindsey (left) of Fulton, N.Y., stands watch as helmsman on board USS Parche (SSN 683) while TMSN Jim Ingelis (right) of Kansas City, Kan., stands the planesman watch. Photo by PH1 Ward Quayle, assigned to Commander Submarine Development Group One.
Exit to the rear

RM2 Steve Ford, assigned to Quick Reaction Company, Joint Communications Support Element, MacDill AFB, Fla., and other paratroopers practice safely exiting an aircraft while in flight. Ford is a native of Cleveland. Photo by RM1 Robert B. Harris, MacDill AFB, Fla.

Chef's special

MS3 Velma Finley, a native of Malvern, Ark., removes a pan of noodles from a warming rack. Finley is assigned to the staff of NAS Key West, Fla. Photo by PH2 Douglas F. Mooney, Fleet Imaging Center Atlantic, Jacksonville, Det. Key West, Fla.

Security conscious

SA Marcus Anderson checks to ensure boat tie downs on USS John Paul Jones (DDG 53) are secure during a boat inspection. Photo by PH1 Steven Cooke, Fleet Imaging Center Pacific, San Diego.
Camp Pleso in Zagreb, Croatia, is a U.N. encampment located on the former Yugoslavian Pleso Air Base, which adjoins Zagreb's commercial airport. The area is still partially occupied by the Croatian military.

The American compound is a tent city built on a portion of Croatian Airlines tarmac and is manned by personnel assigned to Joint Task Force Provide Promise (Forward), including Fleet Hospital Zagreb, a Naval Mobile Construction Battalion 40 detachment from Port Hueneme, Calif., and a small Marine detachment from 2nd Force Service Support Group, Camp Lejeune, N.C.

Nearby, a French battalion clears a heavily mined area that will take years. When the Yugoslavian National Army pulled out, large numbers of mines were laid in an attempt to make the air base unusable.

Camp Pleso is a deceptively peaceful place where only the occasional Croatian MiG or U.N. aircraft breaks the silence. But evidence of the instability of the region rolls into the hospital on a regular basis. Bodies of soldiers ripped apart by mines and mortar fire arrive on MedEvac flights from all over the former Yugoslavia.

Therien is assigned to Fleet Imaging Command Atlantic, Norfolk.
Post operation

< CDR Dana C. Covey rawraps a wound after an operation.

Intense work

▼ CDR Dana C. Covey operates on an open femur wound caused by a mortar.

The good doctor

◆ LCDR Kerry Thompson of Indianapolis, head of physical therapy at Fleet Hospital Zagreb, visits Russian Private Dmitri Gluhoski. The 18-year old lost his left leg when he stepped on a land mine in Croatia. The land mine blew bits of metal and dirt into his right leg, and propelled one of his boot nails into his knee joint.
Sonar contact

STG3(SW) Dong You, from White Plains, N.Y., stands duty sonar operator in the sonar control room of USS John Paul Jones (DDG 59). Photo by PH1 Steven Cooke, Fleet Imaging Center Pacific, San Diego.
Welcome home, Sailor

Members of USS Florida’s (SSBN 728) Blue Crew are reunited with their families, most of whom traveled from Bangor, Wash., to NAS Alameda, Calif. Photo by PH2(SW) D.W. Novotasky assigned to USS Abraham Lincoln (CVN 72).

Raising the roof

A USO volunteers from NAS Jacksonville, Fla., take an active part in a housing rehabilitation program in the city. Photo by PH2 Robert Swinland, assigned to Fleet Imaging Center Atlantic, Jacksonville, Fla.

Washin’ down the bird

AMH1 Robert Coats washes those hard-to-reach places on a P-3 Orion at Kadena Air Force Base in Okinawa, Japan. Photo by PH3 Sean Mulligan, Fleet Imaging Facility Pacific, Okinawa, Japan.
Mess cooking

OSSN Ryan K. Harper of Idaho Falls, Idaho, scrubs away in USS Enterprise's (CVN 65) scullery. **Photo by PH2 Anibal Rivera assigned to USS Enterprise (CVN 65).**
Star bright

AA Doug Hmis, a native of Santa Cruz, Calif., assigned to VAW 113 “Black Eagles,” does his part to keep America beautiful on the flight deck of USS Carl Vinson (CVN 70). Photo by PH1 Donald E. Bray, assigned to USS Carl Vinson (CVN 70).

Bring ‘em back alive

SN William McGee from Kansas City, Mo., a student at rescue swimmer school at NAS Pensacola, Fla., brings up a “victim,” AA Sean Krug of Portland, Ore., during final testing on the helicopter training device. Photo by ENS James G. Lewis III, assigned to NAS Pensacola, Fla.

Ground control

Air traffic controllers handle the traffic at Naval Air Station Brunswick, Maine. Photo by PH2 Bob Joyal, Fleet Imaging Center Atlantic, Brunswick, Maine.
I do swear

Navy applicants at the Military Entry Processing Station, Jacksonville, Fla., are sworn into active service. *Photo by AN Steven Harbour, Fleet Imaging Center Atlantic, Jacksonville, Fla.*

Getting ready for flight ops

BM3 Ernie Morris of Hardinsburg, Ky., prepares tie-down chains for flight operations on board USS *John Young* (DD 973). *Photo by LTJG Nicholas Serenyi, USS John Young* (DD 973).
A final awards ceremony is held on the heli deck at USS DAVIS MONTGOMERY (FFG 108) while pierside at Naval Station Norfolk, Va. The ship was commissioned the following day, and transferred to the Turkish Navy. Photo by PH1 Greg S. McCreash, Imaging Center Atlantic, Norfolk.
On duty

MA1(AW/SW) Edwin Alvarez, a native of Carolina, Puerto Rico, patrols the streets of NAS North Island on his nightly beat. Photo by PH1 M. Clayton Farrington, Fleet Imaging Center Pacific, San Diego.

Underwater construction

Divers work against the current to repair an undersea cable at the Pacific Missile Range Facility, Barking Sands, Hawaii. SW2(DV) David Patterson (left) from Scotch Plains, N.J., uses a hydraulic drill with assistance from CE2(DV) Todd Horne (right) from Meriden, Conn. Both divers are members of Underwater Construction Team 2, Port Hueneme, Calif. Photo by PH1 Leroy Cameron, Fleet Imaging Command Atlantic, Norfolk.
Details

AE3 Eric Rumberger solders a relay replacement for an A-6 on board USS Dwight D. Eisenhower (CVN 69). Photo by PH3 William Quick, Fleet Imaging Center Atlantic, Norfolk.

Morning colors

SN Anthony Hungerman of Tampa, Fla., (left), and SM3 Rick Robinson of Sacramento, Calif., (right) raise the flag during morning colors at Naval Amphibious Base, Little Creek, Va. Photo by PH2 Curtis K. Biasi, Fleet Imaging Center Atlantic, Norfolk.
Shipmates

Four shipmates enjoy each other's company at Naval Base Norfolk. From left are: SN Timothy Crable, Canton, Ohio; SN William Brewer, Pittsburgh; SN Ebony Warren, Detroit; and BM3 (SW) Mary Nelson, Columbia, S.C. Photo by PH1 Alex Hicks, Fleet Imaging Command Atlantic, Norfolk.

Preflight

Seating is scarce in the cockpit of a P-3 Orion during take-off preparations by a VP 11 aircrew. Photo by PH2 Bob Joyal, Fleet Imaging Center Atlantic, Brunswick, Maine.
Virtual reality

A bridge crew from USS Acadia (AD 42) practices getting under way in the Naval Surface Force Pacific’s shiphandling simulator. Pictured are Conning Officer LTJG Chris Downey of Martinez, Calif., ENS James Thompson of Houston (center) and BMC(SW) Paul Jones of Ramona, Calif., in the background. Photo by PH1 R.J. Oriez, Fleet Imaging Center Pacific, San Diego.

Cuts like a knife

WSA Casey Kisser of Yakima, Wash., cuts a new pipe rack at Naval Air Station Sigonella, Italy. Kisser is attached to NMCB 40, Sigonella Photo by PH2 Brian S. Montgomery, Fleet Imaging Center Atlantic, Det. Sigonella.

Honor guard

Naval Station Norfolk Honor Guardsman BT2 Robert B. Bibbins, stands draped with the flag during a change of command ceremony at Naval Base Norfolk, Va. Photo by PH1 Dolores L. Anglin, Fleet Imaging Command Atlantic, Norfolk.
Inspection preparations

Michelle Kohl, a civilian, braids ET2 Karen Harris' hair before an inspection, while MS3 Maureen Kelly looks on. Harris is from Etowah, N.C., and Kelly is from Erie, Pa. Photo by JO2(AW) Laurie Butler, Naval Media Center, Washington, D.C.

I just called to say...

This is one of a Sailor's favorite pastimes. USS Guadalcanal (LPH 7) Sailors line the phones at Norfolk Naval Base Pier #2. Photo by LT Eric J. Petterson, assigned to USS Guadalcanal (LPH 7).

OCTOBER 1994
Pulling together

USS Gary's (FFG-51) deck crew takes in the ship's lines. Photo by JOC(AW) Gloria Montgomery, Fleet Imaging Command Pacific, San Diego.
A Navy family

➤ STSCS Russell A. Jennings (left), who was assigned to USS Birmingham (SSN 695), pauses a moment after his retirement ceremony with his brother, Steve Jennings. The twins are from Quincy, Calif. Photo by Lynette A Christensen, Pearl Harbor.

Say aaah...

➤ ➤ CAPT Brad Keeney (left), from Anderson, S.C., and DN Patrick Hawkins perform operative dentistry at the Naval Dental Center in Charleston, S.C. Photo by Louise Sedlevicius, assigned to Naval Dental Center, Charleston, S.C.

Our daily bread

➤ MS3 Phillip Thomas prepares plenty of dough for baking aboard USS Saratoga (CV 60). Photo by PHAN Oscar Espinoza, assigned to USS Saratoga (CV 60).
On course, on time

A QMSN(SS) Andy Coots, of Ft. Worth, Texas, plots USS 
Parche's fix before the ship heads up to periscope depth. 
Photo by PH1 Ward A. Quayle, assigned to Commander 
Submarine Development Group One.

Where did I put ... ?

Ellen Gillis of Virginia Beach, Va., oversees the packout of 
her family's household goods at NAS Sigonella. She is the 
wife of ET1 Bo Gillis of Homestead, Fla. Photo by PH2 
Brian S. Montgomery, Fleet Imaging Center Atlantic, Det. 
Sigonella, Italy.
Topside stroll

A morning FOD walkdown aboard USS Carl Vinson (CVN 70) ensures debris does not get into the jet engines. Photo by PHAN Jason Drake, assigned to USS Carl Vinson (CVN 70).
Taking the helm  
RM2 James Farrell of Port Orchard, Wash., maneuvers his work boat away from USS Roanoke (AOR 7) after positioning a painting barge alongside. Photo by Rick Ellis, assigned to Puget Sound Naval Shipyard, Bremerton, Wash.

The controllers  
AC1(AW) Gregory H. Hall (right) and AC2 Orlander Bullock discuss the status of late-night air traffic in the radar room at NAS Miramar, Calif. Photo by LCDR David M. Ray a naval reservist with VAW 88, NAS Miramar, San Diego.
Boats

A curious tattoo of two crossed anchors decorates the right hand of BM1(SW) Dennis Towle, a crew member on board USS *Shreveport* (LPD 12). Towle piped aboard guests to a recent change of command on board the ship while it was berthed at Naval Base Norfolk, Va. *Photo by PH1 Dolores L. Anglin, Fleet Imaging Command Atlantic, Norfolk.*

Saying goodbye

CDR Frank S. Klapach presents a flag to the family of SP3 Velma Blakemoore at Arlington National Cemetery. Blakemoore, who served in the Navy from 1945-47, will rest beside her husband, LT William T. Blakemoore. Sitting (from left) is son, John and his wife Estherene; grandson, Alexander Knaub; and daughter, Helen J. Knaub from Lincoln, Neb. *Photo by PHC(AW) Joseph Dorey, Naval Media Center, Washington, D.C.*
Please raise your right hand

Beneath the steady gaze of the “Lone Sailor,” HM1 Donald L. McGuffey from Bradfordsville, Ky., reenlists at the U.S. Navy Memorial, Washington, D.C. Photo by JO1 Kevin Stephens, Naval Media Center, Washington, D.C.

With honor

The Joint Ceremonial Honor Color Guard presents honors during a wreath laying ceremony by the Minister of Defense of Slovakia at the Tomb of the Unknown Soldier in Arlington National Cemetery, Arlington, Va. Photo by PHC(AW) Joseph Dorey, Naval Media Center, Washington, D.C.

Going ashore

BMC(SW) Coefield is piped ashore during his retirement ceremony from USS Anzio (CG 68) at Norfolk Naval Base. Coefield is a plankowner of Anzio. Photo by Edward W. Huntington, assigned to NETPMSA Visual Unit, Virginia Beach, Va.
**Bull's eye**

GM2 Warren Soother, from Skowhegan, Maine, practices his archery skills for an archery tournament at Naval Amphibious Base Little Creek, Va. Soother is stationed with Seal Team 2, at the Little Creek Base. Photo by PH2 Tom Dolan, Fleet Imaging Command Atlantic, Jacksonville, Fla.

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**Two steppin’**

EN1 Chris Gallen, (right) a native of Worland, Wyo., and Robyn Albee take a country line dancing class from Pam Emerson at the San Diego Anchors and Spurs country-western club. Gallen is attached to Explosive Ordnance Disposal Unit 7. Photo by PH2 Daniel D. Syverson, Fleet Imaging Center Pacific, San Diego.

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**Video break**

AR Keenan Williams takes a break from his flight deck duties to test his skills on one of the newly installed video games on the mess deck of USS Theodore Roosevelt (CVN 71). Photo by PH2 Jim Collins, assigned to USS Theodore Roosevelt (CVN 71).
Chip and paint, chip and paint

SN Arman and SN Madina prepare USS Curts' (FFG 38) starboard anchor for a fresh coat of paint while their shipmate, SN Madary, finishes up on the inside of the hawsepipes. Photo by PH3 Mark Pledger assigned to USS Independence (CV 62).

OCTOBER 1994
Boy Scouts

AOC Carnell Johnson (center), of Columbia, Tenn., and his sons Carnell (left) and Neil (right) at a Boy Scout meeting on NAS Key West, Fla. Carnell is the CPOIC of the Weapons Department. Photo by PH3 Karen D. Banks, Fleet Imaging Center Atlantic Jacksonville, Det. Key West, Fla.

Pumpin' it up

OS3 Darrick Horne of Brooklyn, N.Y., takes time out of his daily routine to work out. Horne works for the OIC Division on board USS Theodore Roosevelt (CVN 71). Photo by PHAN Jaime P. Galdames, assigned to USS Theodore Roosevelt (CVN 71).
Onions? Pickles? Ketchup?

For a good snack on the run, Sailors can see Dion Mills at the NEX hot dog cart on NAS Bermuda. Photo by PH2 Gaines, Fleet Imaging Center Atlantic Jacksonville, Det. Bermuda.

Pool shark

AOAN Aaron Werner of VFA 86 "Sidewinders" squares up to take a shot in his barracks lounge at Cecil Field, Fla. Werner is a native of Boston. Photo by PH3 Jeb Randon, Fleet Imaging Center Atlantic, Jacksonville, Fla.

No homework night

Retired PHC Marc Klothakis, of Key West, Fla., and his son Jason, enjoy a "no homework night" to do some fishing before dinner at Sigsbee Park, NAS Key West, Fla. Photo by PHC(NAC) Dorothy L. Klothakis, Fleet Imaging Center Atlantic, Jacksonville, Det. Key West, Fla.

Play hard

All work and no play makes for a dull day. Some of the Sailors assigned to the self-help team get a workout during a pickup basketball game. Photo by PH1 Michael S. O'Hanian, assigned to Fleet Imaging Center Pacific, Oak Harbor, Wash.
Not too short

RM1 Haydee Vazquez, a native of Bronx, N.Y., has her pants hemmed by NEX tailor Vincent Young. Photo by JO2(AW) Laurie Butler, Naval Media Center, Washington, D.C.

Getting underway

The Gold crew of USS Tennessee (SSBN 734) prepares to get underway from Naval Submarine Base Kings Bay, Ga. Photo by Julie Irwin, photo lab, Kings Bay, Ga.

Listen up

An instructor at Naval Station, Treasure Island, Calif., firefighting school briefs his aircraft firefighting students on the care and safe use of a fireplug. Photo by PHAN Russell S. Cramer, assigned to USS Abraham Lincoln (CVN 72).
Team work

CECN Brian P. Fitzpatrick (right) and CE2 Rodney K. Longstratt identify and cut electrical circuits for a warehouse. Fitzpatrick, from Boston, and Longstratt, from Philadelphia, are both attached to CBU 422, Naval Station Anacostia, Washington, D.C. Photo by JO2(AW) Michael R. Hart, Naval Media Center, Washington, D.C.

The most important stores


OCTOBER 1994
Special ops

Big decision

Armed force's applicants complete a long list of evaluations, interviews and exams at Military Entrance Processing Stations (MEPS) before they actually sign up. At MEPS, Navy hopeful Tamica Roberts of Pensacola, Fla., first talks with her boyfriend about whether or not to enlist. In the end, she decided to wait and think about joining the Navy for a while. Photo by PH2 Susan M. Carl, a naval reservist at Naval Base Norfolk.

Soda anyone?

SH1 Marianna Garcia of San Dimas, Calif., restocks soda machines aboard USS Cape Cod (AD 43). Photo by PH1 Kurtis L. Leany, assigned to USS Cape Cod (AD 43).
Checking the seals

DC1(SW) John Kalstad, from Grand Rapids, Mich., checks the seal of a Turkish sailor's oxygen breathing apparatus before firefighting training at the Firefighting School in Norfolk. Photo by PH1 Alex Hicks, Fleet Imaging Command Atlantic, Norfolk.

A slice of home

HM3 David A. Pope of Palm Springs, Calif., finds some time in the evening during his six-month deployment to Fleet Hospital Zagreb, Croatia, to watch a videotape he received from his wife of his 2-year-old son Dalton. "This is my fourth deployment, but the first one away from my child, and it's hitting me harder, it really is," said Pope, who is stationed at Naval Air Weapons Station, China Lake, Calif. "I hope when I get off the plane he reacts in a positive way, you know, comes charging at me instead of clinging to his mom." Photo by PH1 Mark Therien, Fleet Imaging Command Atlantic, Norfolk.
ID update

SN Kaca A. Lyons of Brooklyn, N.Y., processes an application for a family member's identification card. Photo by PH2(AW) James M. Williams, Fleet Imaging Center Atlantic, Rota, Spain.

OOD

Officer of the Deck LT Ithan B. Zimmer, from Lake George, N.Y., performs a pre-deployment check on board USS Cimarron (AO 177). Photo by DK1(AW) Charles E. Thrasher Jr., assigned to USS Cimarron (AO 177).
Meter reading

FN Deanna L. Hansen of Ontario, Calif., (left) and MM3 Theresa Studer take temperature and pressure readings of evaporators on board USS Cape Cod (AD 43) during an underway period. Photo by PH1 Kurtis L. Leany, assigned to USS Cape Cod (AD 43).

The shooter

LT Randy Evanns, a flight deck shooter aboard USS Carl Vinson (CVN 70), launches a fighter jet on a sunny day in the Gulf. Photo by PH3 Gino Flores, assigned to USS Carl Vinson (CVN 70).
Batter up

OS1 Thornton, stationed aboard USS Nimitz (CVN 68) plays for his division's softball team. Photo by PH1 Timothy Tow, assigned to USS Nimitz (CVN 68).

PT time

USS Blue Ridge (LCC 19) Sailors participate in physical fitness training on Pier 10 at Yokosuka, Japan. Photo by PH2 David S. Tucker, assigned to USS Independence (CV 62).
**Measuring up**

ABFC William D. Ott, of the NAS Jacksonville, Fla., brig takes measurements of the brig’s staff before they take the physical readiness test. Ott is a native of Farmington Hills, Mich. Photo by PH1 Ronnie Figueroa, Fleet Imaging Center Atlantic, Jacksonville, Fla.

**Morning run**

Marines aboard USS Carl Vinson (CVN 70) start their day with a 5:30 a.m. jog on the flight deck. Photo by PH1 Donald E. Bray, assigned to USS Carl Vinson (CVN 70).

**Laps**

AGC(AW) Marcia Williams from Naval Atlantic Meteorology and Oceanography Detachment, Key West, Fla., swims laps at Trumbo Point All Hands pool. Williams, a native of Coopersburg, Pa., swims 1.5 miles three times a week as part of her personal physical fitness program. Photo by PH1(SW/AW) James E. Westfall, Fleet Imaging Center Atlantic, Jacksonville Det., Key West, Fla.

**Seal of approval**

Navy SEAL students attending Basic Underwater Demolition School (BUDS) at Naval Amphibious Base, Coronado, Calif., are put through a rigorous physical training program by the school’s instructors. Photo by PH2 Ronald Yniguez, Fleet Imaging Center Pacific, San Diego.
In the yards

A ABH3 John Pellerito of Melbourne, Fla., chisels up non-skid to prepare Elevator 3 aboard USS Enterprise (CVN 65) for painting. The renovation is part of Enterprise’s complex refueling and overhaul at Newport News Shipbuilding and Drydock Company. Photo by PH2 Alan Warner, assigned to USS Enterprise (CVN 65).

Just don’t look

► HM2 Michelle Byrd of Detroit, draws blood from Jodi Wyatt, a patient at Naval Hospital Roosevelt Roads. Photo by PHAA Blane Miller III, Fleet Imaging Center Atlantic, Jacksonville, Det. Roosevelt Roads, P.R.
How many fingers?

Students perform coordination exercises to demonstrate the effects of hypoxia on the mind and body. Even children's games like patty-cake are a challenge to the oxygen-deprived students. Photo by PH2 Geoffrey L. England, assigned to USS Abraham Lincoln (CVN 72).

Sail loft

BM2 Will Snyder sews an awning for his ship's liberty boats. Photo by PH3 Albert Fascio, Fleet Imaging Center Atlantic, Jacksonville, Fla.

A full deck

Crew members enjoy playing cards after a long day at sea on board USS Taylor (FFG 50), on station in the Red Sea. Photo by PH1 Rey Arellano, Fleet Imaging Center Atlantic, Det. Alfa, Norfolk.
Vigilant watch

A Seabee assigned to Amphibious Construction Battalion 1 stands guard duty in camp during Shore Operation Indocinization at Coronado, Calif. Photo by PH1 Charles P. Cavanaugh, Amphibious Construction Battalion 1, Coronado, Calif.
Heading home

SR Shawn Klingberg waits to board the train at the Great Lakes Naval Training Center station. Klingberg is on his way to Houston for leave before reporting to Naples, Italy. Photo by Maria E. Paniagua-Avelino, NTC Great Lakes Public Affairs Office.