Welcome to the 7th Annual “Any Day in the Navy” issue of All Hands. Sailors throughout the fleet joined us May 21-27 in a common pursuit to illustrate a typical day in the Navy. The results of their efforts are contained within.

True to form, each picture here has a powerful story to tell. During that typical week in May, nearly half of our 314 ships were at sea, and 101 of those were forward deployed around the world. Our naval forces were providing forward presence, conducting exercises and adding stability in places like the Persian Gulf, the Western Pacific and the Balkans.

Within these pages are images that capture a split-second of humanity in a dynamic, challenging and sometimes harsh world. These photos cut through the haze; they show us shipmates and tell us about life. They remind us of friendships past and present. They depict the travel, the adventure, the education and the skills training we joined for — whether it was last year or 20 years ago. They show us the technology of tomorrow, and the warrior spirit of more than 225 years of history. Most of all, these photos tell us about a shared vision of excellence and service, about the Honor, Courage and Commitment of today’s Sailor. They tell us about ourselves.

More than 1,300 submissions were received for this year’s “Any Day in the Navy” issue; the task of paring them down was formidable. The staff of All Hands greatly appreciates the efforts of everyone who took the time to record their little piece of history.
USS Normandy (CG 60) is silhouetted against an Atlantic Ocean sunset during Joint Task Force Exercise (JTFEX) with USS George Washington’s Battle Group.

Photo by PH2 Shane McCoy
Marines of the 24th Marine Expeditionary Unit, board a CH-46 Sea Knight helicopter from HMM-263 operating off USS Wasp (LHD 1) during Exercise Dynamic Mix 2000.

Photo by PH2 Alan Warner

On board USS Dwight D. Eisenhower (CVN 69), AC3 Steve Craig from Hillside, N.J., ensures the information plotted on the land status board is correct.

Photo by PHAN Alisha Clay
The navigation detail aboard USS Columbus (SSN 762) carefully guides the submarine into a Guam harbor for a short port visit.

Photo by PH2 Alan D. Monyelle

MU3 Shaun Doolittle gets with the beat during the 6th Fleet band’s rehearsal for one of their many Morale, Welfare and Recreation shows.

Photo by PH2 Jett Dempsey
Landing Cushion Assault Craft of Assault Craft Unit 4 await their next deployment at Naval Amphibious Base Little Creek, Norfolk.

Photo by PH3 Latunya Howard
AC2 Tammy Kwiatek, from San Diego operates the marshal control station in the carrier's air traffic control center aboard USS John C. Stennis (CVN 74) to keep approaching aircraft at safe intervals and track aircraft fuel states and conditions.

Photo by PH3(AW) William C. Rowlett

AN James Brown mans a fire plug during a fire drill onboard USS Inchon (MCS 12).

Photo by PH3 Aaron Lane
LCDR Eric Anderson, commanding officer of USS Grasp (ARS 51), pulls his scuba regulator from the water before leaving the surface on a training dive in the Mediterranean Sea.

Photo by PH1(DV) Andrew McKaskle
From left to right, QM3(SW) Jose Garcia Ruiz, QM1(SW) Robert Brown and SM3(SW) Steven Hood conduct Quartermaster of the Watch training on the bridge of USS Philippine Sea (CG 58).

Photo by IS1 Gerry Walker

Members of Helicopter Combat Support Squadron 5 in Yigo, Guam, perform preventive maintenance on a CH-46 helicopter.

Photo by PH3 Marjorie McNamee

BU1(SCW) Martin Lanich routes wood for a specialized display case at Naval Air Station Oceana, Va.

Photo by PH3 Aaron Peterson
FN Adrien Edwards, from Latta, S.C., brazes two pipes together on USS Dwight D. Eisenhower (CVN 69) during a recent six-month deployment to the Persian Gulf.

Photo by PHAN Alisha Clay

AD2 Jason Woods, of New Castle, Pa. from Fighter Squadron 211, gives two thumbs up after checking an aircraft for leaks, damage or other hazards. His signal to the catapult officer indicates that it is safe to launch aircraft from the flight deck of USS John C. Stennis (CVN 74).

Photo by PH3(AW) William Rowlett
MM3(SS) Jason Lyell, from Bradford, Tenn., prepares for torpedo tube maintenance on board USS Albany (SSN 753).

Photo by PH3 Tammy Moore

Operations Specialist Class 00311, from Dam Neck, Va., enjoys liberty during a Norfolk Tides baseball game at Harbor Park in downtown Norfolk Waterside. The class was awarded liberty for their outstanding performance during Operations Specialist "A" school training.

Photo by PH1 Johnny Bivera
AZ3 Valerie Roberts from Miami, buckles up her two-year-old daughter, Deja, as they prepare to go home after a long day at Naval Air Station Jacksonville, Fla.

Photo by PH2 Toiete Jackson
AN Amber Dickerson and AN Malisha Donahue prepare an S-3B Viking for its next launch on board USS Abraham Lincoln (CVN 72).

Photo by PH3 Michael Watkins
MMCM(SS) Tommy Lewis, MM1(SS) Melvin Mudderman, YN3(SS/DV) John Croseand and YN2(SS) Terrance Ellis are a focused control team on board USS Portsmouth (SSN 707).

Photo by LTJG Erik Fox
BM2(DV) Francis Yaden, from Scottsville, Tenn., performs air leakage checks on his helmet before getting into the water for a deep sea training dive. Yaden is attached to Mobile Diving Salvage Unit 1, Pearl Harbor.

Photo by PH3 Terry Vick

LT Kevin Bland talks to another ship on the bridge-to-bridge radio telephone on board USS Abraham Lincoln (CVN 72).

Photo by LT Rem Smith
With his jet draped in a blanket of condensation, Blue Angel Pilot LCDR Scott Ind goes to the extreme while performing a sneak pass.

Photo by PH1(SS) Steven Van Der Werff

Any in the Day Navy

An LCAC (Landing Craft Air Cushion) of ACU-4 embarks USS Wasp (LHD 1).

Photo by PH1 Phil Pruitt
SEAL Team 2 member OS3 Michael Weyrauch, of Eaton, Ohio, puts the final touches of camouflage paint on Ashley Layne. The public was invited to see the special operations force conduct tactical capability demonstrations.

Photo by PHC George Chen

HN Charles Mahon, from Houston, gives two-month old Anthony Quinones his shots, while mom, Dawn Quinones, from Reading, Pa., comforts her son. Mahon is attached to the U.S. Naval Hospital Okinawa, Japan.

Photo by PH2 Anthony Puglani
Members of Explosive Ordinance Disposal Mobile Unit 11 assigned to NAS Whidbey Island, Wash., prepare to board a helicopter for over-water training qualifications.

Photo by PH1 Kurt Draper

A recovery crew executes post recovery checks on an F-14B Tomcat attached to Fighter Squadron 143.

Photo by PH3 Josh Treadwell
ENS Lori M. Thomas, of Belmont, Calif., videotapes the newborn baby girl of proud parents Reginald and Willette White at National Naval Medical Center, Bethesda, Md.

Photo by PH1(AW) Sean P. Jordan

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Kimberly Laughlin, from Paducah, Ky., daughter of MNC John Bray, receives her First Holy Communion from LCDR (Chaplain) Kent McCord, at the Tree of Life Chapel, U.S. Naval Forces Marianas, Guam.

Photo by PH3 Crystal Brooks
Four-year-old Brittany Faring, from Bremerton, Wash., waves her flag at Sailors participating in the local Armed Forces Day Parade.

Photo by Wendy Hallmark
AMS1 Arnold Robertson, of Akron, Ohio, installs a hydraulic line in the tail section of an F-14 Tomcat at Naval Air Station Oceana, Va.

Photo by PH3 Martine Cuaron

The Arleigh Burke-class destroyer USS Russell (DDG 59) pulls away from USS John C. Stennis (CVN 74) following an underway replenishment (UNREP) of 100,000 gallons of fuel from the aircraft carrier.

Photo by AW1 Benjamin J. Kuntz
HN Sergio Hernandez performs one of his many daily duties in the blood bank at Naval Hospital Naples, Italy.

Photo by PH2(SW) Jett Dempsey

A flight deck director taxis an F/A-18 Hornet into position for launch on board USS John C. Stennis (CVN 74).

Photo by PH3 Joshua Langhus
MN2 Laura Rodriguez, from Waukegon, Ill., cleans USS Kingfisher's (MHC 56) mine neutralization vehicle, nicknamed “Shania,” after pulling into the Sea Terminal at Port Huron, Mich.

Photo by LT Scott McIlvain
As U.S. Naval Academy midshipmen march in the colors parade on Worden Field, Annapolis, Md., they are joined by a future midshipman getting a little drill practice.

Photo by Ken Mierzejewski.
FCC(SW/AW) Jeffrey Coufal passes between his fellow chiefs as he departs duty aboard USS Wasp (LHD 1) during a Mediterranean deployment.

Photo by PH2(AW) Brett A. Dawson

HMCS (SW) Steve Millican, of Jacksonville, Fla., and LTJG Mark Henzel, of Mayfield, Ky., aid a stranded mariner off the coast of Puerto Rico. The man had been adrift for three days.

Photo by Chaplain (LT) Dan Stallard
DC2 Paul Bershers, from Long Island, N.Y., stands boiler console operator duty aboard USS Wasp (LHD 1).

Photo by PH2 Alan Warner

LT Hung Cao swims along the bottom of the Mediterranean Sea during a training dive from USS Grasp (ARS 51).

Photo by PH1(DV) Andrew McKaske
The crew of USS Florida (SSBN 728) reach the summit of Mount Hood near Portland, Ore.

Photo by MT1(SS) Kristian Tafte

ET1 Timothy Maroney plays his harmonica while waiting for the small boat to take him to Lahaina, Maui, during the Tiger Cruise aboard USS Los Angeles (SSN 688).

Photo by STS1(SS) Greg Smith
AEAN Leslie Jenkins, of Aurora, Mont., and AW3 Michael Carr, from Portland, Texas, perform a voltage check in the Basic Troubleshooting Laboratory at the Naval Aviation Technical Training Center, NAS Pensacola, Fla.

Photo by AE1(AW/MTS) Carey
LCDR (Dr.) Dan Sewell drills into a patient's kneecap during knee replacement surgery at National Naval Medical Center, Bethesda, Md.

Photo by HM2(SW) Michael Morgan

Navy SEALs practice “helo casting” off the coast of Southern California.

Photo by CAPT Kreg Kovarsch

ABH2(AW/SW) Gary Nolan, from Houston, and ABH3 Javier Fuentes, from Los Angeles, take a few moments out of a busy day to relax on the flight deck of USS John C. Stennis (CVN 74) while on their way to Australia for port calls in Perth and Hobart.

Photo by PH3 J. Alston Fararly
Basic Underwater Demolition (BUDs) trainees try to keep their spirits up while running boat drills at Naval Amphibious Base, San Diego.

Photo by PH2 Aaron Ansarov

While looking through the latest requisitions, ABCM(AW) Cliff Weber, from Tucson, Ariz., Aviation Boatswain’s Mate CPO Detailer at Navy Personnel Command, Millington, Tenn., discusses available billets with a Sailor.

Photo by JO1 Daniel Pearson
On board USNS Yukon (T-AO 202), Cadet Sheila Maude, from the California Maritime Academy, plots the ship's position while pulling into port in Yokosuka, Japan.

Photo by PH3(AW) Jinell Jean Olson

The sun rises over a pair of P-3C Orions on the flight line at Naval Air Station Jacksonville, Fla.

Photo by PH2(NAC) Michael Lea
Children from the Philippine-American Association of Sasebo, Japan, perform the Tinikling, a traditional Philippine dance, during an Asian/Pacific Islander heritage celebration.

Photo by PH1(AW) Essex Moore

DT2 James King from Tremont, Calif., dries the mouth cast of a recent patient at the Dental Clinic in Guam.

Photo by PH3 Marjorie McNamee
Max, a patrol dog for Commander, Fleet Activities Yokosuka Security, gets a little afternoon exercise with MA2 Arnold Fisher of Greenwood, S.C.

Photo by PH2(AW/SW) David Levy

IC3 (SW) Rich Demmerle, from Palatine, Ill., troubleshoots USS Wasp's (LHD 1) main inter-communications switch board.

Photo by PH2 Alan Warner
E03 Jess Rohrbach, from Reading, Pa., resets a pneumatic rock drill.

Photo by PH3 Marjorie McNamee

USS Kingfisher (MHC 56), a U.S. Navy coastal minehunter, sits serenely against the Toledo, Ohio, skyline. Kingfisher, home-ported in Ingleside, Texas, visited Toledo as part of the annual Great Lakes Cruise.

Photo by LT Scott McIlwain
EO3 John S. Thompson, from Naval Mobile Construction Battalion 40, uses a burn barrel to heat tools so hot asphalt will not stick to them during a paving project on Gabgab Beach, Santa Rita, Guam.

Photo by PH1(SCW/SW) Braxton Plunkett

FC3 Art Davis, left and FC3 Steven Drinkwater reassemble Mount 22 of the close-in weapons system aboard USS Carney (DDG 64).

Photo by JOC Kaylee Eger
AB1 Adrian Des'Hotel, from New Orleans sits on a cargo dolly, with AB3 Ronald Manning, of Tulsa, Okla., and AB3 Shawn Brinkman, of Lake Linden, Mich., on a no-fly day aboard USS Dwight D. Eisenhower (CVN 69) while transiting the Red Sea.

Photo by PH3 David Carter
A local Amish worker harvests lumber at Naval Surface Warfare Center, Crane, Ind., where wood for the Navy’s oldest ship, USS Constitution is grown.

Photo by William Eislele

CAPT Don Gagnon clocks simulator time in the lab at Naval Air Warfare Center, Orlando, Fla.

Photo by Don Smith
USS Alabama (SSBN 731) cruises at high speed on the surface as she approaches the Naval Submarine Base at San Diego following the completion of the sub’s 50th deterrent patrol.

Photo by PH1 Mark A. Correa
NC1 Rick Cox, from Indianapolis, and ET1 Larry Brock, from Springfield, Ohio, hand out Navy key chains to a high school crew team while they wait to tour the coastal mine hunter ship USS *Kingfisher* (MHC 56). *Kingfisher* was visiting Toledo during the U.S. Navy’s annual Great Lakes Cruise.

Photo by JOC Fred Kerner

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During joint U.S. Navy and Moroccan dive operations, a Moroccan diver steps to the deck edge of the auxiliary rescue and salvage ship USS *Grasp* (ARS 51) before entering the water on a training dive. *Grasp* is on a routine six-month deployment to the Mediterranean Sea.

Photo by PH1 Andrew McKaskle
Personnel attached to Naval Air Facility Misawa, Japan, start off on the 1.5-mile run during their semi-annual physical readiness test.

Photo by PH1 Andrew Miller
SN Lance McClure, from Worland, Wyo., and SN Ryan Richardson, from Detroit, whip lines that will support fenders in the well deck on board USS Essex (LHD 2). The whipping, or wrapping of string around the ends of larger lines, prevents fraying.

Photo by PH1 Steven Cooke

OSA Kris Odeno takes aim in a “use of cover” drill at the Naval Technical Training Center Detachment, Lackland Air Force Base, Texas.

Photo by MAC(SW) Keith Kelley
LT Al Williams from Soldotna, Alaska, answers the phone in the Combat Direction Center aboard USS Abraham Lincoln (CVN 72). Williams was qualifying to stand the Tactical Action Officer watch in preparation for a Western Pacific deployment.

Photo by PH2 Drew Rosenfelt

In the cold iron trainer, FR Jose Muniz demonstrates the proper procedures for evacuating an engine room suddenly consumed by a Class B fire, during a training session at Service School Command, Great Lakes, Ill.

Photo by LT Alexandra Bennett

STG1 Ted Nagamine assigned to Commander, Naval Forces Japan, checks the connector of a fiber optic cable prior to shipboard installation.

Photo by PH1 Russell Wolfkiel
SMSA Tasha Wright, of Tyler, Texas, signals another ship from USS Grasso’s (ARS 51) signal bridge, while deployed to the Mediterranean Sea.

Photo by PH1(DV) Andrew McKaskle
During Maritime Interception Operations in the Arabian Gulf, a boarding team member from the guided-missile cruiser USS Lake Champlain (CG 57) repels off the top of merchant cargo containers stacked 40 feet above the deck of Puerto Cortes.

Photo by PH1 Charles Abell

Graduates of the Class of 2000 at the U.S. Naval Academy, Annapolis, Md., explode into a frenzy of celebration during the ritual hat toss, signifying the completion of school and their future as naval officers.

Photo by PH2(AW) Jim Watson
USS John S. McCain (DDG 56) undergoes refitting while in the drydock at Command, Fleet Activities Yokosuka, Japan.

Photo by PHAN Lamel J. Hinton

From left to right, members of USS Inchon's (MCS 12) deck department, SN Nari Muhammad, SN James Small, BM3 Ed Johnson, BM3 David Caulderon, BM3 Daniel Valdez, SN Eric Wolf and SN Andre Brissaud practice man overboard drills.

Photo by PH3 Aaron Lane
Members of Patrol Squadron 47 conduct a FOD walk down as the sun rises over Kaneohe Bay Marine Corps Base, Hawaii.

Photo by PH2(AW/NAC) Andrew Rutigliano

MS2(AC) Rodney Kayes, from Spring Valley, Ohio, and MS3 Paul Maloney, from Philadelphia, prepare flamed vegetables for a luncheon for the Hungarian ambassador during her visit to Regional Headquarters Allied Forces Southern Europe, Naples, Italy.

Photo by Alan Burns
**Readership Survey**

All Hands magazine strives to present information you can use. It's our commitment to give you the best possible publication. We would greatly appreciate your constructive and valued feedback. Please take a moment to respond to the questions below, then place this survey card in the U.S. Mail. Thank you for taking the time to give us your thoughts on All Hands... This is your magazine... be a part of it!

What stories and columns do you like most in your All Hands magazine? (check all that apply)

- □ Travel (Ports of Call)
- □ Professional Development
- □ Around the Fleet
- □ Speaking With Sailors
- □ Other

What stories and columns do you like least in your All Hands magazine? (check all that apply)

- □ Travel (Ports of Call)
- □ Professional Development
- □ Around the Fleet
- □ Speaking With Sailors
- □ Other

How do you rate the design of All Hands?

- □ Excellent
- □ Very Good
- □ Good
- □ Needs Improvement
- □ Don't like
- □ Don't know

How do you rate the All Hands web site? ([www.mediacen.navy.mil](http://www.mediacen.navy.mil))

- □ Excellent
- □ Very Good
- □ Good
- □ Needs Improvement
- □ Don't like
- □ Don't know

How would you rate the photography in All Hands?

- □ Excellent
- □ Very Good
- □ Good
- □ Needs Improvement
- □ Don't like
- □ Don't know

How often do you read All Hands magazine?

- □ Every month
- □ A few times a year
- □ When I see it
- □ It's hard to find
- □ Never

What would you like to see more of in your All Hands magazine?

________________________________________________________________________

________________________________________________________________________

Do you have a story idea for All Hands? Yes No

If so, tell us about it. You can e-mail your comments to allhands@mediacen.navy.mil

**Please mail your response to:**

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A naval special warfare detachment conducts joint training operations in open waters off Virginia Beach, Va.

Photo by BM2(SW/CC) Michael Esposito
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