Navy Takes Manhattan

Back in the Big Apple
Returning to Duty & Home
Naval Exercises

Some changes in the Navy’s Physical Readiness Program take effect next month. Rolling with the changes will be easy for Sailors who have a healthy physical training routine, like the crew of USS Shrike (MHC 62).

Forever Changed

All Hands hears from Sailors, as each reflects on how they were changed by the events of 9/11.

Navy Takes Manhattan

Sailors have been welcomed in the “Big Apple” for the annual Fleet Week since 1984, but this year was different — a city, a nation and its Navy recovered, healed and remembered together.

Back in the Big Apple

AK3 Esdras Zayas returned home to New York City after returning to duty in the U.S. Navy to serve and protect the neighborhood and nation he loves.

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LT David Stefano (at right), launches an aircraft from the flight deck of USS George Washington (CVN 73) during recent integrated training exercises in the Atlantic Ocean.
Landing Craft Air Cushion (LCAC) assigned to Assault Craft Unit (ACU) 4, Little Creek, Va., transports U.S. Marines in the Arabian Gulf back to the dock landing ship USS Oak Hill (LSD 51), after conducting exercises ashore.
Speaking with Sailors
Master Chief Petty Officer of the Navy
MCPON (SS/AW) Terry D. Scott

This is a question from a recent MCPON All Hands Call in 5th Fleet:

Q: Is there a possibility of expediting naturalization of non-citizen Sailors who are serving during Operation Enduring Freedom?

A: This has been a hot topic for many Sailors everywhere I’ve visited, and I’m happy to have some good news to report.

On July 3, 2002, President Bush signed an Executive Order to provide expedited naturalization for aliens and non-citizen nationals serving in an active-duty status in the Armed Forces, during the period of Operation Noble Eagle and/or Operation Enduring Freedom.

The Immigration and Nationality Act permits direct naturalization of aliens who have served in an active-duty status during any period in which the Armed Forces are or were engaged in military operations involving armed conflict with a hostile foreign force. Sailors serving honorably in active-duty status during the period beginning Sept. 11, 2001, and terminating on a date to be designated, are eligible for the exception from the usual requirements for naturalization.

Sailors applying for naturalization under United States Code 1440, should submit all documentation required by the Immigration and Naturalization Service (INS) to include Form N-400, Application for Naturalization; G-325B, Biographic Information; and N-426, Request for Certification of Military or Naval Service. The application should be submitted to the INS Service Center in Lincoln, Neb., using the same procedure as filing under three years of military service. All the necessary forms are available at: www.ins.uscis.gov/graphics/formsfee/forms/.

Your local legal assistance office is available to provide advice and assistance about this program and any other questions you may have regarding naturalization. Additional information and the Navy Guide can be obtained on-line at www.law.navy.mil, by clicking on Legal Assistance, then Immigration.


I cannot say enough about what the national ensign means to me. Since childhood, I was brought up to regard our flag as a symbol of freedom. That belief in freedom and service to my country was a huge factor in my decision to join the Navy. The “Star Spangled Banner” still brings a tear to my eye, every time I hear it.

I can only hope that the swell of pride that has risen in our country will continue to grow in the years to come.

National tragedy should never be a reason to fly our flag, but more a cause for it’s continued display. Hoorah for a well-written article that I’m sure embodies the feelings of most Americans. Articles such as this cement my belief in my shipmates and make me proud to be part of the strongest military and the greatest Navy in the world.

Pks David R. Bowman HS-8 Naval Air Station North Island

Editor, I am the current author of The Bluejacket’s Manual (RJM) and wanted to thank you for the excellent story on the 100th anniversary of the RJM in the June issue. I have already very much appreciated the feedback you wrote the piece, but just wanted to pass on my thanks to your staff as well. It was extremely well done!

I keep a close watch on All Hands for info that can be used in updating The Bluejacket’s Manual.

Tom Cutter
Editor, The Bluejacket’s Manual
The Navy reports that in the first nine months of FY02, only 0.6 percent of the 751,317 samples tested—a record low since it started urinalysis testing for drugs in 1998—yielded positive results for drug use. That number is an improvement from the 0.7 percent during the same period a year earlier.

In the first nine months of FY02, 539 fewer Sailors have been processed for administrative separation compared to the same period in FY02, 539 fewer Sailors have drug use. That number is an improvement from the 0.6 percent of the 751,317 samples tested in FY02, only 0.6 percent of the 751,317 samples tested. The Navy reports that in the first nine months of FY02, only 0.6 percent of the 751,317 samples tested—a record low since it started urinalysis testing for drugs in 1998—yielded positive results for drug use. That number is an improvement from the 0.7 percent during the same period a year earlier.

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The scenes aboard Truman also included some less familiar faces among the crewmembers. The embassy personnel, several Marines, the ambassador and his wife were all played by the men and women assigned to the carrier as a requirement for a special program.

Many of them will have the same opportunities that American citizenship brings. Recently, President George W. Bush signed an executive order expediting naturalization of aliens and non-citizen nationals serving on active duty during Operation Enduring Freedom. More than 25 Sailors from USS Wasp (LHD 1) will take advantage of the executive order and earn their American citizenship, which for some is a necessary step for achieving their career goals. Shortly after his 18th birthday, Storekeeper Seaman 5 SW/AW Luigi Cuzzi of Bogota, Colombia, came to America. He joined the Navy in December 2000 to earn money for his college education. The first thing I want to do when I become a U.S. citizen is to submit my package for an officer program or become an information technician,” Cuzzi said.

The fast combat support ship USNS Supply (AOE 4) provides the amphibious assault ship USS Wasp with nearly 65 tons of fuel during an underway replenishment (UNREP).
We spotlighted the Navy’s diversity amid a concentration camp, a native of Poland. “My grandfather fought German Nazis during World War II and spent some time in a concentration camp,” said Otachel, a native of Poland. “I joined the Navy to help prevent situations like the camps from happening to other people in other countries. The Navy also offers me a good living.”

Since the president’s executive order, Wasp Sailors have been very supportive of their shipmates applying for U.S. citizenship. “American citizen or noncitizen, all U.S. Navy Sailors proudly salute the nation’s flag,” said Cryptologic Technician — Collection 1st Class SW/AW Teresa Arnold from Chesapeake, Va. “When we stand in ranks at attention, we don’t really pay attention to each other’s nationality or question each other’s commitment to the Navy. We see a fellow shipmate. I hope by earning their citizenship, they will achieve what we set out to accomplish in the Navy and in life.”

Aviation Storekeeper 3rd Class William Raphael, a native of Haiti, came to the United States when he was 12 years old. He remembers his country always being in turmoil and is thankful America is a much safer place to live.

Raphael joined the Navy to see the world and earn money for college. He quickly caught on to some of America’s favorite pastimes. “I enjoy Fourth of July celebrations the most,” said Raphael. “The Caribbean offers a simpler, slower paced lifestyle, but it doesn’t have college football and the NBA finals.”

Whether they are to choose a different Navy rating or become a citizen of the country they are honored to protect, Wasp Sailors are taking advantage of the president’s executive order. Already seen as shipmates by Wasp crew members, they will soon be American citizens. For more news from the USS Wasp (LHD 4), go to their custom Navy NewsStand page at www.news.navy.mil/local/lhs.

Story by JO2 SW/AW Crystal M. Rane, assigned to the public affairs office, USS Wasp (LHD 4)

The advantage was that a Sailor could receive a book instantly at their command — but with no guarantee that the version was given was the most current. Also, because the books were printed in bulk, excess stockpiles would be scrapped at the warehouse when newer versions were printed.

Under the new print-on-demand system, one course book is printed per student, which significantly reduces the amount of waste. Additionally, cumbersome paperwork to assign costs are eliminated, as books are only printed and mailed on demand.

Course books can be mailed to the student’s home or work address, except in the case of courses that have special distribution categories, or are assigned a security classification. Limited distribution or classified courses must be ordered through a distribution center, and sent to the individual’s command, so the designated command representative must check the status of their students, as we see a fellow shipmate. I hope by earning their citizenship, they will achieve what we set out to accomplish in the Navy and in life.”

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Story by JO2 SW/AW Crystal M. Rane, assigned to the public affairs office, USS Wasp (LHD 4)
As the Information Systems Department leading petty officer, as well as the assistant officer-in-charge, Detail Southwest School, Perry expressed his pleasure in helping his team to run the mission of their mission. He said that in particular he is proud of the groups that have gone through the shipmates and as being shipmates, we work together, learn together, succeed together.

For more information on USS Milus, go to www.mil.us.navy.mil. For more news from the NMCB-133, go to www.news.navy.mil/nmcb133.

Steelworker Wins Top Seabee Honor

The Society of American Military Engineers has established a new Navy steelworker as this year’s recipient of the Marvin G. Shields Award. Steelworker 1st Class (SWC) Edward Perry was selected by the society for his exceptional leadership and superior perfomance while serving with Naval Mobile Construction Battalion (NMCB) 133.

Established in 1973, the Marvin Shields award commemorates the courage and gallantry displayed by Construction Mechanic 3rd Class (SWC) Marvin G. Shields in 1965 at the Battle of Khe Sanh, Vietnam. Shields received the Medal of Honor posthumously for his actions in the battle.

Perry was officially recognized at a ceremony held aboard his latest duty station, Naval Construction Training Center, Gulfport, Miss.

“I didn’t win the award on my own — the team won it. I was just in the right position,” said Perry. He went on to say that he treasured his time with NMCB-133 and considers it to be the perfect command because, “they take care of their people and that makes you want to do the right thing.”

Although faced with frequent supply shortages, Perry quickly adapted and ensured the mission’s essential projects such as observation towers, security gates and lighting were completed. Perry is quick to credit “the Lord first, then my family,” for his continued success. He says that in particular he is grateful for his wife Fredicka, his daughter Brittany, his mother Lorraine and his sister Carol.

“I am confident I can make a difference because I have the chance to mold and give knowledge to new service members so that they too will be able to run the jobs they are given when they move to their permanent duty stations,” he said. For more news from the NMCB-133, go to www.seabee.navy.mil/nmcb133.
One year ago, terrorists hijacked our planes, flew them into our buildings, killed and injured our people and forever changed our way of life.

These changes have affected our lives, our jobs, our daily routines, our thoughts and our motivations. We have adapted to many of these changes and are overcoming some still, but as a country, our resolution and our spirit stand stronger than ever, united in our battle against terror.

Certainly, our Navy and its Sailors have been among those in the forefront, first as victims of terror’s tragedy, then as responders in its wake and as warriors fighting for freedom. Whether at the Pentagon, jumping into action to help save the lives of their shipmates; in an air traffic control tower, grounding everything that entered their airspace; or out to sea, launching air strikes, every Sailor was affected in one way or another.

All Hands joins several Sailors as each reflects on how they were changed by the events of 9/11.

Air Traffic Controller 1st Class Trent Gilliam, who works at Naval Air Station Patuxent River, Md., was on watch when the terrorists struck. “When I saw the aircraft go into the tower on TV, my first thought was that it was probably a movie,” he said. After realizing that it was an actual attack, Gilliam reported to his workstation, knowing that something would be happening with the traffic in his airspace. Within 30 minutes, he received orders to immediately ground every plane that entered his airspace. “We started getting word from the different approach control sectors that any airborne aircraft needed to land immediately,” he said. He put out the call. “Land all planes!” Gilliam and his co-workers coordinated with the Eastern North American Air Defense to ensure all planes had gotten the word to get on the ground and stay there.

Ironically, just a week prior to the attack, Gilliam and his wife had taken a trip to New York City, fulfilling one of his lifelong goals. “My wife is from Newark, N.J., and that was my first time I ever got to go there. We passed right in front of the World Trade Center buildings. We did the whole New York bit, and then seven days later, the buildings are no longer there.”

Since the attack, Gilliam has noticed changes in his home life, as well as in the military. “Since Sept. 11, our base has become a very secure place to work,” he said. When asked what he thought about the American people and how they’ve reacted to the attack, Gilliam said, “The civilian community, as a whole, has changed. I’ve noticed a lot more unity and support for the job the military is doing. I’ve also noticed how many times my wife and I have gone out and seen all the American flags flying. Even though America is pro-military now, it shouldn’t have taken a calamity like this for the nation to come together.”

That pride in country is reflected in his pride in service. “We have the best equipment, the best military and the best Navy... this has made me want to stay in even more.”

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FOREVER CHANGED
I grew up with the skyline. When I saw the towers start coming down, I didn’t think it was possible. I’ve never in my life thought about the possibility of that happening. When the second tower came down, I was just completely devastated.

“I was at home when the attack occurred,” Gallegos said. “When I woke up, I saw the TV and saw that the towers were on fire. I thought it was just a fire at first, and that was kind of a shock to me, I kept waiting for the emergency units to put it out.”

As he kept watching the news, he heard that it was a plane that crashed into one of the towers. “That shocked me even more,” he said. “I got more worried, then I thought about one of my friends that works in the second tower.”

As he continued watching, the second plane hit. “I was thinking, ‘What in the world is going on?’” Then he saw the plane hit the Pentagon. “That’s when we heard that it might be a terrorist attack,” he said. “I called my friend on his cell phone, and it was busy. That got me concerned, because you almost never get a busy signal on a cell phone.” He found out later that his friend had been able to get out shortly before the second plane hit.

But Gallegos was still deeply affected by the attack. As he continued watching, the second plane hit the World Trade Center, but all they did was make people up and opened their eyes to appreciate what they have. I just don’t want people to forget what America means,” she said.

“We the terrorists attacked, they thought they were making us weak, and really they just made us stronger. They were intending to tear us down by destroying something like the World Trade Center, but all they did was make America want to move into action.”

As he kept watching the news, he heard that it was a plane that crashed into one of the towers. “That shocked me even more,” he said. “I got more worried, then I thought about one of my friends that works in the second tower.”

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But Gallegos was still deeply affected more than most, because this attack literally hit home. Born in Queens, N.Y., and growing up across the river in Union City, N.J., every day he went outside his house, he could see the famous skyline. “I kept watching the news, and they kept showing the same pictures over and over, from every angle. Every time they showed those pictures, it was like a dagger going through my heart. That area was the center of my life growing up,” he said.

“I grew up with the skyline. When I saw the towers start coming down, I didn’t think it was possible. I’ve never in my life thought about the possibility of that happening. When the second tower came down, I was just completely devastated.”
again,” he added. “There’s just a hole in the heart of Manhattan.”

Later that afternoon, after the world found out what had happened at the Twin Towers, Gallegos came in to work. “I was filled with rage and anger,” he said. “Everybody was talking about it, but they didn’t have the same reaction that I did, so I was talking about it, but they didn’t have the same reaction that I did.”

“I lived in New York for 15 years —

Not All Was Right

EO3 Michael Chartrand

P hotoographer’s Mate 1st Class (AW) Dewitt Roseborough was serving as the Chief of Naval Operations’ photographer on the morning of Sept. 11, a day he will never forget.

“That morning, I was covering a reenlistment in the SECNAV’s mess at the Pentagonal. It was supposed to start at 9 a.m., but the reenlistment officer was late getting down there,” he said. “That’s because he was watching CNN and saw that a plane had hit the World Trade Center.”

“Now, when I go home on leave, or go out in town in uniform, strangers come up and shake my hand and say, ‘thank you’ for what I’m doing, and that they’re proud of me,” he said.

Chartrand said his friends told him that New York was just silent for a month; no violence, no nothing. Nothing was happening except people were going to help clean up the Ground Zero area.

“I thought, ‘Hey, come get me.’ He’s doing the same thing his father did during the Gulf War. We’re telling them they’re coming after you for what you did.”

Chartrand said that if there was one good thing about the attack, it brought us together. “Before Sept. 11, we were treating each other like dirt; like we lived in our own independent country. Now, since this affected everybody, we’ve pulled together as a country to defend our homes.”

“Now, when I go home on leave, or go out in town in uniform, strangers come up and shake my hand and say, ‘thank you’ what I’m doing, and that they’re proud of me.,”

For future Sailors and the Sailors coming in now, they’re going to have a much clearer picture of what they’re going to be doing, what it looks like.”

“They’re going to be more focused on their jobs, and they’re really going to feel as if they have a definite purpose.”

Born and raised there — and now the biggest tourist attraction in New York was a pile of rubble. “I can remember that night well,” he said. “We were over in Guam. We’d been there for just under a week. It was about 1:30 or 2 in the morning when we heard the news that the United States had been terrorized.” All of the battalion was activated to secure the base for FPOON DELTA.

“All through the night and into the morning, we were setting up barricades to secure the base,” he said. “After that, we were allowed to make phone calls to relatives to see if they were all right.”

Not all was right… Chartrand lost a cousin who worked in the World Trade Center to the terrorist attack.

“When I saw it on TV, I thought ‘Holy cow, this is not a joke. We did get hit.’ I used to go up to our aunt’s beach house every summer. When my dad decided to retire from the New York Police Department, we moved down to Florida. I kept in touch with her over the phone, and we went on vacations together all the time during the summer. I remember that she was a hard worker and loved her job… She was always between a lot of what everyone else was doing in their lives.”

Chartrand took leave recently and went to New York, because he wanted to see for himself what the results were from the attack. “I thought, ‘Man, there is a big hole in the middle of my city now.’”

Chartrand said his friends told him that New York was just silent for a month; no violence, no nothing. Nothing was happening except people were going to help clean up the Ground Zero area.

“Now, when I go home on leave, or go out in town in uniform, strangers come up and shake my hand and say, ‘thank you’ for what I’m doing, and that they’re proud of me,” he said.

He takes that same pride in our commander-in-chief and how President Bush is handling the war on terrorism. “He stood out there during the World Series, out in the open, pretty much saying, ‘Hey, come get me.’ He’s doing the same thing his father did during the Gulf War. We’re telling them they’re coming after you for what you did.”

Chartrand said that if there was one good thing about the attack, it brought us together. “Before Sept. 11, we were treating each other like dirt; like we lived in our own independent country. Now, since this affected everybody, we’ve pulled together as a country to defend our homes.”

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Y ours I sa SACRED TRUST — DON’T BETRAY IT

S E P T E M B E R 2 0 0 2 • A L L H A N D S
changed forever. “I got out into the parking lot, just walking along, and all of a sudden, I hear what I would describe as a ‘lions’ roar’ above my head,” Roseborough said.

“It caught my attention, and as I looked up, I heard another roar and I saw this airplane flying low. I thought, ‘Oh, my God, this thing is really low.’”

“I thought it was going to crash onto the highway,” recalled Roseborough. “Just as I thought that, I saw a fireball come from over the Pentagon. I was just standing there dumbfounded, thinking, ‘What just happened?’”

As debris floated and flew his way, he realized he needed to take cover. “I ducked under a walkway for what seemed to be a long time, but actually was only about a minute,” Roseborough said.

“That’s when I noticed this woman screaming out in the parking lot. It broke my ‘shock state.’” He ran to her and helped calm her down.

“After a while, I said to myself, ‘Hey, I’ve got my camera, I’d better go do some shooting.’” He walked to the grassy area on top of the grass near the site in New York, where my family was, he said. “I thought it was going to crash onto the highway, thinking, just standing there dumbfounded.”

What just happened?

Taking Care of Family

ST1(SS) Edward Hewitt

There were actually some Sailors in the Navy who didn’t hear about the Sept. 11 attack when the rest of the world did. Sonar Technician 1st Class (SS) Edward Hewitt and his shipmates were underwater on board USS Providence (SSN 719), during a routine deployment from her homeport of Groton, Conn., when the attack took place.

Upon surfacing, the sub received a message traffic to let them know what was going on. “Having just come off a watch, I was actually asleep when they told everyone,” Hewitt said. “They came and woke me up. They were really adamant about me getting up, and I couldn’t figure out why.” Once he dressed and reported to his duty station, he was briefed on what happened.

“At first, I was pretty worried about where my family was,” he said. “A lot of people I know take trips [to New York] all the time. One of our shipmates had just been transferred to the Pentagon as well, and I was concerned about him.”

Due to the mission of the sub, it was several days before the crew was able to make contact with family members. Hewitt said that for a while, it was all they talked about. “There were a couple members of the crew that were really worried about their families, but we all pulled together to try and help them stay positive.”

“Back in port, the command ombudsman called a meeting of all the family members, made sure everyone was safe and accounted for, and sent a message to the ship,” Hewitt said. For him, knowing they had that kind of support back home really helped.

“One of my junior guys’ mother works near the site in New York,” Hewitt said. “We talked to the COB (Chief of the Boat), and he arranged to try and contact her mother.”

Knowing that America had been attacked, Hewitt said, gave these submariners something to think about.

“It made us a little more patient out there, knowing we were out there for a definite reason. We’d been out there for quite a while, and everyone was getting a little antsy, getting ready to go home.”

He said that after they found out about the attack, their attitude changed and they went into full business mode. “Everybody was more dedicated to their job. They were all ready to do what was needed to defend our country.”

One of the biggest changes for Hewitt and his shipmates since Sept. 11 is the increase in security. “The [increased] security drills, the watches ... we’re really doing what we’ve always done to protect the boat. The Navy is paying a lot more attention to security.

“This war on terrorism is something we can win, we just have to make sure we never give up.” Although he’s not sure if he wants to stay in for 20 years yet, Hewitt said the attacks have helped push him toward staying Navy. “Actually, defending our country is very patriotic.”

Providence pulled back into port in November, just prior to Thanksgiving. “It was different from our previous cruises, because families weren’t even allowed to meet the boat at the pier.”

But, because of the attacks, there were more families there than were originally going to be there. “A couple of my guys weren’t even expecting their families, because they were never planning on coming down.

“Coming back to the American flags, the bumper stickers and the high level of patriotism gave me a big feeling in my heart,” Hewitt said. “Even while we were out there, we knew the country was supporting us.”

Strawser is a photojournalist assigned to All Hands.
Sailors return to the open arms of New Yorkers for Fleet Week 2002

With fireboats spraying plumes of water in welcome, 22 Navy ships and more than 6,000 Sailors and Marines sailed into New York Harbor, May 22, 2002, as Fleet Week began in a city under a fresh warning of terrorism.

As each ship passed the World Trade Center site, the Sailors saluted and observed a moment of silence in honor of the more than 2,800 people killed there.

Every year since 1984, the City of New York has hosted Fleet Week to show its appreciation to the Sailors and Marines who serve our country, and every year they are welcomed with open arms by New Yorkers.

But this year, the atmosphere was dramatically changed with New York City a different place after Sept. 11th. Never before have Sailors been made to feel as welcome and loved as they were the last week of May in New York City.

With Fleet Week 2002 occurring over Memorial Day weekend, it was a week filled with ceremonies. Silent prayers were whispered, flags unfurled. Wreaths were thrown into the Hudson River at the Intrepid Sea Air Space Museum as hundreds of visitors, Sailors and veterans paid tribute to the many service members lost while fighting to maintain this country’s freedoms.

“Last year when you came, you must know we loved you,” said Deputy Mayor Carol A. Robles-Roman. “This year you are our heroes. You stood between us and those who would do us harm. We owe you our freedom, and we appreciate your sacrifice.”

Story and photos by PH2 Bob Houlihan
Cruising past Pier 88, USS Ross (DDG 71) makes its way up the Hudson River toward its mooring site for Fleet Week 2002.

In the many shops surrounding Times Square, there is something for every taste. MS3 Kietsa Cooper, TM2(SW) Tiara Downey and YNSN Charletta Stephens check out the selection of New York T-shirts.

With his digital camera blazing, SH3 Dominick Washington from USS Leyte Gulf (CG 55) snaps capturing everything he sees in the “Big Apple.”

After looking for the perfect Fleet Week souvenir, SN Kelton Pennel from USS Antelope (DD 966) has his likeness sketched by a street artist.

U.S. Coast Guard cutter Eagle passes the amphibious assault ship USS Iwo Jima (LHD 7) on the Hudson River as the two ships make their way into Manhattan to kick off Fleet Week 2002.

In the many shops surrounding Times Square, there is something for every taste. After looking for the perfect Fleet Week souvenir, SN Kelton Pennel from USS Antelope (DD 966) has his likeness sketched by a street artist.
During Fleet Week 2002, it was hard for Sailors to go two blocks without being stopped for a kind word or a photo with tourists or New York City natives. SH2 Donald Bradley, SH3 Dominic Washington, CT(SW) Desmond Farrell and CTR(SW) Jeremy Carter from USS Kitty Hawk (CG 59) take time to pose for the camera.

One of the best ways to see the city is from the top of one of the double-decker buses that tour the city. EMT Carlos Velas from USS Kingfisher (MHC 56) looks up in awe at the many skyscrapers on Wall Street.

Cindy Bell, of Old Bridge, N.J., video-tapes the parade of ships pulling into New York City during Fleet Week 2002.

DCCM(SW) D. Westlye, Command Master Chief of COMUSNAV Northeast, Det. New York leads a group of U.S. Navy Sailors manning the rail at “Ground Zero” before the final steel beam was cut down.
The footprints on the windshield of a co-worker’s truck were from people crawling to safety. Smoke that poured from between the buildings, amid a shocking silence so foreign to his city, hovered over Aviation Storekeeper 3rd Class Esdras Zayas.

He walked along the Hudson River, seeing USS George Washington (CVN 73), protecting a city that had never needed anything from anyone. Through a quiet Times Square, he made eye contact with New Yorkers still stunned, nodding in understanding. “A silent language. We were all going through this. All of us.”

He opened the door to the landmark recruiting station in the square, and re-joined the Navy he’d left 13 years earlier. It was Sept. 14, and Zayas was leaving home so that he could protect it.

“I love New York,” Zayas said with animation. “The fact that you can get up in the middle of the night and have some place to go, so many things to do. Movies are being filmed everywhere you go. All the monuments, Central Park, Battery Park, the Statue of Liberty.” Zayas looked down at his hands and continued “and the skyline.”

In his sharp white uniform, Zayas can barely get 10 feet before a friend, acquaintance or even a stranger rushes up to talk, hug or just say hello.

These days, to get access to the observation deck high above Ground Zero, people must wait in line for tickets at the South Street Seaport and walk the five solemn blocks. For Zayas it was one of the longest treks of his life.
He started asking himself if he could do more.

"Something clicked," he said. "I started seeing the jet fighters passing [over], and I was watching the news about the ships coming to New York, and the Navy started coming back to me."

Zayas walked the streets of his city, torn between a life he had built for himself and a growing need to contribute to a cause he already felt deeply about. When he got to Kent Avenue, his mind was made up.

Zayas went home and literally looked at himself in the mirror and thought, again, of the families. "A lot of family members may find some kind of closure knowing that someone is trying to get a grip on the problem of terrorism," Zayas says now. "I looked at myself that day, and said, 'I'm available. I'll do it for you.'"

He sat down at his desk and composed a letter to his boss, explaining what he was about to do, and hoping his job would be there when he got back.

"On behalf of the victims, the families, and even my own children, I would like to do my part to contribute to the cause."

On Sept. 14, for the second time in his life, Esdras Zayas joined the Navy. He left for Aviation Storekeeper "A" School Oct. 30, and reported aboard Iwo Jima soon thereafter. And by a coincidence that is too rich to disregard, he went back to New York May 22.

When Iwo Jima pulled into the Hudson Bay as part of Fleet Week 2002, the last ship in a procession of 22, with thousands of his neighbors and fellow New Yorkers watching, he manned the rails. "I'll try not to break down," he said, prior to Fleet Week. "I'll just try not to break down in uniform."

And he wasn’t looking back at what he left; a $70,000 per year job, a two-bedroom apartment in a great neighborhood and a life he appreciated.

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His wounded city is what brought Zayas to USS Iwo Jima (LHD 7). At 9 a.m. on Sept. 11, he walked into his United Parcel Service office in Queens and saw a friend on the phone. "I was watching him and saw his hand cover his mouth. He dropped the phone and screamed, 'my brother!' It was at that moment Zayas’ journey back to the Navy began.

He delivered his packages that day, with a troubled mind on Manhattan. "I kept looking toward the city, and I worried. All I could see (from Queens) was a cloud of white smoke. I thought that was good, because white smoke usually means the firefighters are doing their job. Then I saw the towers crumble on TV, live."

"I said to myself, 'That's a lot of dead people.'"

The next few days were a blur to Zayas. He said television didn’t capture the true devastation, the way he saw it. "On TV, you didn’t see the side view, you couldn’t see the smoke rushing through the buildings. What happened there was just disastrous. It was unbelievable."

Zayas grieved for the families whose lives he knew had been shattered, and began to empathize to the point that...
The morning of May 22, Zayas put on the uniform of a U.S. Sailor. Shoes shined, creases sharp, with his mind on Manhattan... again. He went to his shipboard office, took care of some paperwork, and waited for the 1MC to call him and his shipmates to the flight deck. Around noon, it came. "All Hands... Man the rails."

A stone-faced Zayas moved to the starboard side of the ship and stayed there, hands clasped behind his back at parade rest. When the ship passed the site of the World Trade Center attack the faces of the people welcoming his ship to his city that did it. "I'm home," Zayas recalls thinking. "Looking back on it, I was more affected by the people on the ferry than I was by the site itself. I know New Yorkers, and it's not that they don't care about the military, but they just don't react that way... usually."

As Zayas looks back at Fleet Week with a farewell party. That day, he had been away from home, Zayas returned to his church. Six months earlier, they had sent him off to fight its way back from an attack that crippled it temporarily. Zayas had hoped he'd be able to hold it together as the ship pulled into New York. And he had... until he saw the Staten Island Ferry. Hundreds of people, his people, New Yorkers, hung over the railings, cheering, clapping and waving American flags. It was too much. All this time, expecting sadness and memories of September to be the culprits that broke his resolve; and it was the happiness on the faces of the people welcoming his ship to his city that did it. "I'm home," Zayas recalls thinking. "Looking back on it, I was more affected by the people on the ferry than I was by the site itself. I know New Yorkers, and it's not that they don't care about the military, but they just don't react that way... usually."

As Zayas looks back at Fleet Week and his return to New York he recalls a series of images. A woman at Ground Zero who leaned close to Zayas and whispered, "Thank you" as he passed by; a firehouse; and two pictures of firefighters. Walking down the street a day after arriving in New York, he noticed a license plate on a passing car: RMBR 911. These images jumped out at him and reminded Zayas why he was there and why he was wearing the uniform.

Two days after returning to his home, Zayas returned to his church. Six months earlier, they had sent him off with a farewell party. That day, he had spoken to his friends there, his New York family. "I feel this is what I must do," he told them then. "Everyone has a place to be and a time to be there."

Nor does he tolerate those who question his decision to leave. "I have a way of seeing things and that's the way I see them. I imagine there are people going through this tragedy, and I can't bear the thought of doing nothing."

"The food here is incredible," said Zayas. "In New York there is always something good to eat wherever you go." 

As Fleet Week approached, Iwo Jima Sailors became more and more aware of Liberty. His back remained straight, his emotions even, as he stared at a city fighting its way back from an attack that crippled it temporarily. Zayas had hoped he'd be able to hold it together as the ship pulled into New York. And he had... until he saw the Staten Island Ferry. Hundreds of people, his people, New Yorkers, hung over the railings, cheering, clapping and waving American flags. It was too much. All this time, expecting sadness and memories of September to be the culprits that broke his resolve; and it was the happiness on the faces of the people welcoming his ship to his city that did it. "I'm home," Zayas recalls thinking. "Looking back on it, I was more affected by the people on the ferry than I was by the site itself. I know New Yorkers, and it's not that they don't care about the military, but they just don't react that way... usually."

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Now they wanted him back, to greet him and thank him. As he approached...
the front of the church and stepped down the aisle, a drummer started playing a solemn tattoo. And a thankful congregation welcomed a Sailor in uniform. The city that never sleeps was wearing its heart on its sleeve and showing its deep appreciation for one of its own.

It’s the middle of Fleet Week and Zayas is at the Queens Botanical Gardens with his family. Three elderly gentlemen, World War II veterans it turns out, see him and raise their hands in salute. He returned it and approached them.

“I told them what a pleasure it was for me to salute such true heroes. It was great to exchange words with a blessed generation.”

Their was the greatest generation. His father’s generation. The last group of military members to respond to an attack on American soil, until now. The weight on his shoulders increased. He looked at these veterans with great admiration and respect. They looked at him as the hero. These men who may have shed blood in places like Normandy, Tarawa or even Iwo Jima... they saw in Zayas a protector, or a lightning rod of retribution. “I can’t,” said Zayas, “let the passed generation’s sacrifices, nor this generation’s intent to survive, down. I know I must do for them what they have done for so many. I can by answering today’s call.”

Esdras Zayas has a book about the World Trade Center, and in the back of it he has pasted photographs taken on 9/11 to serve as a reminder. How many of us have said we’ll never forget; that the horror of September will stay with us forever? Zayas wants insurance. His photo collection provides it.

But at a firehouse on Water Street in New York, during Fleet Week, he realized he didn’t need it. Two pictures made sure of that.

It’s a testament to all the firefighters who died that day. A wall of photos, gifts and mementos has been erected in front of the firehouse on Water Street. It draws us like magnets. It would be disrespectful not to devote a few minutes of time to remembering these men and women who accepted danger so readily to save others.

Zayas walked along the sidewalk there, and stopped in his tracks. In front of him was a picture of a firefighter; happy, with a baby in his arms, sitting on a sofa. His face is turned away from the camera, and he’s smiling at someone with a look of contentment only a parent truly knows. “That got to me,” said Zayas. “A picture of this man in much better times.”

A few feet away, Zayas’ eyes stop on another image. A firefighter, dirty with grime, soot and smoke, leans over a pile of rubble and gingerly holds a piece of debris. A pebble in the ocean, really. His face, too, is turned away from the camera. The expression on his face, perhaps, is one of such sorrow that it can only be truly understood by those who have lost loved ones so unexpectedly.

He saw then the tragic irony in the two pictures. These two photographs, these two remen, more than anything else, illustrated to Zayas the difference between September 10, and the rest of our lives. And why one day he was a New Yorker and the next, a Sailor again, from a city he loves and a country he proudly serves.

JOC Houlihan is the public affairs officer assigned to USS Iwo Jima (LHD 7), and PH2 Houlihan is the photo editor for All Hands... and yes, they are brothers.
The Navy’s Physical Readiness Program is changing October 1, according to NAVADMIN 087/02. While not drastic, the changes involve three areas: age intervals shift from 10-years to 5-years; a new scoring system illustrates obtainable goals; and a new probationary category warns when a member is in danger of not meeting standards.

These three Sailors are from a small ship that’s big on PT. From the left, YN3(SW) Dwayne Summage, MNSN Glenn Burton, and IT2(SW) Hugh Beresford, are part of the crew of USS Shrike (MHC 62), that PTs together before work.
“We had a symposium in June of last year consisting of fleet and force master chiefs and other command representatives. We listened to input from the fleet,” said Kelly Powell of Navy Personnel Command’s Mission Essential branch, who holds a master’s degree in exercise science. “The recommendations that came out of that meeting were forwarded up the chain for consideration.”

Some of the changes were:
- Shortening of the age interval from 10 years to 5 years. “If you were 55, you were stuck having to meet the requirements of a 45 year-old, that’s unsat!” Powell said.
- Overall scoring. “Before, the lowest score was the overall score. Now we’re back to an average.”
- Requirements of command fitness leader changed to E-6. “Some commands have people who are senior enough to be a CFL, but didn’t have the time to do that. But they had good petty officers.”

Why wait until the changes take effect to get ready? After all, it’s up to the individual to make the time to exercise, though some aren’t sure when that time is. Like many commands, the crew of the Ingleside, Texas-based minehunter USS Shrike (MHC 62) takes the guesswork out of physical training, or PT. They do it as a command every morning at 0600, Monday, Wednesday and Friday.

“Shrike fits PT into its schedule,” noted LT Elliot Donald, the ship’s executive officer. “And we won the Battle E.”

Though all 45 or so of the crew have to PT together, one crewmember likes to do a little extracurricular activity. After work, Yeoman 3rd Class (SW) DeWayne Summage heads off to the gym with his weightlifting equipment.

Like many commands, the crew of the Ingleside, Texas-based minehunter USS Shrike (MHC 62) takes the guesswork out of physical training, or PT. They do it as a command every morning at 0600, Monday, Wednesday and Friday.
The Navy is very limited, even by Navy standards. One crewmember had an unorthodox solution. Ensign Hector Garza exercises with a Russian "kettlebell." Although the ship maintains an attitude of fitness, the sight of this Russian exercise tool sometimes draws stares. "I don't need much space to work out with this," Garza said.

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### Start Your PT Routine

**Story by J01 Joseph Gunder**

Thinking about leaving the three-mile-a-year club? Here are some quick tips from the pros in Navy fitness that you can use to keep yourself healthy and fit.

Mark Meeker, the assistant program manager for Navy Fitness, recommends that for a full-body workout, beginners start with some light stretching (no more than 20 to 30 minutes), then exercise the following:

- **Major muscle groups, triceps, biceps; 10 to 12 reps, two to three sets.**
- **Calves; 15 to 20 reps, one to two sets.**
- **Hamstrings (back of thigh); 15 to 20 reps, one to two sets.**
- **Shoulder with the overhead press; 10 to 12 reps, two to three sets.**
- **Back muscles; do pull ups (as many as possible) or lateral pull downs, 10 to 12 reps, one to three sets.**
- **Finish up with the tricep extension, 10 to 12 reps, one to two sets.**

### Think about Leaving the Three-Mile-A-Year Club?

Two quick tips from the pros in Navy fitness that you can use to keep yourself healthy and fit:

- **Exercise the following:**
  - **Major muscle groups, triceps, biceps; 10 to 12 reps, two to three sets.**
  - **Calves; 15 to 20 reps, one to two sets.**
  - **Hamstrings (back of leg); 15 to 20 reps, one to two sets.**
  - **Shoulder with the overhead press; 10 to 12 reps, two sets.**
  - **Bicep and tricep muscles; for this, use the curl machine, 10 to 12 reps, two to three sets.**

- **Finish up with the tricep extension, 10 to 12 reps, one to two sets.**

For proper cardiovascular exercise, Kelly Powell of Navy Personnel Command's Mission Essential branch recommends a cardiovascular exercise, either running, swimming, or something else, 20 to 30 minutes, three times a week. Runners should wear proper shoes and light clothing.

They both agree that no matter what exercise you do, the first thing you need to do is stretch the muscle you intend to use to avoid getting a pull.

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Gunder is a former photojournalist for All Hands magazine and is currently assigned to the public affairs office, USS Harry S. Truman (CVN 75).
Being a father is a hard enough job on its own. Having a family member in the military makes that job even harder. There are few who understand the sacrifices Navy parents must make better than Michael Flocco, who lost his son in the September 11 terrorist attack on the Pentagon.

Flocco is one of about 400 construction workers rebuilding the Pentagon. A metal worker by trade, he puts a piece of his heart into every piece of re-bar or pipe he lays. For him, it is an emotional labor of dedication, knowing that his only child-turned-Sailor, Aerographer’s Mate and Class Matthew Flocco, died in the same place that he now rebuilds. “My son is out there somewhere. I am not going to forget him,” said Flocco.

No parent wants to outlive their son or daughter, but that is always a possibility when that child is a member of the military. Living with such a loss, Flocco takes solace in his son’s naval career.

He knows that what Matthew did was right and still supports his son’s choice to join the Navy. “We always supported him in everything he decided, and I know he would have been proud of that.”

Rebuilding our nation’s defense headquarters is something in which Michael Flocco can take pride. Carrying on his son’s service to country is a duty this father proudly upholds.

Freed is a photographer’s mate and Keres is a photojournalist assigned to All Hands.
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.

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

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For more photos pertaining to naval history, go to www.history.navy.mil.

WORDS ONCE SPOKEN CAN NEVER BE RECALLED

1941
USS Cassin’s (DD 372) crew mess.
Photo by Army Pvt. William Roof

1945
USS Lyman K. Swenson (DD 739) steams through heavy seas in the Western Pacific alongside USS Brush (DD 745).

1944
American survivors of the battle off Samar are rescued by a U.S. ship. Some 1,200 survivors of USS Gambler Bay (CVE 73), USS Hie (DD 533), USS Johnston (DD 557) and USS Samuel B. Roberts (DE 413) were rescued during the days following the action.

1938
USS Ralph Talbot (DD 390) is silhouetted against the New York City skyline.

1945
USS Lyman K. Swenson (DD 739) steams through heavy seas in the Western Pacific alongside USS Brush (DD 745).

1965
Sailors aboard USS Small (DDR 818) clear the deck of 5-inch .38-caliber shell casings. Small fired more than 25,000 rounds of ammunition in support of U.S. and Republic of Vietnam forces.

U.S. Navy Photos Courtesy of the Naval Historical Center
A year after 9/11, we are in the midst of a war against terrorism; a very long battle. We knew it would be that way when it started on 9/12. With so many fronts and so many terror elements to pursue, how can we even begin to say we are victorious over terror when the good fight is still being fought? If we look and listen, the signs of victory are all around us. For one, the city that doesn’t sleep has awakened even more, recovering in the face of tragedy with a determination and money that only New Yorkers can muster. Not only is the World Trade Center site cleared of rubble, the discussion of rebuilding and memorializing is well underway.

At our nation’s defense headquarters, the physical scars of terror have been removed with much of the damage rebuilt, and the Pentagon is once again properly representing its namesake—a building with five complete sides.

A field in Pennsylvania has resumed its nature’s bounty, clean of aircraft debris, and now, like plots of land in lower Manhattan and Arlington, Va., it has been declared solemn ground.

The destruction from the attacks on America may be physically disappearing, but new signs of the lingering terror threat are in their place. Cement road barriers have been placed around government buildings. There are longer lines at airport security gates; more guards, more police, more public vigilance… prudent deterrence for homeland defense sake necessitated by a very real enemy. Have these barriers and inconveniences stopped our country’s people from going about the business of living in a free and democratic society? More so, has the real aim of terror – to induce fear, been successful in ceasing our independent way of life?

We are moving forward still—very much so. Unity stands ever strengthened against this looming impetus. Yes, individually and as a nation, we are still mourning the loss of loved ones, co-workers, good friends and fellow citizens.

For many, the terror that fell upon our soil on Sept. 11 is still falling upon them—an attack that pierces their hearts daily. It is in this regard that we must never let time fade our remembrance of the victims of terror. We may heal, but we must never forget. Their loss can serve us over and over as motivation to prevail over the true sword of terror that has crept slowly into our civilized world.

While not yet free of terrorism, we are firmly in freedom’s embrace. The terrorists did not succeed in taking the very element of our society they hate most. One could say, for this reason, they failed and we are victorious in that moment freely lived and the many moments to come.

It is fear that the terrorists ultimately seek to implant to stop those moments from ever occurring. It may briefly halt our steps and cause us to proceed with caution, but we will still boldly go forth. For here, too, they have failed, as almost immediately after 9/11, we were a nation on the move, exercising our freedoms. We are in flight, and we are still a country gathering and celebrating in large groups; a people who do not let fear win over their lives. A year later, the signs of terror’s failure are very much all around us.

As President Bush declared so defiantly as he stood at ground zero in New York City amid chants of “USA,” “I can hear you … I can hear you, the rest of the world hears you, and the people who knocked these buildings down will hear all of us soon.” We have not become silent. We are not going quietly. On the contrary, hear our freedom ringing loud and clear. Listen to our victory over terror.

Desilets is managing editor of All Hands
IS1 Jason Lhuillier
Intelligence Analyst for
Chief of Naval Operations,
Pentagon
7.5 Years of Service

“The events of Sept. 11, reinforced the importance of our mission. It makes me proud to serve our forward deployed troops.”

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