22 Heart of Gold

Heads sag on necks, backs are bowed, teeth are clenched—still 10 more push-ups to go. But no one quits. Not today. Cryptologic Technician (Interpretive) 2nd Class Casey Tibbs is leading the workout, and if he can do it, so can they.

After all, according to CTC Joseph Franklin, the physical fitness coordinator for Naval Security Activity Group, Medina, Texas, “It’s hard to complain during workouts when you have a one-legged man whipping you around the track.”

Photo by JO1(SCW/SS) James G. Pinsky

14 “For every prisoner... a responsible citizen”

Boatswain’s Mate 2nd Class Brandon Wickersham spends the majority of his day smoothing the edges on his troops. He makes sure they wear a squared-away uniform, eat chow and receive counseling about educational and military opportunities. Like any leading petty officer worth his salt, he ensures they get to work on time, make all of their appointments, have enough rest. At taps, he personally inspects each man with standards that would make a recruit company commander flinch, says goodnight and turns out their lights.

Then he locks them away in their prison cells.

His men are prisoners at the Naval Consolidated Brig (NAVCONBRIG) Miramar, Calif.

32 Living and Dying in LA

The first time a corpsman sees a gunshot wound shouldn’t be on the battlefield. That’s exactly why the Navy sends battlefield-bound trauma teams to the Naval Trauma Training Center (NTTC) at the Los Angeles County and University of Southern California Medical Center. The facility has no shortage of gunshot, stab wounds and life-threatening motor vehicle accidents where corpsmen can improve their skills.

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BM2 Andy Dingman climbs the port shrouds, nearly 70 feet above the deck during a sail-setting exercise aboard USS Constitution.

Photo by PH2 Matt S. Chabe
The sun sets behind a pair of F/A-18D Tomcats assigned to Fighter Squadron (VF) 31 as they are prepared to be sent down to the hangar bay aboard USS John C. Stennis (CVN 74) during a scheduled deployment to the Western Pacific Ocean.

Photo by PH3 Mark J. Rebilas
Speaking with Sailors
Master Chief Petty Officer of the Navy
MCPON (SS/AW) Terry D. Scott

This question is from a discussion with Sailors at a recent All Hands Call in Fallujah, Iraq:

Q: For deployed Sailors participating in combat operations on the ground in Iraq, it’s difficult to get an exam administered on time or even within the time constraints of participation for the late exam. Will the Navy consider more flexibility in offering the exams to these Sailors?

A: The Navy realizes the difficulties many of our Sailors face while serving in combat zones and the added stress of having to participate in an advancement exam on a particular day is one of those stresses we have alleviated.

When mission requirements keep Sailors from taking a test by the scheduled date, their command may request the administration of substitute exams through Naval Education and Training Professional Development and Technology Center (NETPDT). Even requests submitted after published deadlines will be considered by NETPDT to ensure all eligible Sailors have an opportunity to take their exam.

For example, if the command of a Sailor involved in combat operations on the ground in Iraq requests a substitute exam by the deadline, that Sailor may be able to take the test even though the results have already been released. However, their command must request a waiver if the substitute exam will not be given by the deadline. The substitute exam can be given in groups or individually. After it is received, their answer sheet will then be scanned and scored for advancement, and if eligible, will receive backdated pay and time-in-rate.

The exam questions are designed to ensure all eligible Sailors have an opportunity to take their exam. If their answer sheet is scored for advancement, they will be notified of the results. The Navy understands how important advancement issues are to Sailors and NAVADMIN 204/04 has offered the necessary flexibility for our ships at the front lines of the global war on terrorism.

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

Editor,

After reading your “Mail Call” column in the September 2004 issue of All Hands I was seriously in tears. I don’t recall anyone really thanking the family members that we must leave behind.

Sure, [to leave] takes a lot of courage on the Sailor’s part, but to be the wife or husband, parent, sibling, friend or loved one of the Sailor who is leaving, has got to be one of the hardest and most difficult things they are required to do.

To feel that pride that they deserve to feel, or that sense of freedom that they get from watching their loved one as they depart on their ship for two, four, six or even seven month cruises, or as they board the plane on their way to Bahrain, en-route to their new overseas duty station.

The families are the ones I feel are the most affected by us leaving, for most of the time we as sailors know what to expect. Think of your best friend, boarding a ship that is then going to put them on a flight – just to leave them in the middle of the desert with a ruffle and tell you to protect your country. Nothing says pride more than being able to let go of that person as you say your good-byes, and see-you-laters. As I watch the news at night with my family by my side, I see protesters, and angry mobs arguing on behalf of the Sailors and Marines who are deployed, some losing their lives, I understand their loss, but do they realize we all joined the military to serve our country and protect our land?

“The Sailor’s Family Creed” opened up the flood gates to my tears, because I’ve never heard something so real, something so meaningful and full of truth. The honor, courage and commitment from our families is what gets us by, and I’m glad that someone finally spoke on their behalf.

Keep up the great work ALL HANDS.

Very Respectfully,

AN Tahuna L Berg
HC-11

According to the United States Fire Administration (USFA), fires occurring during the holiday season injure 2,670 individuals and cause more than $930 million in damage each year.

For fire safety information visit: http://www.safety.marinabay.com/
CNO Challenges New Chiefs to Take Navy into the Future

CNO Charles A. Lockwood, Jr. (LHA 4). Cooper was also named the 2004 Navy Times Sailor of the Year this summer.

Story courtesy of JOC Walter T. Ham IV, who is assigned to the public affairs office, Chief of Naval Operations.

Story by Ellen Maurer who is assigned to the public affairs office, Bureau of Medicine and Surgery.

Around the Fleet

CNO Challenges New Chiefs to Take Navy into the Future

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Story courtesy of JOC Walter T. Ham IV, who is assigned to the public affairs office, Chief of Naval Operations.

Story by Ellen Maurer who is assigned to the public affairs office, Bureau of Medicine and Surgery.

Chief Aviation Electrician’s Mate Matthew Cooper was recently named Sailor of the Year aboard USS Nassau (LHA 4). Cooper was also named the 2004 Navy Times Sailor of the Year this summer.

As leading petty officer of the Aircraft Intermediate Maintenance Department, Cooper’s efforts were key to his division attaining a 98 percent readiness rating while the ship was deployed for nine months in support of Operations Enduring Freedom and Iraqi Freedom. Cooper, a recipient of the Military Outstanding Volunteer Service Medal, has also coached children’s hockey for 12 years.

SMART WebMove services most routine moves based on permanent change of station orders. Customers are in control with access to SMART WebMove 24 hours a day, 7 days a week, anywhere they have Internet access– at home, work or aboard ship,” said Richard McIntire, SMART WebMove program manager. “Customers can enter and exit the program as often as they want and work on their household goods application at their leisure.”

Since it was launched in June 2001, 36,000 move applications have been processed using SMART WebMove in CONUS and OCONUS. SMART WebMove currently services overseas Navy personal property offices in Hawaii, Japan, Singapore, Italy, Portugal, Spain, England, Iceland, Greece and Cuba.

Story courtesy of the public affairs office, Naval Supply Systems Command.
**Sailors Allowed Flexibility for Exam Deadlines**

Commanders may request the administration of substitute exams through theNETPDTC when mission requirements keep Sailors from taking a test by the scheduled date. NETPDTC will consider all requests, even those submitted after published deadlines, to ensure all eligible Sailors have an opportunity to take their exam. "Commanders have the latitude to administer substitute exams when operational tempo legitimately interferes with Sailors preparing for or taking the exams on the scheduled date," said LCDR Juliet Cook, the Navy’s advancement planner for the Chief of Naval Personnel. "NETPDTC considers all requests, even those submitted after deadlines, to ensure our Sailors have a fair opportunity to take an exam." Valid reasons for requesting substitute exams include emergency leave, sick in quarters or hospitalization, and operational commitments, especially deployed units in combat areas. Cook spoke of a recent example of a forward-deployed hospital corpsman who had his exam forwarded from detachment to detachment for about six weeks. The Sailor was finally able to take the exam in July, four months after the scheduled March exam date. If a Sailor, such as this corpsman, takes a delayed exam with coordination and approval by NETPDTC, the answer sheet is scanned and scored for advancement and the Sailor, if eligible, will receive backdated pay and time-in-rate.

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**Change For Sailors Serving in Marine Units in Japan**

Corpsmen, dental technicians, religious program specialists and personnelmen serving with Marine Corps units in Okinawa and Iwakuni, Japan, can now expect to serve longer tours.

Effective immediately, all unaccompanied Sailors serving with Fleet Marine Force Units will do so under U.S. Marine Corps policy that requires a two-year tour. Sailors on accompanied orders will serve a tour of three years.

Under previous regulations, Sailors serving unaccompanied tours in specific units were only required to serve one-year tours. Camp Fuji, because of its isolation, will remain a one-year unaccompanied tour.

"To the past, a DOD tour length exception was made for very isolated duty stations or those that didn’t meet quality of life standards," said LCDR Denise Holdridge, assistant branch head for hospital corpsman and dental technician assignments at Navy Personnel Command, Millington, Tenn. "Dramatic improvements in living conditions and an overall improved infrastructure in Japan has begun, which will eventually eliminate the need for an exception to the policy."

In response to the policy change, Sailors who have not yet left detachments commands will receive an order modification that will lengthen their tours to two years. Sailors currently assigned to the 3rd Marine Expeditionary Force (MEF) or Marine Corps Bases Japan (MCBJ) on one-year unaccompanied tours will have their current Projected Rotation Date (PRD) honored, as will Sailors who have orders to 3rd MEF or MCBJ and have already departed from their detachments. Any Sailor who volunteers to stay for a second year may use the Overseas Tour Extension Incentive Program (OTEIP) to do so.

Married Sailors on their first enlistment serving a one-year unaccompanied tour may elect to change to a three-year accompanied tour, as long as they obtain command approval and approval from their spouses. Questions about the change in policy may be directed to Master Chief Hospital Corpsman (FMF) Denise Brown at denise.k.brown@navy.mil or by calling DNS 882-3806 or commercial at 901-874-3086.

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**Tour Lengths Change For Sailors Serving in Marine Units in Japan**

Tour Lengths Change For Sailors Serving in Marine Units in Japan

**First class petty officer hopefuls** participate in the Navy-wide examination aboard USS Abraham Lincoln (CVN 72). Exams are held every March and September.

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**Gift Cards Now Available at Navy Exchange**

**Tour Extension Incentive Program**

To make gift purchasing even easier, the Navy Exchange Service Command (NEXCOM) is introducing NEX Gift Cards.

The NEX Gift Card can be used just like cash for most merchandise and service purchases in any Navy Exchange worldwide. The new cards, which resemble credit cards, replace the paper Navy Exchange gift certificates.

"One great feature of this new card is that the user can check the remaining balance on the card at any time," said Mike Mongin, operations specialist at NEXCOM. "Simply ask any cashier in the NEX, and the balance can be given to you. Or call from home, toll free at 1-877-839-7114, to check the balance on your card."

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**Serving in Marine Exchange**

**Tour Extension Incentive Program**

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**Time Capsule**

This month we look back in the All Hands archive to see what was going on in the month of December. To view these issues in more detail on the Web, go to www.news.navy.mil/ah/search

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**1944 – 60 Years Ago**

This issue highlighted the Navy’s third year in World War II. The anniversary issue covered a complete chronology of events during the war, including innovations such as the addition of the battleships USS Missouri (BB 63) and USS Wisconsin (BB 64), which eventually led to a U.S. victory.

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**1954 – 50 Years Ago**

We looked ahead to the christening of USS Forrestal (CV 59). Joining the fleet in late December 1964, Forrestal became the world’s first modern aircraft carrier of her time. This issue also offered a glimpse into the vital role the Navy played in the evacuation of Vietnamese refugees from Haiphong to Saigon, Indochina.

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**1964 – 30 Years Ago**

The underwater-launched missile Subroc was introduced in this issue after pressure tests were conducted at Naval Ordnance Laboratory in White Oak, Md. Capable of destroying enemy ships at long range, it was the newest member of the Navy’s arsenal at the time. All Hands featured Sailors participating in holiday activities all over the globe—from Antarctica to Alaska. The year-end roundup in Navy sports featured six Navy athletes who traveled to Tokyo as members of U.S. Olympic teams during the 18th Olympic games.
Culinary Specialist 1st Class Marcus Jackson assigned to U.S. Naval Hospital Guantanamo Bay (NHGB), Cuba, recently created a book of poetry entitled I Closed My Eyes. The 35-year Navy veteran said he wrote the book to encourage and inspire others with his words. As leading petty officer of the Nutrition Management Department at NHGB, Jackson uses his Navy experiences, and his exposure to many backgrounds and cultures as indelible sources of inspiration. Jackson is responsible for facilitating day-to-day operations at NHGB, which supports the provision of detainees inpatient meals and regular patron visits.

Around the Fleet

CNO Discusses Making the Navy Competitive in the 21st Century with Navy Leaders in Seoul

Chief of Naval Operations ADM Vern Clark talked about the importance of building a 21st century human capital strategy to compete in the marketplace during a recent meeting with Navy leaders in Seoul, South Korea. He spoke to officers and chief petty officers about encouraging retention from men and women who choose a “lifestyle of service” by adding value to their efforts and keeping promises as leaders.

Clark said the goal in winning this “battle for people” is to serve Sailor’s dedication by addressing issues regarding Navy quality of service, appreciating the contributions family members make to the Navy and providing professional development opportunities to increase job satisfaction.

Clark told chiefs and officers they must “challenge every assumption” and keep producing innovative ideas like developing an online detailing system to give the power of choice to Sailors and offering financial incentives to help Sailors make their duty assignment choices.

“We must come up with a structure and a system that is designed to compete in the 21st century marketplace,” Clark added. “You’ve seen some of that here in Korea called assignment incentive pay. That’s a Navy idea that has spread and expanded in a joint wars.”

Another way the Navy helps Sailors compete is Sea Warrior, the Navy’s new approach to professional development and human resource management.

“We’re working to put the power of choice in the hands of Sailors and also creating something I call Sea Warrior, which is a growth and development tool that will give them the skills they need to make them extraordinary marketable in tomorrow’s world,” Clark said.

In addition to value-added initiatives like Sea Warrior and services like online detailing, there are intangible reasons Sailors are remaining in the Navy.

“People are staying in the Navy because they want to be part of a winning organization that knows where it is going,” Clark said.

While in Korea, Clark met with Commander, U.S. Forces Korea Gen. Leon Loge and senior leaders in the Republic of Korea.

Clark had a special message for Sailors serving in Korea, “I thank you, and the American people back at home thank you for the hard work you do,” Clark said.

Story by Joa McKee, who is assigned to the public affairs office, Commander, Naval Surface Force, U.S. Pacific Fleet.

Surface Navy To Begin Speciality Career Path

As part of the Navy’s Human Capital Strategy, the surface Navy is introducing a new speciality career path for surface warfare officers (SWOs) that allows officers who complete their first shipboard department head tour to request transfer to specialize in one of six areas, viz, the traditional command-at-sea career path.

The specialties are: anti-terrorism/force protection (AT/FP), anti-submarine warfare, missile defense, mine warfare specialist, shore installation management and strategic sealift. Details on this SWO specialty community are posted on NAVADMIN 220/04 via www.bupers.navy.mil.

“This new SWO specialization career path program offers an exciting win-win opportunity for surface warfare officers and the Navy,” said RADM Mike LeFever, flag sponsor for the program. “It’s a win for the officers, because they will be able to specialize in areas in which they have an increased interest and passion. The officer will gain experience and develop management and leadership skills that will serve the Navy well. It’s also a win for the Navy, because we will train and maintain a cadre of trained officers that have multiple tours in a specialty area already assigned to SWOs, and help us keep talented SWOs in the Navy who might otherwise choose to leave the service.”

Officers in pay grades O-3 to O-5 desiring to enter one of these new SWO career paths can do so by submitting a written application to PERS-41 after completing their first department head (DH) tour (or 18 month point for fleet-DH billets such as weapons officer to combat systems officer). A selection board, chaired by a SWO flag officer, will meet twice a year, in January and July, to select those officers best qualified to serve the needs of the Navy in each of the new career paths.

Once selected, the officer would receive appropriate training and education, and be assigned to billets that would develop experience and expertise in their specialty areas. Selected officers would retain their SWO designator and would receive an additional qualification designator that indicates their area of specialization.

Along the way, the officer would gain experience and develop management and leadership skills that will serve the Navy well.

“We have invested significantly in growth and development of our people,” added LeFever. “These career paths provide more opportunities for SWOs to continue their growth and development as part of the Navy’s Human Capital Strategy, taking a critical look at better ways to maximize the investment we make in our people.”

For related news, visit the Commander, Naval Surface Force, U.S. Pacific Fleet Navy Newsstand page at www.news.navy.mil/-local/comp.

Shift
Colors
Task Force Uniform

Sound Off! Log on to http://www.news.navy.mil/search/display.asp?story_id=15565 for information, and e-mail your opinions and feedback about the new uniforms to pubs@mediacen.navy.mil. Feedback will be used to identify problems and improve the look and durability of the new uniforms. For the latest news and updates, visit Navy NewsStand at www.news.navy.mil, watch Navy Marine Corps News and Daily News Update; listen to Navy Radio News and read future issues of All Hands magazine.


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IT’S YOUR UNIFORM, MAKE IT A GOOD ONE.
Naval Consolidated Brig Miramar

"For every prisoner... a responsible citizen"

Air Force Staff Sgt. Heath Royer, corrections officer, searches a prisoner after he returned from a work detail outside the brig's compound. Army, Air Force, Marine, Navy and civilian personnel work together at the consolidated brig.

Good Sailors deserve shore duty. Great Sailors deserve the brig.
ike any well-trained leader, Boatswain’s Mate 2nd Class Brandon Wickersham spends the majority of his day smoothing the edges on his troops. His men are just rougher around the edges.

Every day, he makes sure they wear a squared-away uniform, eat chow and receive counseling about educational and military opportunities. Like any leading petty officer worth his salt, he ensures they get to work on time, make all of their appointments, have enough rest. At taps, he personally inspects each man with standards that would make a recruit company commander flinch, says good-night and turns out their light.

Then he locks them away in their prison cells.

His men are prisoners at the Naval Consolidated Brig (NA VCONBRIG) Miramar, a Navy command with a multi-service staff comprised of Sailors, Airmen, Marines and Soldiers, and Wickersham is a staff correctional officer. Like all of the nearly 200 NA VCONBRIG Miramar staff members, he was hand-picked specifically for his leadership abilities demonstrated in the fleet, field or sky.

NA VCONBRIG Miramar, which houses up to 372 prisoners, is part of the Navy’s corrections curriculum system, run by the Navy Corrections and Programs Division at Naval Personnel Command, Millington, Tenn.

The Command Emergency Response Team (CERT) is made up of six to eight specially trained people who respond to riots, fires, emergencies and escape attempts, and also serve as escorts for high-profile prisoners.

The Navy uses three levels of incarceration, a tier system that is based on the length of a prisoner’s sentence. Waterfront brigs, afloat brigs, correctional custody units (CCU) and pre-trial confinement facilities house Tier I prisoners sentenced up to one year. Tier II prisoners are transferred to one of the Navy’s two consolidated brigs, located at Marine Corps Air Station Miramar, Calif., and Naval Weapons Station Charleston, S.C., for sentences of up to 10 years.

Additionally, all female prisoners within DOD serve their time at NA VCONBRIG Miramar to better facilitate the rehabilitative process. “Before DOD vacated all of the female prisoners here,” said NA VCONBRIG Miramar Executive Officer CDR Kris Winter, “it was difficult to run successful female-specific rehabilitation programs, because there weren’t enough women in any one place. By housing them in one central location, we maximize their potential to be fully rehabilitated.”

Level III offenders – prisoners with sentences greater than 10 years, who pose a national security risk or are sentenced to death, are sent to the U.S. Disciplinary Barracks, Ft. Leavenworth, Kan.

In addition to being exceptional Sailors, all Navy NA VCONBRIG Miramar staff members are required to earn the NLC 9678, correctional specialist, at a four-week school held at Lackland Air Force Base, San Antonio, prior to reporting for duty.

Despite being a prison, only the rated Master-at-Arms Sailor at the brig wears khakis. The rest of the Sailors come straight from sea-intensive ratings like personnelmen, machinist’s mates and yeomen. And if you consider yourself a serious leadership scholar, then a three-year course at NA VCONBRIG Miramar is probably the best education you can get.

“These Sailors are trained to fix people with some pretty serious problems,” said NAVCONBRIG Miramar Training Director Charles Lyles, “so, leading good Sailors on a ship afterwards is going to be a piece of cake.”

Culinary Specialist 2nd Class Augusta Vistavilla specifically chose brig duty to concentrate on developing his leadership skills.

“I wanted a new challenge in my career,” said Vistavilla. “We don’t cook here as a staff; we concentrate more on security, leadership and how to work with the different branches of the military. That’s a nice change of pace from the galley, and it makes me a better Sailor.”

“Brig duty is wonderful duty to hone your leadership skills,” said CDR Jim Cunha, commanding officer. “Staff Sailors here aren’t swabbing decks or cutting veggies. They supervise, that’s it.”

Culinary Specialist 2nd Class Augusta Vistavilla specifically chose brig duty to concentrate on developing his leadership skills.
And supervision doesn’t get any more intensive than at a direct supervision facility like NA CON BRIG Miramar. Staff members must plan each minute of every prisoner’s day.

“The most useful thing I’ve learned here is time management,” said Air Force Staff Sgt. Kenneth Williams, quarters supervisor at the brig. “Everything here is on a set schedule—everything.”

They monitor everything the prisoners do—what they read, whom they talk to, when they eat, when they sleep, how they wear their uniforms and even tend to their personal hygiene.

“One of the most difficult parts of dealing with the prisoners is watching them adapt to confinement,” said Aviation Boatswain’s Mate (Handling) 1st Class Reyocard Abrenilla. “It’s a unique experience.”

Staff members must be prepared to handle prisoners with convictions ranging from unauthorized absences to murder.

“We teach staff how to use their minds to bring potentially violent situations to a halt, and we give them the experience to know the skills work,” said Lyles.

One of the more useful skills learned at NA CON BRIG Miramar is verbal judo. It’s a word skill taught to help defuse potential conflict and handle aggressive people, life threatening situations and the like.

But the textbook answer of leadership enhancement isn’t the only thing attracting the Navy’s best and brightest to brig duty.

“Duty here is a lot more fun than doing paperwork and kicking boxes,” said Storekeeper 1st Class Tamara J. Seguine. “I actually told my detailer I wouldn’t reenlist unless they sent me to the brig.”

Seguine’s excitement comes from the fact that she is one of a handful of staffers on the elite Command Emergency Response Team (CERT), one of the collateral duties available to staff members.

“Brig duty is wonderful duty to hone your leadership skills,” said CDR Jim Cunha, commanding officer of NA CON BRIG Miramar. “Staff Sailors here aren’t swabbing decks or cutting veggies. They supervise; that’s it.”

Prisoners have no rank at the brig. Former E7s, even officers, are reduced to mere numbers and the ominous title of prisoner.

“How we treat prisoners here matters. These prisoners are eventually going to be out in our communities, at the movies, grocery stores, etc., so we have a responsibility to make sure they’re ready to be responsible citizens.

To do that we have to start with the very best role models, and I have to know that each and every person who works for me is doing the right thing every day.”

~ CDR Jim Cunha, Commanding Officer
NA CON BRIG Miramar
A CERT is made up of 6 to 8 people who are specially trained to respond to riots, fires, emergencies, escape attempts, high profile prisoner escorts and to serve as a show of force.

Another unusual level of responsibility at the brig is the requirement to qualify as the command duty officer.

"On an aircraft carrier, it would take a rank of commander to be responsible for 300 people," said Cunha, "but here at the brig, we have first class petty officers filling that role, and it's a tougher job because all of our people are known troublemakers."

Cunha's staff isn't handpicked just because they pull a tougher duty day, though. Brig staff members realize the effects of serving as role models for incarcerated service members doesn't stop at the razor-wire-covered fences. Eventually, prisoners get released back to society, hopefully as productive citizens—the whole point of rehabilitation.

"How we treat prisoners here matters," said Cunha. "These prisoners are eventually going to be out in our communities, at the movies, grocery stores, etc., so we have a responsibility to make sure they're ready to be responsible citizens. To do that, we have to start with the very best role models, and I have to know that each and every person who works for me is doing the right thing every day."

Cunha and his staff must be doing something right, according to Lyles. "Prisoners call back to the brig and thank the Sailors who helped them rebuild their lives," said Lyles. "It's no secret how prisoners end up at Miramar. They made the worst choice of their lives. But for the staff stationed there, getting sent to the brig is the best career choice they could have made."

Pinsky is a photojournalist assigned to All Hands.
Cryptologic Technician (Interpretive) 2nd Class Casey Tibbs is leading the workout, and if he can do it, so can they.

“It’s hard to complain [during workouts] when you have a one-legged man whipping you around the track,” said Cryptologic Technician (Collection) 1st Class Joseph Franklin, physical fitness coordinator for Naval Security Group Activity (NSGA), Medina, Texas.

Tibbs, a former high school football and track letterman, lost his right leg below the knee March 5, 2001, when he took a curve too fast on a San Antonio highway and slammed his motorcycle into a guardrail.

Most Sailors would have left their careers on the black Texas highway that day and no one, including the Navy, would have thought less of them. But Casey Tibbs isn’t like most Sailors.

For the next two years, Tibbs, with the kind of attitude Navy chiefs wish they could bottle and sell to every recruit coming out of Recruit Training Command Great Lakes, Ill., failed to quit.

“A lot of people ask me if I ever get mad about the accident,” said Tibbs, “but I don’t. After all, I did this to myself. There’s a plan for everyone. This is my path, and it’s a good road.”

Parathletes like Tibbs compete for more than just glory. “All paralympians have a story and it’s a good story,” said Ron Johnson. “We compete to show that life doesn’t end with a disability. It’s just beginning.”

Tibbs’ success as a paralympic athlete was earned by countless work-outs on his own time, and a commitment to never giving up on his dreams.
It was a road that would eventually take this Texas native all the way to Athens, Greece, as the first active-duty service member to qualify for the Paralympic Games.

But before Tibbs dared dream about winning medals, he had to learn how to walk and run all over again. He spent nearly a month after his accident just learning how to live life with a prosthetic leg.

“He didn’t want to let anyone tell him he couldn’t do anything, including the Navy,” said his wife, Robyn Tibbs. And with the full support of his family and the Navy, doing anything was precisely what Tibbs had in mind.

Nearly four months after his motorcycle accident, Casey Tibbs quickly learned that his success as a paralympic hopeful would inspire others, and he sought out opportunities to mentor anyone who needed an extra push in life. Here, Tibbs gives a pregame speech to a group of Texas middle school football players about to compete in a playoff game in San Antonio.

Tibbs turned tragedy into triumph by focusing his rehabilitation on a return to track and field events.
accident, Casey petitioned the Navy to allow him to return to active duty.

“I always wanted to be a Sailor,” said Tibbs. “Having the accident and losing my leg never changed that. ”

Casey owed his devotion to duty to many a spun yarn heard on his grandfather’s lap about the Navy.

“Look at what the Navy had done for me already,” he said. “They took a chance on me by sending me to some very expensive schools, and I won’t even comment on the level of responsibility I had. I felt like I owed it to the Navy to fight to stay in.”

Sympathies aside, the Navy had its standards, and Tibbs had to meet them to remain on active duty. For Tibbs, the most daunting task was to prove to the Navy he could pass the physical fitness test (PFT).

“They filmed me doing everything from my PFT to simply walking around the base,” said Tibbs. Additionally, Tibbs wrote letters to his medical review boards and sought the advice of legendary Navy amputee, now-retired Master Chief Boatswain’s Mate Carl Brashear.

Paralympic athletes compete on a level second only to able-bodied Olympians. Though their quest for gold typically draws far less fanfare along the way.

Tibbs makes it a point to never consider himself disabled. “I know I could get away with getting a handicapped sticker for my truck, but I won’t do that,” said Tibbs. “I’m just like everyone else. I want to save that parking pass for someone who needs it.”
Less than six months after having his right leg severed below his knee, Tibbs not only learned to walk again, he did what some Sailors who have both their legs can’t—he passed his PFT convincing the medical review board he was fit to return to active duty.

Good news for Tibbs, bad news for the poor souls at Medina who have to make it through this born-again athletic talent’s "PT" sessions.

"Petty Officer Tibbs leads the Navy PT," said Franklin. "He doesn’t ask the Sailors to do anything he isn’t doing, and we don’t get much complaining. Sailors are motivated to see a guy with so many reasons to quit just keep going."

"I wish I had 10 Petty Officer Tibbs," said CAPT Gare Wragg, commanding officer, NNG, Medina, Texas. "Throughout his quest to be classified as fit for active duty, Tibbs pushed himself with the full support of his family, friends and entire chain of command. But one person above all others stood out as his inspiration, fellow Sailor Robyn Abrams."

"We were just friends," said Abrams. "Once we graduated ‘A’ school the Navy split us up, so naturally, I never thought I’d see Casey again.”

The two had met before Tibbs’ accident while they were at CTI ‘A’ school in Monterey, Calif.

"We were just friends," said Abrams. "Once we graduated ‘A’ school the Navy split us up, so naturally, I never thought I’d see Casey again.”

The two Sailors stayed in touch through letters and phone calls, however. Casey and Robyn are now convinced the accident actually helped bring them back together.

"Robyn was my inspiration for getting through rehabilitation," said Tibbs. "It was easier to deal with the rehab knowing I had [seeing] Robyn to look forward to."

"He sent me cards, letters and pictures throughout his recovery process," said Robyn. "He was always so positive about everything. I mean, here was a strapping young man who just lost his right leg, and you know what—it didn’t slow him down one bit."

In fact, Tibbs got faster. By losing a limb, Tibbs became eligible for a unique athletic category called parathletics. What was an average speed for the a Texas high school track was king in the world of parathletics.

Tibbs immediately took advantage of his athletic windfall.

Less than three years after sliding more than 300 feet down a Texas highway, and with the steadfast support of his new wife, Tibbs entered himself in the 2003 Endeavor Games for Athletes with Physical Disabilities in Edmond, Okla.

He didn’t need a second chance at the Endeavor Games to prove to himself that he had made the right choice. Tibbs won first place in the 100-, 200- and 400-meter sprints, turning the heads of U.S. Paralympics team officials who then invited him to join the team.

Suddenly, Tibbs’ rehabilitation-inspired return to track and field had given him something he never had before his accident—a chance to go to the Paralympics, a sporting event second only to the able-bodied Olympics in size.

Once again, the Navy stepped in to help Tibbs reach his goal. Tibbs wanted to be the first active-duty Sailor to experience Paralympics glory. Enter John Hickok, a former U.S. Army Special Forces officer turned motivator for Navy sports.

"If you want to be an Olympian and you have that potential, the Navy Sports Program is set up so you can reach that potential," said Hickok, head of the Navy Sports Program for the Navy’s Morale, Welfare and Recreation (MWR) Division.

"Petty Officer Tibbs is enthusiastic, hard working and he’s overcome a devastating injury," said Hickok. "I have no idea how hard it is to try to keep yourself motivated when you face that kind of a challenge. It’s an
inspirational story, and as an exceptional sprinter, he’s deserving of the same kind of assistance that we provide to all great Navy athletes.”

With his new U.S. Paralympics team coach, Ron Johnson, who happened to live right down the highway from Tibbs in San Antonio, he officially qualified for the 2004 Paralympics at the Far West Games in San Jose City College, San Jose, Calif. His pentathlon score of 4,573 points was a mere 63 points off the American para-lympic record. He also placed first in the 400-meter dash.

Tibbs’ Far West Games success was just a small taste of the greatness Johnson felt Tibbs was destined for in Athens.

“Just before Christmas 2003, Casey tested the world record for the 400-meter,” said Johnson. “We were very excited about his potential.”

Johnson’s comments reminded Tibbs of what his high school coaches used to say about him.

“Life is all about opportunities,” said Tibbs. “In high school, I had plenty of chances to do better, but I didn’t try hard enough. Thanks to the accident, I know I have a second chance and I’m not going to waste it.”

“He’s a workaholic,” said strength coach, John Pena, “and that’s something you can’t coach.”

Clearly, Tibbs finally understood what it took to be a champion.

“It’s all about heart,” said Tibbs. “And, if Tibbs’ past performance is any indication of his future success, the strapping young lad from Austin, Texas, will come home from Athens with a few medals around his chest made from the same stuff as his heart.”

Pinsky is a photojournalist assigned to All Hands.

Editor’s Note: CTI2 Casey Tibbs took home a Gold Medal in the 4x100 Relay and a Silver Medal in the Pentathlon. Tibbs broke the U.S. record for the Pentathlon in Athens.

Tibb’s wife, Robyn, is well aware of her husband’s world-class sprinter status but admits he has his moments of weakness just like anyone else.

“I worry about him pushing himself too hard,” said Robyn. “I worry that at 30 he’ll have a 90 year-old man’s body because he’s pushed himself so hard.”
Blood was everywhere. The bed to the right had a patient dying, the bed to the left – a patient already dead. Outside the emergency room, friends and families were kicking, screaming and crying – unable to deal with the chaos.

Inside the emergency room, a team of experienced trauma team doctors, nurses and emergency room technicians surrounded a young man hovering between life and death. Multiple bullets from a rival Los Angeles gang member’s pistol were trying to tell the team that his life wasn’t salvageable. The trauma team held its ground.

Trauma surgeons use electrocautery to control bleeding of the bowel during emergency surgery on a stabbing victim. The patient survived.
The double doors separating the living from the dying burst open as four trauma team members rushed the teenager to surgery. Inside the operating room (OR) two pairs of surgeons’ hands worked feverishly to mend the bullet-ravaged youngster. After hours of blood-soaked surgery, the team was confident it had repaired all of the internal damage. The OR tech handed a needle and sutures to one of the surgeons, who began a sewing performance that would put most grandmothers to shame.

Few words were spoken. The nurses knew what the surgeons wanted; the OR techs knew what the nurses wanted and the surgeons trusted everyone to get what was needed with a look and maybe a word or two.

It was the kind of teamwork that could only come from practice—lots of practice.

In the Los Angeles County + University of Southern California (LAC+USC) Medical Center, there is no shortage of gunshot, stab wounds and life-threatening motor vehicle accidents. And that’s exactly why the Navy sends battlefield-bound trauma teams to the Level 1 trauma center in Los Angeles.

With peace and a safer Navy providing little opportunity for trauma teams to hone their skills, the Navy turned to a different battleground, the Level-1 trauma center in America’s second largest metropolitan city.

**In combat there is no safety net.**

— HMC Patrick Bishop NTTC Class 04090
The first time a corpsman sees a gunshot wound, it shouldn’t be… on the battlefield,” said Chief Hospital Corpsman Scott Arnold, a facilitator at the Naval Trauma Training Center (NTTC) at the LAC+USC Medical Center. NTTC is a cooperative 29-day crash course in trauma team training established between the Navy and the LAC+USC Medical Center. Students, known as rotators, work six days a week, pulling 12-hour shifts side-by-side with LAC+USC medical staff at the hospital. The fully-certified Navy medical personnel work in the emergency room, operating rooms and the intensive care units to gain experience and immerse themselves in the knowledge that a Level-1 trauma center brings them every day. Although it is a training environment, the patients—and their lives saved and lost—are all real. “The primary purpose is to expose and train teams of medical personnel to deliver a rapid, safe, quality response to casualties of war,” said RADM Nancy J. Lescavage, commander of the Naval Medical Education and Training Command. The Sailors come to LA because the Navy is “too safe.” “While that’s good news for the Sailors, that’s bad news for trauma medicine,” said Arnold, “because we don’t get the practice we need [to save lives in combat situations].”
By design, the course tries to pair deployable teams so that the person they save lives with in LA is the same person they will save lives with in Iraq, Afghanistan or anywhere else the Navy needs to send trauma teams. The NTTC military barracks is just a stone’s throw from the medical center, allowing the teams work, eat, study and sleep as a team.

“More than anything, it wasn’t [just] the confidence I gained in myself,” said Arnold, “but the confidence I gained in my team that made the difference.”

The two year-old program has already paid dividends for NTTC graduates – and their patients – stationed on the front lines of the war on terrorism.

“We have received numerous anecdotal stories that the team training was instrumental in saving lives,” said Lescavage, “maximizing the ability to intervene immediately and minimizing long-term negative effects of traumatic injury.”

More than knowing what to expect, or what a multiple gunshot wound looks like at midnight after 12 hours of shift work, the training makes a difference to medical personnel by bolstering their confidence.

“When I first came here, I had very little confidence,” said HM3 Jami Skornia, “but a month has made a big difference. I didn’t just read about it in a book, or practice it on a simulator. I did it on real patients under real stress. I can’t tell you how much of a difference that makes to me as a corpsman. I think every corpsman should have to go through this course.”

“[After graduating from NTTC] I had no doubt in my mind that I was doing the right thing,” said Arnold. “As an independent duty corpsman (IDC) I don’t usually see trauma, so coming here took the jitters off.”

“If we didn’t have this course, “ said HMC Patrick Bishop, “we’d have people learning on the job. We have that here, but the difference is that there are people here to keep us from failing. In combat there is no safety net.”
"We’re the steely-eyed hunters of the deep."

Those were the words of Sonar Technician (Submarines) 2nd Class (SS) John Harley Parcel, about being a sonar supervisor on America’s newest attack submarine, USS Virginia (SSN 774).

As sonar supervisor on America’s newest submarine, Parcel quarterbacks a team of sonar operators who scan the water in front, behind, underneath and above Virginia to keep her safe and find her prey.

“This ship wasn’t designed to deliver medical supplies. We’re designed to hunt things down and kill them,” said Parcel. “This ship was designed to have a mission. We’re designed to hunt things down and kill them,” said Parcel. “When the submarine is submerged sonar is the only input to keeping the ship safe," said Parcel. “There are no windows. We are the eyes and ears underway.”

Besides being the first submarine to have a fully functioning AN-BQQ 10 sonar system, Parcel and his fellow sonar operators have a little more elbow room on board Virginia thanks to an innovative design that takes sonar out of its “shack” and into the nerve center of the submarine, the control room.

“With the new AN-BQQ 10 sonar system,” said Parcel, “I don’t need to switch screens on a stack. I can have everything I need up at once so that’s an advantage."

Until Virginia, sonar on all American submarines operated in a closed off space known to submariners as the “sonar shack.” Virginia designers, who created the 688 Los Angeles-class replacements solely on the computer, envisioned all of the ship’s control parties in one space to maximize communication between all of the ship’s control room parties.

“I had a sonar shack on USS Pasadena (SSN 752), so that’s what I am used to,” said Parcel. “It’s a different world here on Virginia. You have to manage your environment better because it’s a little more difficult to operate as a sonar supervisor in the control room space.”

Pinsky is a photojournalist assigned to All Hands.

Sonar Supervisor

Story and photo by JO1(SCW/SS) James G. Pinsky
Eye on the Fleet

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

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: navyvisualnews@navy.mil

Mail your submissions to: Navy Visual News Service 1200 Navy Pentagon, Rm. 4B 514, Washington, D.C. 20350-1200

For a new Eye on the Fleet every day, click on the Navy NewsStand’s home page, www.news.navy.mil, for fresh images of your shipmates in action.

LT Nathan Johnson receives a welcome home from his family after returning from a scheduled deployment aboard USS Kitty Hawk (CV 63). Johnson is an F/A-18 pilot assigned to Strike Fighter Squadron (VFA) 195.

An EA-6B Prowler, assigned to Electronic Attack Squadron (VAQ) 136, is parked on the bow of USS Kitty Hawk (CV 63) during a routine maintenance inspection.

A chief petty officer selectee swings over a water pit during the Fleet Marine Force Challenge at Kaneohe Marine Corps Base, Hawaii.

To carry Air Traffic Control Center aboard the aircraft carrier USS John F. Kennedy (CV 67), Sailors man their stations for a Case 3 flight operation.

GM2 David Turner, a boarding team member aboard the U.S. Coast Guard Cutter Adak (WPB 1331), takes a quick drink of water during the boarding of an oil tanker.

An EA-6B Prowler assigned to Electronic Attack Squadron (VAQ) 136, is parked on the bow of USS Kitty Hawk (CV 63) during a routine maintenance inspection.

Photo by PH2 Zachary A. Crawford

Photo by PHC Spike Call

Photo by PHAN Jason D. Landon

Photo by PH3 William Hiembuch

Photo by JOSN Ryan C. McGinley
Eye on the Fleet

U.S. Naval Academy Midshipman Nicole Waggoner, foreground, heads the ball away from George Mason University’s Allison Cowan during a regular season soccer match. Photo by Damon J. Moritz

Philippine Navy Commodore Margarinto Sanchez Jr., right, and Commander 1st Naval Construction Division, Rear Adm. Charles Kubic, left, brace for ambush fire while convoying into a field exercise training area. Photo by JO1 Scott Sutherland

An SH-60F and an HH-60H helicopter assigned to Helicopter Anti-Submarine Squadron 2 (HS-2) carry supplies to the flight deck of USS Abraham Lincoln (CVN 72) during an underway replenishment (UNREP) with the fast combat support ship USS Comstock (AOE 2). Photo by PH2 Seth C. Peterson

DT2 Carlos Valverde performs an annual dental cleaning for a crewmember aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72). Photo by PHAN Patrick M. Bonafede

An SH-60F and an HH-60H helicopter assigned to Helicopter Anti-Submarine Squadron 2 (HS-2) carry supplies to the flight deck of USS Abraham Lincoln (CVN 72) during an underway replenishment (UNREP) with the fast combat support ship USS Comstock (AOE 2). Photo by PH2 Seth C. Peterson
Eye on History is a monthly photo feature sponsored by the Naval Historical Center. For more photos pertaining to naval history, go to www.history.navy.mil.

1965
- Boot camp Sailors concentrate on the art of tying knots.

1965
- Recruits perform rifle drills as part of physical training at Naval Training Center San Diego.

1968
- Sailors pull together to hook up a fuel line during a refueling operation between the fast combat support ship USS Camden (AOE 2) and an oiler.

1961
- Bluejackets heave on a cargo line during an at-sea replenishment.

1945
- Sailors from Service Squadron 6 load a cargo net with fruit while preparing to replenish a U.S. 3rd Fleet warship during World War II.
The Final Word

A $25 Dollar Vacation

Story by JO3 Brooke Armato

So many of us have heard the horror stories associated with Space-A travel. Well, I beg to differ. … In my experience, it was fantastic; a little bumpy at first, but it was smooth sailing from then on.

I was planning a trip to Sigonella, Italy. I was stationed in Italy for three years before my current command in Washington, D.C. So I planned about 17 days of leave, with 12 of it actually being in the country of Italy.

My first step was figuring out which stateside Space-A terminal to use. After researching a few bases in my area, Space-A Norfolk became the “chosen one” because it has flights to Sigonella three to four times a month.

The day my leave started, I had this emptiness in my stomach – was I going to Italy or wasn’t I? And it’ll be free? I couldn’t imagine flying to Italy for free. What’s the catch? Am I severing off an arm to pay for the flight?

That morning, I signed up online for the places I wanted to go. Space-A wants to know when your leave starts and ends, and what countries you want to go to. You must be already on leave to signup. So far, so good.

When I got to the airport, I felt the bumpiness begin. The clerk at the front desk said to me, “We’re very busy today. There are already 110 people on standby.” That’s when I really started to think that I wouldn’t get on this flight.

Guess what? I was right, but it wasn’t because of the 110 people in front of me. I suppose someone should have told me you need to show the clerk a copy of your online signup sheet, your leave chit and military ID card. And there’s a catch! Do not expect efficiency from customer service. That’s what you’re paying for on a civilian flight.

After a layover in Rota, Spain, I stepped off the plane and felt the warm Italian heat and heard the cool azure beaches of the Mediterranean calling my name. I was ecstatic as I left the terminal—off to enjoy 10 days in Southern Italy.

As I enjoyed my vacation in Italy, I remembered an Air Force pilot telling me, “The military and the rich have the opportunity to see the world.” I definitely agree.

When I came back to check into the airport, the woman at the front desk told me to take my luggage to a nearby check in. I was temporarily bewildered. What? No standby? This time the flight was a commercial flight. It cost me $25 to check my luggage. The flight had full service with food, movies and the comfort of a regular commercial plane.

After an eight-hour flight, I arrived in Norfolk—on time with leave to spare. The total flight cost of my southern Italian vacation: $25.

Beat that Travelocity!

Armato is a journalist assigned to Navy Radio News, Naval Media Center, Washington, D.C.

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