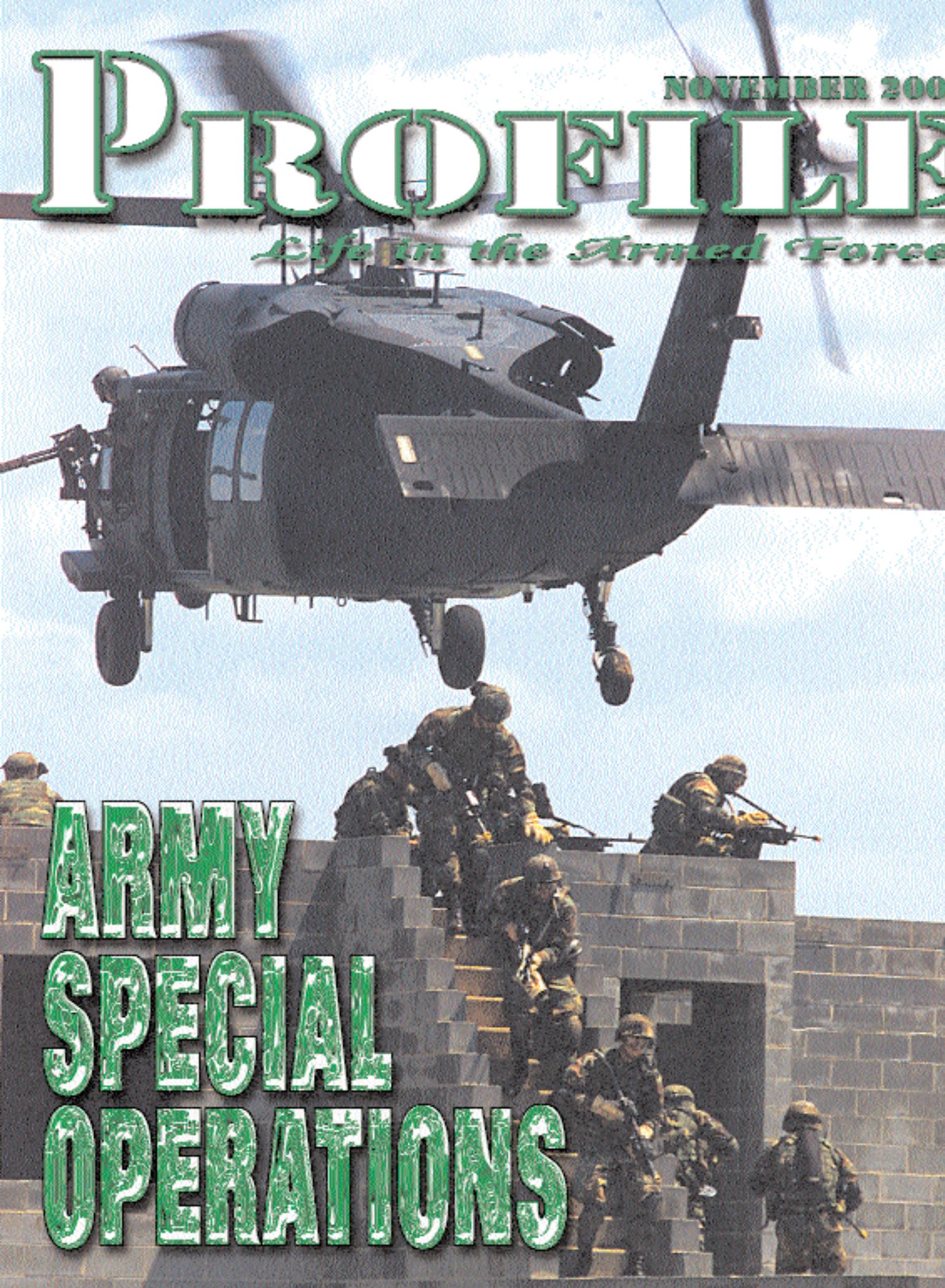


NOVEMBER 200

PROFILE

Life in the Armed Forces

A black helicopter is shown in flight, hovering over a stone wall. Several soldiers in full combat gear are positioned on the wall, some looking towards the helicopter. The scene is set against a clear blue sky.

ARMY SPECIAL OPERATIONS

VOLUME 44 NUMBER 1

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IN THE SPOTLIGHT...

Each month on this page we spotlight servicemembers to show our readers the diverse opportunities the military services offer.

PROFILE

NOVEMBER 2000
Life in the Armed Forces

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Cummings, a drill sergeant at Fort Story, Va., is originally from Hope, Ark., and is a graduate of Hope High School. As a drill sergeant, her job is to train young soldiers. During her military career she has travelled to Saudia Arabia, Turkey, Panama and Honduras.

PETTY OFFICER 2ND CLASS STEVEN BRODSHER U.S. NAVY

Brodsher, a hospital corpsman stationed at the Norfolk Naval Base, Norfolk, Va., is originally from El Paso, Texas, and is a graduate of Socorro High School. As a corpsman, his job is to assist in the prevention and treatment of disease and injuries. During his military career he has travelled to Guam, San Diego and Japan.



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Salcedo, an ordnance technician stationed at the Norfolk Naval Base, Norfolk, Va., is originally from Bronx, N.Y., and is a graduate of John F. Kennedy High School. As an ordnance technician, his job is to inspect, maintain and repair infantry, artillery and anti-aircraft weapons. During his military career he has travelled to Hawaii, Australia, Japan, Thailand and Korea.

TECH. SGT. MICHELLE PARTLOW U.S. AIR FORCE

Partlow, a storage and distribution administrator stationed at Ramstein Air Force Base, Germany, is originally from Queens, N.Y., and is a graduate of Hillcrest High School. As an administrator, her job is to oversee inventories and equipment supplies for her command. During her military career she has travelled to Korea, Saudia Arabia, Washington State, Georgia, Arizona and North Carolina.





ARMY

Big benefits

High school graduates enlisting in the Army can qualify to earn a bonus of up to \$20,000. That's the biggest enlistment bonus the Army has ever offered. Then add up to \$50,000 for college through the Montgomery GI Bill and the Army College Fund.

This is the first time the Army has combined the enlistment bonus and the Montgomery GI Bill with the Army College Fund.

Also for qualified applicants, the Army is offering a seasonal enlistment bonus worth up to \$7,000 on select jobs. For enlistees who choose Airborne training, a cash bonus of \$3,000 is available.

The Army Reserve is also offering a \$8,000 cash bonus on specially-marked jobs.

Two-year hitch

The Army offers a two-year enlistment option, plus training time for qualified applicants.

Enlistees may select train-

ing in a designated skill and receive up to a \$5,000 bonus plus up to \$26,500 for college or technical training upon completion of their tour of duty.

Applicants must have a high school diploma and score above 50 on the Armed Services Vocational Aptitude Battery.

Need training?

The Army offers training in more than 200 different job specialties that can be taken into just about any career field.

For instance, the Army offers training in computer operations, computer repair and program analysis. They also offer training in the medical field as dental, X-ray and medical lab technicians. Other relevant studies include electronics, photojournalism, food services, and radio and television broadcasting to name a few. But, individuals don't have to join the Army fulltime to reap the advantages of skill training. The Army Reserve is full of part-time soldiers who are there to learn a skill that either

enhances their present career or prepares them for a new one.

Army linguist

Individuals who enlist in the Army Language Program receive a \$20,000 enlistment bonus, are eligible for the Student Loan Repayment Program (up to \$65,000) and up to \$50,000 for college and can earn a degree while in training. Soldiers completing the Defense Language Institute in Monterey, Calif., are awarded up to 45 college credits. In addition, they receive foreign language proficiency pay of up to \$300 per month. The Army employs more than 14,000 soldier-linguists. They are stationed in countries around the world, in Alaska, Hawaii and the continental United States.

For more information about jobs in the Army call 1-800-USA-ARMY or visit their website at www.goarmy.com.

MARINE CORPS

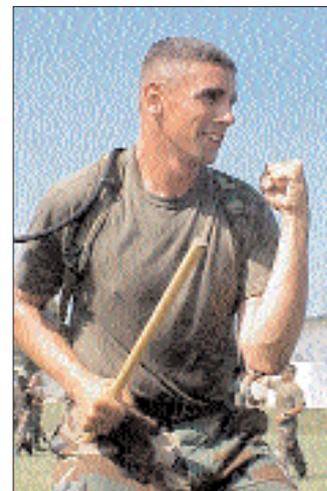
College fund

This enlistment program offers Marines up to \$50,000,

in conjunction with the Montgomery GI Bill, toward post-secondary education upon completion of their tour of duty. The applicant must be a non-prior service, regular applicant who has no disqualifying criminal record or moral waiver, and serve a term of at least four years.

Martial arts

More than 50 Marines trained at Camp Courtney, Okinawa, Japan, to become certified unit instructors for the new Marine Martial Arts Program. The program replaces previous close combat programs, and officials say the new program improves Marine combat readiness. This program is not just defensive in nature, it teaches a broader perspective of skills, said Gunnery Sgt. Andrew Hampton, senior close combat instructor, 1st Battalion, 6th Marine Regiment, 3rd Marine Division. It is also better designed for today's peace-



keeping missions, as it teaches Marines how to control a situation and keep the violence from escalating. In the new program, Marines are trained to defend themselves and subdue troublemakers before vio-

lence occurs, according to Hampton. The program blends physical training of martial arts techniques with classes designed to reinforce Corps values and develop the moral sense of Marines.

For more information about jobs in the Marine Corps call 1-800-MARINES or visit their website at www.Marines.com.

NAVY

Education funds

Through the Navy, high school graduates can earn up to \$50,000 toward a college degree and promotion points. For those interested in financial help to further their education, the Navy offers three major benefits; Tuition Assistance (TA), the Montgomery GI Bill (MGIB) and the Navy College Fund. In the TA program the Navy will pay up to 75 percent of the tuition for courses taken



on the individual's own time at accredited institutions. In the MGIB program, the enlistee agrees to contribute \$100 per month for 12 months. In return they earn up to \$19,000 toward their college education. The only requirement for this program is that the individual not be prior enlisted. One of the newest programs is the Navy College



Fund. This program, in combination with the MGIB offers up to \$50,000 to those interested in pursuing mission-critical positions.

For more information about jobs in the Navy call 1-800-USA-NAVY or visit their website at www.navyjobs.com.

AIR FORCE

Repaying loans

The Air Force now offers up to \$10,000 toward repaying student loans. This benefit is offered to new recruits entering the Air Force on a four- or six-year enlistment. For more details, contact your local recruiter by clicking the Recruiter Locator Link at www.airforce.com or calling 1-800-423-USAF.

Shuttle bound

Two Air Force officers flew at the controls of NASA's 100th shuttle mission when the Space Shuttle Discovery recently lifted off for a 12-day mission at the International Space Station. Col. Brian Duffy, the commander, and Lt.

Col. Pam Melroy, the pilot, took different routes to the shuttle.

Duffy, a Boston native, went to the Air Force Academy where he flew for the first time. "To be a 19-year-old at the time in the back seat of an F-4, a hundred feet off the ground, going 600 miles per hour made me realize that was something I really wanted to do," Duffy said.

He went to pilot training and eventually found himself in an F-15. He later became an Air Force test pilot, where he flew more than 25 different aircraft before entering the space program.

Melroy went through Wellesly College and got her commission through ROTC. She earned her master's degree at the Massachusetts Institute of Technology. She went through pilot training and, after flying refueling aircraft, was eventually selected as a test pilot, flying nearly 50 different planes. Then she was selected for the space program.

For more information

about jobs in the Air Force contact 1-800-423-USAF or visit their website at www.airforce.com.

COAST GUARD

Set your course

The Coast Guard now offers students still in school (high school seniors, college or vocational) between the ages of 17 and 28 the opportunity to serve in the Coast Guard Reserve's Student Reserve Program without interrupting schooling. Students train for two summers and get paid to serve one weekend a month during the school year. After training they put their newly-acquired skills to use one weekend month.

For more information about jobs in the Coast Guard call 1-800-GET USCG or visit their website at www.uscg.mil/jobs.





ARMY



Special forces soldiers patrol with Thai paramilitary troops during small-unit training as part of Exercise Cobra Gold 2000 in Thailand. (Photo by Maj. Jonathan Withington)

ARMY SPECIAL OPERATIONS

STORY BY STAFF SGT. AMANDA GLENN

SPECIAL-operations soldiers promote peace, deter aggression, educate foreign soldiers in military skills and values, provide humanitarian assistance and, when necessary, conduct combat missions.

U.S. Army Special Operations Command, based at Fort Bragg, N.C., is the Army component of the U.S. Special Operations Command, headquarters for all Department of Defense special operations elements.

VARIED OPERATIONS

Soldiers jump, fly, march and talk their way into more theaters worldwide than any other Army command.

Special forces soldiers undertake high-visibility missions such as the Kosovo peacekeeping force, but they also work in little-known operations, promoting peace and stability in volatile regions of Africa, Central and South America, and Asia.

When the United States mounted Operation Just Cause, Army special forces units conducted special reconnaissance missions in Panama to alert rangers and troops of the 82nd Airborne Division of Panamanian Defense Forces activities. During operations Desert Shield and Desert Storm, the 5th Special Forces Group provided command and control for several Middle Eastern military and coalition forces, and the 10th SFG stepped in to protect Kurdish refugees in Northern Iraq following the war.

In many of their operations, special-forces units rely on the "plus or minus 30-second" guarantee of the 160th Special Operations Aviation Regiment. The "Night Stalkers" were there for Operation Urgent Fury in Grenada and Operation Prime Chance in the Persian Gulf. They spent Christmas in Panama supporting Operation Just Cause, and they further proved their mettle during operations Desert Storm, Uphold and Restore Democracy and Joint Endeavor.

Wherever there are Army special forces, you'll find members of the Special Operations Support Command. The 112th Special Operations Signal Battalion and 528th Special Operations Support Battalion deploy with Special Operations Forces units to provide initial deployment packages including communications, transportation, food service, water purification and a host of other services and capabilities.

Rangers provide the infantry firepower. Well-known for their exploits in World War II, Korea and Vietnam, rangers also played a vital role during operations in Saudi Arabia, Grenada, Panama and Somalia.

LETHALITY

When the 160th Special Operations Aviation Regiment goes to battle, it is loaded for bear, flying specially-modified helicopters. The AH-6 Little Bird can be outfitted with 2.75-inch rockets, a 7.62 mm minigun, Hellfire missiles, a 30 mm cannon and a .50-caliber machine gun. Many helicopters are also modified for in-flight

refueling and have expanded fuel tanks. These extended capabilities were key elements in the assault and seizure of Panama's Torrijos and Tocumen airports and the Rio Hato Airbase.

"The deadliest of all available assets, capable of unleashing the most firepower and thus causing death and destruction to the enemy, is the individual special forces soldier," said Lt. Col. Edward Reeder, deputy commander of 7th Special Forces Group. "Our soldiers are better equipped than those of any other military force in the world, but regardless of our technological advantage, the man peering through the iron sights is the key element in winning any battle."

Special forces soldiers prove this true in the many missions they perform. During Operation Urgent Fury, Special forces teams conducted devastating direct-action missions against radio stations, bridges and Panamanian Defense Force garrisons. During Desert Shield and Desert Storm, special reconnaissance missions deep within Iraq reported enemy activities. Each time Iraq threatened Kuwait, 5th Special Forces Group soldiers led U.S. efforts in forcing Iraq to back down.

Also highly lethal and team-focused, the 75th Ranger Regiment, the Army's premier forced-entry strike force, conducts conventional or special operations in all conditions and environments. The regiment deploys rapidly anywhere in the world and infiltrates by air, land and sea.

The effectiveness and lethality of rangers results from more than one factor, said 75th Ranger Regiment Command Sgt. Maj. Walter E. Rakow. What allows the ranger regiment to operate in any environment is the combination of great leadership, exacting discipline and intense training, he said. Rangers train in arctic, desert, jungle, mountain and amphibious environments, continually preparing themselves for any type of combat.



A ranger uses a dirt bike to patrol the perimeter of a unit area. (Photo by Staff Sgt. Amanda Glenn)



Left: Master Sgt. Thomas Radomski of 3rd Battalion, 1st Special Forces Group, prepares to release jumpers during a joint U.S.-Thai friendship jump. (Photo by Staff Sgt. Amanda Glenn)

Below: Members of the 75th Ranger Regiment descend from an Air Force C-141 during an airfield seizure exercise. (Photo by Walter Sokalski, Jr.)

Opposite page: Special operations Soldiers in an inflatable boat move toward an enemy beach during a training exercise. Waterborne operations are another facet of special operations warfare. (Photo by Staff Sgt. Amanda Glenn)

Because rangers operate primarily in urban areas and at night, they use state-of-the-art technology for night vision and target acquisition.

"Ranger leaders know how to instill discipline in themselves and in their soldiers. They train to high standards, which produces a deadly effective force," Rakow said.

THE PIPELINE

When service members graduate from the U.S. Army John F. Kennedy Special Warfare Center and School, they become part of an elite alumni.

The "special operations university," focuses on training, leader development, doctrine and personnel pronency. Courses range from assessment and selection to basic qualification and language training, and to such advanced courses as survival, close-quarter combat, sniper, military free fall and underwater operations. The center also teaches psychological operations and civil affairs courses, from the advanced individual training level through a master's degree program.

The Special Operations Medical Training Battalion graduates all special operations medics, regardless of service branch. The training takes them from field environments to inner-city hospitals, and prepares them to handle all types of injuries and illnesses -- from the common cold, to land-mine wounds, to delivering babies.

CIVIL AFFAIRS

Soldiers from U.S. Army Civil Affairs and Psychological Operations Command are the link between field commanders and civil authorities in an area of operations. As in Kosovo, these soldiers quickly and systematically identify the critical needs of local populations

facing the hardships of war or natural disaster.

The 96th Civil Affairs Battalion is the Army's active-duty civil affairs battalion, but it makes up only 4 percent of the civil affairs force. Organized regionally by company, the 96th Civil Affairs Battalion deploys primarily to provide tactical support. Its soldiers prevent civilian interference with operations, assist tactical commanders in discharging responsibilities toward the civilian population and provide a liaison with civilian governmental agencies. This often means that civil affairs coordinates with governmental and nongovernmental organizations to distribute food, help house and clothe displaced persons, provide medical care and protect the legal rights of indigenous populations.

Four reserve civil affairs commands support their aligned regional commanders. Reserve units make up the other 96 percent of the Army's civil affairs structure and include soldiers with training and expertise learned only through civilian experience -- such as finance, law, government and medicine.

U.S. Army Special Operations Command's technology, training, weaponry, aptitude, attitude and commitment combine to continually redefine these global scouts on point for the nation.

For more information about jobs in the Army call 1-800-USA-ARMY or visit their website at www.goarmy.com.



THE SF PIPELINE

STORY BY MAJ. RICHARD PATTERSON, USA

THE legendary green beret. The special forces tab. Both are symbols of physical and mental excellence, courage, ingenuity and just plain stubbornness. And the only place to get them is at the U.S. Army John F. Kennedy Special Warfare Center and School at Fort Bragg, N.C.

At the heart of special forces training is the 1st Special Warfare Training Group, which conducts the Special Forces Assessment and Selection Course, Special Forces Qualification Course and all advanced special forces skills training such as language training and regional studies.

Aspiring special forces soldiers who make it through Special Forces Assessment and Selection next attend the Special Forces Qualification Course, or "Q" Course, which is divided into three phases. Depending on their specialties, soldiers will spend from 18 months to two years in training.

Of the more than 2,000 candidates starting the assessment course annually, only about 850 are selected to attend the qualification course, and only some 600 will graduate the "Q" Course.

Phase I teaches small-unit tactics and land navigation. It's in Phase I that students learn the skills needed to conduct missions.

Training intensifies in Phase II, in which special forces students focus on their individual "trades": medical, weapons, engineer or communications. Officers attending Phase II receive an overview of

these specialties, but their training concentrates on mission planning.

Weapons sergeants must learn to use more than 50 U.S. and foreign weapons, from handguns to shoulder-fired missiles.

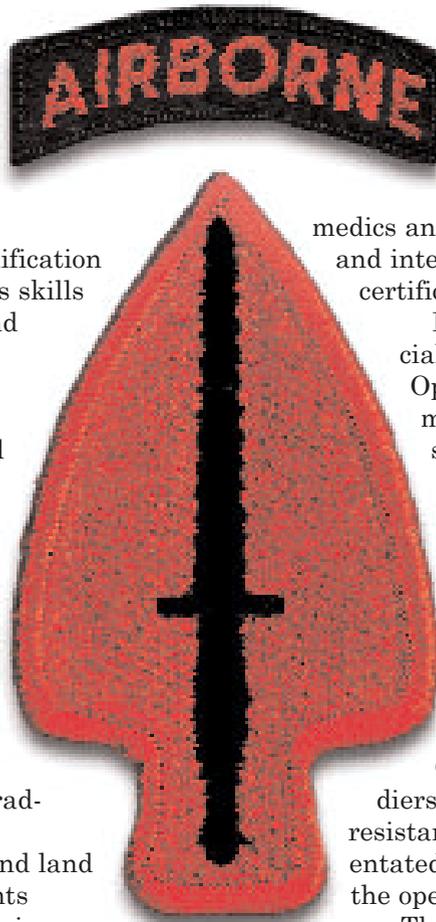
Medics spend the longest time in training, during which they join future Air Force pararescue and combat control team members, Marine recon medics and Navy SEALs to learn vital lifesaving and intervention techniques that will earn them certification as emergency medical technicians.

Instructors bring students of different specialties together in Phase III to form notional Operational Detachment Alpha teams which must navigate unconventional warfare missions that bring together the general and specialized skills they have acquired up to this point.

The culmination of Phase III is Exercise Robin Sage, during which the 12- to 15-man Operational Detachment Alphas complete a grueling unconventional warfare scenario that encompasses all that they have learned.

Following the Special Forces Qualification Course, all special forces soldiers attend a three-week survival, evasion, resistance and escape course and regionally orientated language training. Then it's off to one of the operational special forces groups.

The school continues to enhance the special forces mission by providing advanced training in subjects such as close-quarters combat, military free-fall or underwater operations.



Olympic Glory

The military family was well represented at the 2000 Summer Games in Sydney, Australia.

Clockwise from below: La Tasha Colander-Richardson, the wife of a U.S. Army soldier, raises a bouquet of flowers after accepting the Gold Medal with other members of the U.S. Women's 4x400 team on Sept. 30, 2000. (Photo by Tech. Sgt. Rick Sforza, U.S. Air Force)

Colander-Richardson crosses the finish line in first place during the Women's 4x400 relay finals. (Photo by Tech. Sgt. Rick Sforza, U.S. Air Force)

Sgt. 1st Class James T. Graves of the Army Marksmanship Unit stands under the scoreboard at the Men's Skeet competition where Graves won the Olympic Bronze medal on Sept. 23, 2000. (Photo by Tech. Sgt. Rick Sforza, U.S. Air Force)

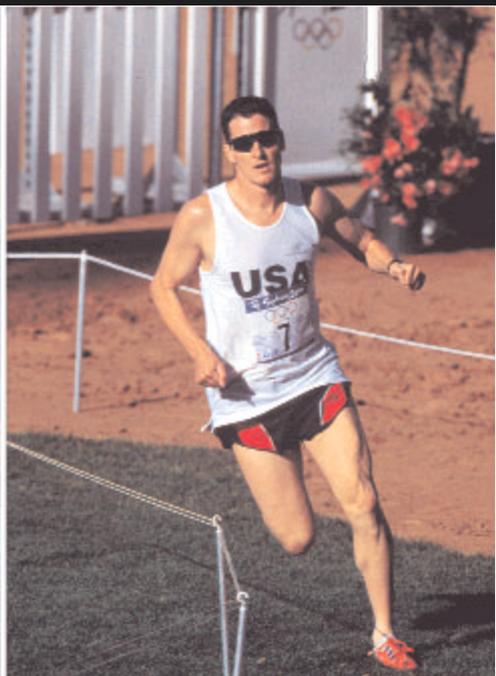
(right), 34, USN team captain, wrestles with Army Spc. Mujaahid Maynard (left), 29, during practice before the start of the Olympics in Canberra, Australia. Both athletes are members of the U.S. Olympic Greco-Roman wrestling team. Mays serves on the USS John F. Kennedy based out of Pensacola Fla. Maynard is a member of the Army's World Class Athlete Program at Fort Carson, Colo. (Photo by Tech. Sgt. Robert A. Whitehead, U.S. Air Force Reserve)

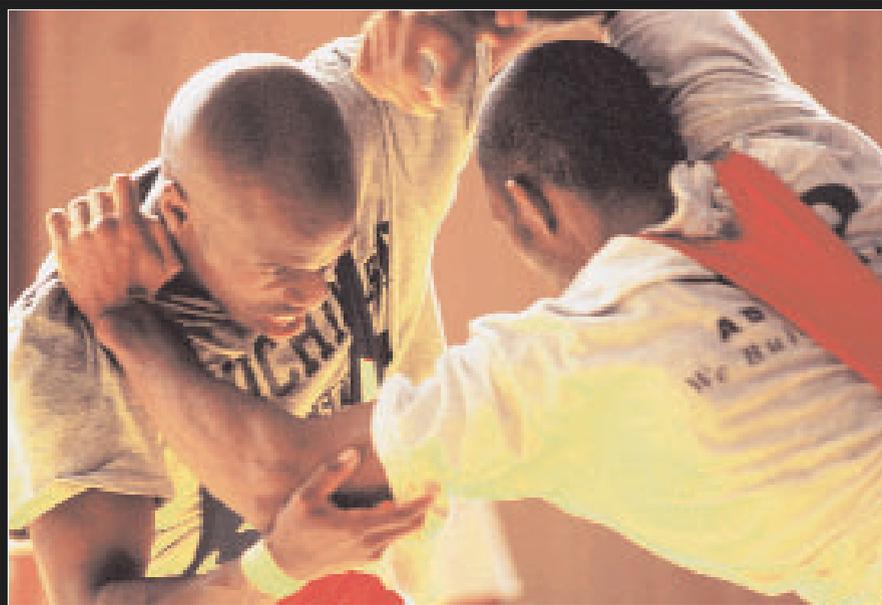
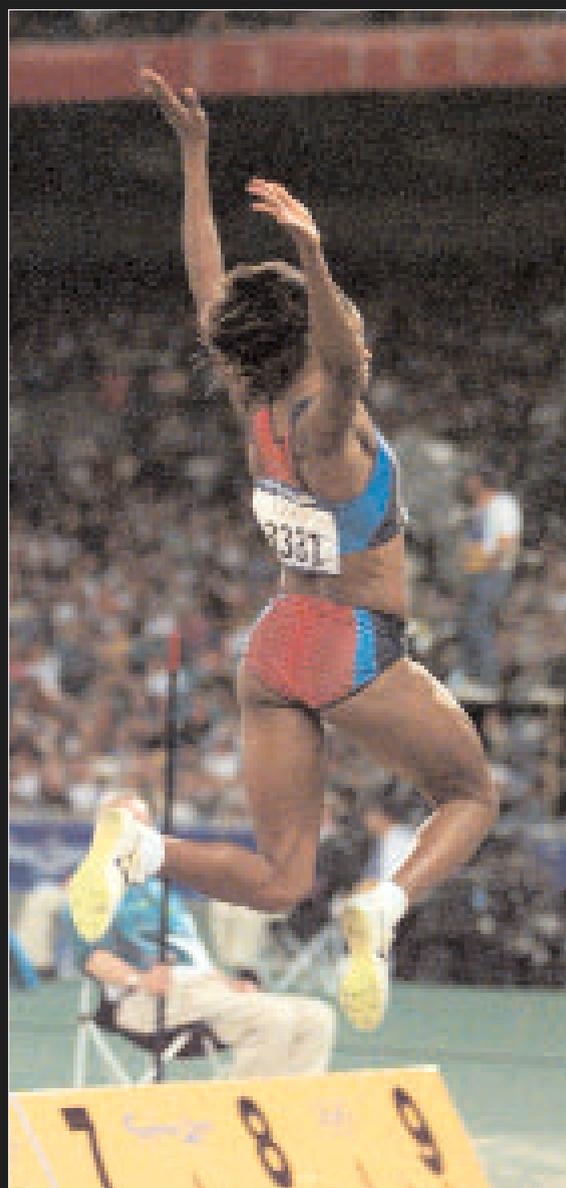
Nancy Johnson, wife of U.S. Army Marksmanship Unit Olympian Staff Sgt. Kenneth Johnson, displays the first gold medal of the 2000 Olympic Games after defeating Korea's Cho-Hyun Kanf, 497.7 to 497.5, in the women's 10m Air Rifle event at Cecil Park Shooting Centre. (Photo by Tim Hipps)

Staff Sgt. Olanda Anderson, a U.S. Army World Class athlete, avoids a jab from his opponent Rudolf Kraj of the Czech Republic during round 2 of men's boxing. Andersen lost to Kraj 12-13 on Sept. 24, 2000. (Photo by Tech. Sgt. Rick Sforza, U.S. Air Force)

Spc. Dawn Burrell, younger sister of former 100-meter world record-holder Leroy Burrell, leaps into the Olympic women's long jump with a 6.77-meter effort at Olympic Stadium. (Photo by Tim Hipps)

Army Spc. Chad Senior of the Army's World Class Athlete Program competes in the run, 200 meter swim and the equestrian show-jumping event -- three of five events that make up the Modern Pentathlon competition. Senior finished 6th. (Photo by Tech. Sgt. Robert A. Whitehead, U.S. Air Force)







NAVY

Insufficient Memory.

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After jumping from a C-130 at an altitude of 13,000 feet, a Leap Frog lands just inches from the designated □T□ spot.

Story and photos by Petty Officer 1st Class Robert Benson, USN

Ever hear the sound of death? Petty Officer 2nd Class Rick Wallace has. It's an eerie flapping noise mixed with rushing air; kind of like the sound made by a kite beginning its ascent skyward. Wallace has not only heard doom, he's seen it, too — looking up to an unopened, entangled parachute streaming above him as he hurtles toward earth at 120 mph.

But how can this be? Wallace, a veteran Navy SEAL and Leap Frog team member, has jumped hundreds of times without a hitch! Only 30 seconds earlier he took a flying leap off an Air Force C-130 at 13,000 feet, and plummeted groundward at 140 feet per second. But, when catastrophe strikes, it makes its presence known; this time in the form of a fouled, non-working parachute, and the deadly Key West runway — a speck below him, lethally hard and unforgiving — only 45 seconds away.

There's an old saying in the SEAL jumping community that may have flashed through Wallace's mind: "You're dead until your parachute opens."

A lesser man in the same predicament would have lost control and panicked. But not Wallace. Sure, maybe in those brief seconds of uncontrolled freefall he looked back on his 10-year Navy career or his SEAL training. Maybe he

even thought about his family back in Cincinnati. But if the thoughts were there, they quickly disappeared as he instinctively executed his next move.

For a Leap Frog — a performing member on the U.S. Navy's Parachute Team — it was... (yawn)... ho hum, no big deal. Like a scenario scripted for a James Bond movie, Wallace pulled his reserve chute, gently glided into the drop zone and missed the "T" mark by mere inches.

"I really didn't panic at all," said Wallace. "I didn't think anything of it, I just pulled the reserve chute and it worked. It was muscle memory."

That hairy fall came last March during a routine practice jump in Key West, Fla. Amazingly though, using a reserve chute is a rarity for the team that jumps as many as 400 times per year at air shows and events across the country. "About one in every 400 jumps you get a malfunction," said Lt. Jon MacDonald, the group's officer in charge.

The Leap Frogs are comprised of 15 Navy SEALs. Each member comes to the team for a three-year tour from one of the two Naval Special Warfare Groups. Upon completion of their tour, members return to the SEAL teams.

The jump performance — which most agree is amazing — consists of 14 jumpers leaping out of an aircraft flown by

the Air Force at an altitude of 13,000 feet. During free fall, jumpers reach speeds of 120 mph and can accelerate up to 180 mph. Following the show, the "Leap Frogs" are available to the public for autographs and to answer any questions about the Navy or the Special Warfare Community.

The parachute team began jumping in 1969 when SEALs and Frogmen volunteered to perform at air shows on the weekends.

The team was officially commissioned as the Navy Parachute Team "The Leap Frogs" in 1974 by the Chief of Naval Operations.

In its 31-year history, the group has a remarkable safety record. "I'm happy if they keep my job boring," said Petty Officer 2nd Class Juan Rivera, who monitors every jump from the ground and stays in contact with the air crewman and jumpers via radio. Looking upward on most jump days, he'll see a speck in an otherwise deep blue sky – the frog's C-130.

A glint of reflection from the rear of the aircraft confirms what his radio always crackles: "Fourteen jumpers away." After a tense 45 seconds, Rivera will see the chutes open one by one, almost in unison. He points across the sky with his finger as he mouths a count: one, two, three, four, five ... "We have 14 good canopies," he radios in. "I say again, 14 good canopies."

At this point — had the group been in a show setting — thousands of fans would have cheered wildly as the team perform death-defying formations like the "diamonds" or "big stacks" or maybe the "quad-by-side": a formation only the Leap Frogs have been able to pull off. But out here, on the barren tarmac of NAS Key West's flight line, where they have been training for a month, Rivera is the only person to greet the skydivers as they come down.

"What an exhilarating feeling," said Petty Officer 2nd



At the end of a practice day, the team reviews video footage of jumps on a large screen television.



Petty Officer 1st Class Tim Ige checks his wings prior to a jump over Key West, Fla. The skydiving suit allows him to soar through the air and better control his movements.

Class Joseph Masalta upon landing. He has more than 2,000 jumps, but admits there's excitement in each one. "If it wasn't so exhilarating, I wouldn't do it as much as I do. This is a very professional team and everyone wants to get the job done."

That professionalism, in the eyes of the 16 million people who see them perform each season, has a "WOW" factor that can't be matched. Just ask Cesar Borrero, a 17-year-old senior at Braddock High School in Miami, who watched the team sail into his school's football field last March.

"Everybody was just amazed," he said. "Most of our school and students from others schools saw them make the jump."

Borrero, a cadet ensign in the school's NJROTC group dubbed the "Bulldog Battalion" said the performance reinforced his decision to try out for the Navy SEALs. "I really got a good impression after seeing the Leap Frogs. Everybody was just amazed," he added.

His excitement can only be matched by the jumpers themselves: "Jumping is an incredible adrenaline rush, unlike anything else I have ever experienced," said Petty Officer 2nd Class Michael Ford. "Being able to travel and perform in front of millions of people is a really great feeling."

For many, the Leap Frogs provide an unseen side of the Navy: "People have seen Top Gun and they've seen our ships," said MacDonald, "This is just another way of saying 'There's a lot of exciting things in the Navy besides ships.'"

"Sometimes," MacDonald added, "All it takes is a spark to get people interested in the Navy."

For some, flying SEALs included, that interest extends above the Navy, literally, toward the heavens. "Once you have tasted flight," said a wise man long ago, who may as well have been a Leap Frog, "You walk the earth with eyes turned skyward, for there you have been, and there you long to return." □

For more information about jobs in the Navy call 1-800-USA-NAVY or visit their website at www.navyjobs.com.



Bull's-eye

Small arms instructor teaches Marines how to hit target

Story and photos by
Cpl. Sandra Zarate, USMC

He squats on one knee and manages to control his balance and breathing. Staring down the barrel of his M-16 he concentrates on the target. He takes his time, slowly squeezes the trigger and hits his target. The man behind the M-16 is Sgt. Carlton S. Bowyer, a small arms instructor at the Marine Corps Security Force Battalion's Rifle Range Detachment in Virginia Beach, Va.

He attended an eight-week course at the Small Arms Weapons Instructor School at Marine Corps Base, Quantico, Va., to become certified to teach Marines how to improve their shooting skills.

"I thought since I was a grunt (a basic infantryman) I knew everything there was to know about weapons," Bowyer said. "This course was an eye opener for me."

During the course he learned to teach Marines how to fire a variety of weapons. "We learned about the weapons basic infantrymen can use, everything from an M-16A2 service rifle to different types of pistols and AK-47s," Bowyer said.

He also learned about the different ways people shoot.

"At school you learn how differently people can fire the same weapon. You have your experienced shooters and your non-experienced shooters," he explained. "It's my job to know how to properly correct and accommodate their different styles of firing."

Bowyer understands there are many Marines who fear weapons or who have little or no experience using them. He said this is their first feel of

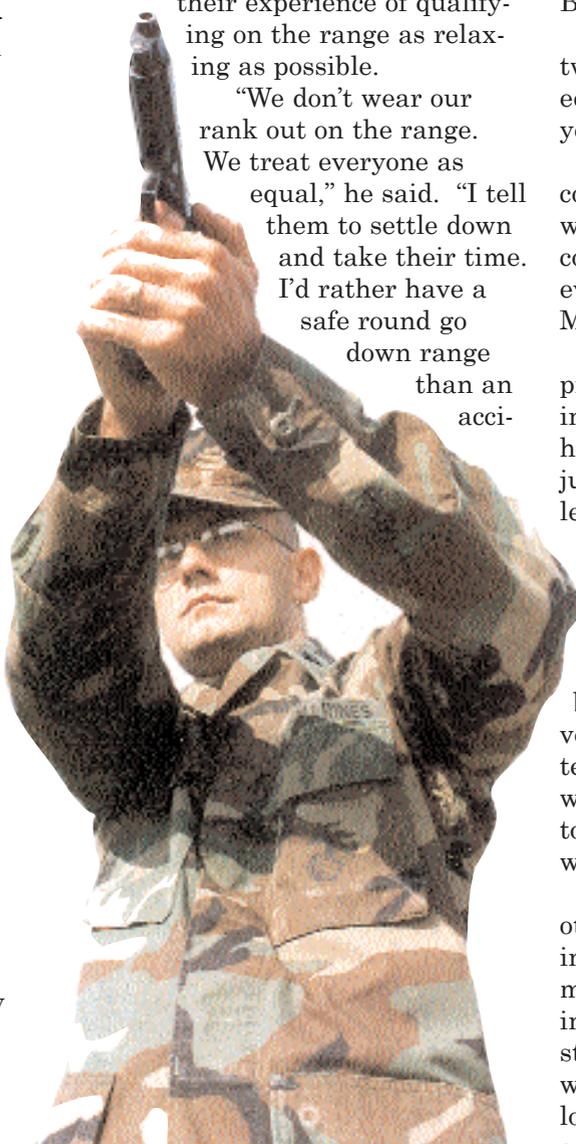
what it's like firing and qualifying with an M-16.

That's why Bowyer tries to make their experience of qualifying on the range as relaxing as possible.

"We don't wear our rank out on the range.

We treat everyone as equal," he said. "I tell them to settle down and take their time. I'd rather have a

safe round go down range than an acci-



dent."

"Each year the range holds about 16 rifle and pistol details in order to qualify Marines for the fiscal year. The details, which are standard Marine

Corps qualification courses, are a while long and the number of Marines in attendance range from 25 to 100," said Bowyer.

The rifle detachment also offers two coaches classes and four designated marksman schools throughout the year.

Coaches school is a three-week course held in the spring and fall, where Marines from all over the world come to be coaches. Students learn everything there is to know about the M-16 rifle and M-9 pistol.

They learn to teach and correct problems shooters have while qualifying at the range. "The Marine does have to be an expert shooter. They just have to have the willingness to learn," said Bowyer.

Designated Marksman School is a 13-day course for Marines from all over the state of Virginia. These shooters must be experts with the basic M-16A2 service rifle and must be physically fit. DM school is a surveillance and shooting school that teaches shooters how to take shots within a three-inch diameter and how to do hostage rescues using M-14 rifles with scopes.

"We spend a lot of time teaching others, but we also spend a lot of time instructing each other. We have to make sure we are ready for the upcoming year," Bowyer said. "We are constantly sharing our thoughts and ideas with each other to make our classes a lot better for the Marines who come out here."

Bowyer said working at the range has opened a lot of opportunities for him.

"I've gone through FBI Sniper School, I am a certified NRA (National Rifle Association) pistol instructor, a



on my off-time I teach concealed weapon classes to civilians,” he said. Bowyer added the greatest thing about his job is it never feels like work.

“My job is to teach Marines how to send bullets down range and I love it. I’ve always enjoyed shooting, and waking up every morning to go to the rifle range will never feel like work to me.”

For more information about jobs in the Marine Corps call 1-800-MARINES or visit their website at www.Marines.com.

Opposite page: Sgt. Carlton Bowyer practices firing his 9mm Beretta pistol.

Top: Bowyer stares down the barrel of a M-16 rifle at the firing range where he instructs Marines on proper firing techniques.

Bottom: Bowyer shows Cpl. Fidencio Arreola Moreno how he can improve his sitting position by adjusting the weapon’s sling.





Working out the kinks

STORY AND PHOTOS BY CPL. SANDRA ZARATE

Nearly every morning, there's a line of people waiting for the doors to open. They're all wearing gym clothes, ready to get their daily dose of exercise. As soon as the doors open, some begin stretching, while others rush to get on the treadmill.

This might seem like another day of toning and strengthening at the local gym, but it's not. They're at physical therapy receiving help from people like Air Force Capt. Stephen J. Stoecker.

Stoecker works for the Physical Therapy Unit at Langley Air Force Base, in Hampton, Va. He became interested in physical therapy while working as a student athletic trainer at St. Lawrence University in Canton, N.Y.

After graduating with a bachelor's degree in physical therapy, Stoecker then joined the Air Force.

The service's annual medical training was enough to convince Stoecker to pursue a career in the Air Force.

"Training keeps me up to speed on what's going on in the physical therapy field. Every year I learn new forms of therapy that benefit my career as well as my patients," he said.

Stoecker is chief of physical therapy at Langley, and his main job is to evaluate and treat people with health problems resulting from injury or disease.

"Patients are seen by a doctor and then they're referred to me," said the Madrid-Washington High School, Madrid, N.Y., graduate. "Then, it is my job to evaluate their injury and treat them as best as possible."

Stoecker said when a patient walks into his office, listening and understanding the problem is the first step.

"The next step is to come up with a treatment plan that best suits him. But deciding which form of therapy depends on the type of injury the patient sustained," he

explained. Lifting weights, running on the treadmill, or pulling on rubber cording are all ways to strengthen the body, he added.

For his more severe cases, he might recommend the use of the Therapeutic Ultrasound Center. "This device provides electrical and ultrasound stimulation, making the muscles work better by decreasing some of the pain," Stoecker said.

Another option for patients is the Sports Athletic Rehabilitation Center at Langley.

Here the principles of therapy remain the same. The only difference is the environment, because patients perform their treatments in water.

"We teach them to use every part of their body in the pool," Stoecker said. "Water helps alleviate some of the pain when moving their joints."

Listening, evaluating and coming up with different treatment plans for each of his patients keeps the Potsdam, N.Y., native busy. Stoecker sees 15 patients a day and said the most common injuries are to the back, knee and shoulder due to improper lifting and exercise.

He even applies his knowledge to his personal life. "Since becoming a physical therapist, I am more careful about the way I lift, exercise and do daily activities throughout my day," he said.

Stoecker has even benefited from his profession. "I learn something new every day. It's great knowing that by sharing my knowledge, I was able to help my patients feel better today," Stoecker said.

When his patients start heading home after a day of stretching, toning and strengthening, Stoecker smiles because he knows he's made at least a handful of people feel better that day.

For more information about jobs in the Air Force, contact 1-800-423-USAF or visit their website at www.airforce.com.



Left: Capt. Stephen J. Stoecker talks to a patient about the proper way to stretch his ankle to avoid further damage.

Opposite page: Stoecker stretches a patient's shoulder to alleviate pain.



STOECKER

U.S. AIR FORCE





COAST GUARD



Charlie Lawrence gives a thumbs up following his rescue by the Coast Guard after his father and he crashed into Lake Michigan in their airplane. (Photo by Lisa Medendorp, The Muskegon Chronicle)

Reservists to the Rescue

Story by Chief Petty Officer Tom Rau
and Lt. j.g. Paul Fawcett

Station Grand Haven, Mich., Saturday, April 15, 2000: At 2.42 p.m., the officer on duty, reservist Petty Officer 1st Class John Hersrud, received a telephone call from reservist Petty Officer 2nd Class Debra Ball at the Group Grand Haven communications center regarding a possible downed aircraft in Lake Michigan.

Dr. Charles Rousch, the reporting party whose home overlooks Lake Michigan, later said: "I had the feeling he (the pilot) was feeling his way down in the fog. So I ran to the bluff to try and see it but didn't see anything...then I heard a loud bang, and the engine noise stopped." Rousch, a pilot himself, immediately called the Coast Guard and 911 with his portable phone.

Within minutes after Rousch's call, a Station Grand Haven reserve boat crew aboard a 25-foot Rigid Hull

Inflatable boat broke the pierheads at Grand Haven en route to the reported crash site, approximately seven miles north of Grand Haven. A heavy fog greeted the boat crew.

"It was spooky," said Chief Petty Officer John Anten. "The water, sky, and nearby shore took on an eerie likeness. It was difficult telling one from the other."

The crew sped north through the fog; the coxswain's eyes shifted from the radar screen to the bow where tears trickled from the crewmen's eyes as they peered into the thick soup.

"It was cold," said Petty Officer 3rd Class Allen Hosford.

Approximately seven miles north, the boat crew encountered a lone kayaker near the Mona Lake

entrance; on shore a gathering of people suggested that the crew was near the crash site. This was confirmed by the kayaker who told the crew he heard an airplane, then a splash, then nothing.

Following the kayaker's lead, the boat crew headed off into the fog toward the northwest. Approximately two miles out, Petty Officer 2nd Class Roland Ashby throttled down. The crew leaned their ears into the fog — nothing. One or two minutes later they throttled down again. The group radio operator's voice along with the sputtering Johnson outboards echoed across the fog. Anten suggested that they shut down the engines and tune out the radio. They did but heard nothing.

"I was turning to tell Ashby to fire up the engines when I heard a faint cry," said Anten.

Ashby and Hosford heard nothing. Firing up the engines, they continued northwest.

A minute or so later, Ashby stopped and again shut down the engines and radio.

"This time we all heard a kid-like cry," said Hosford. "It sounded like the distant shrill of kids at play."

Continuing northwest for a moment or two, Ashby again shut down the engines for the third time. The hollering grew louder. The boat crew shouted instructions into the fog to keep hollering. Picking their way through the fog, they found a small clearing where an amazing sight greeted them. Off the bow, a dark head like object loomed upon the still water. As they drew nearer, they saw a man and a boy clinging to an airplane tire.

"It was as if fingers from above placed them there. There was no wreckage, no gas or oil on the water, nothing, just this man and a boy clinging to a tire," said Hosford who further added, "It was like a scene from the Twilight Zone."

Above the fog clattered a Coast Guard helicopter. From Grand Haven raced the station's 47-foot Motor Life Boat; a nearby North Muskegon County fire boat with paramedics aboard zoomed toward the RHI. The crew hauled the victims aboard.

"The father could barely speak or move. He couldn't hold his head straight, his lips were blue, his body rigid. We had a heck of a time getting a PFD on him," said Ashby.

The father was wearing blue jeans, a polo shirt, and docksider shoes. His boy wore the same except he had no shoes or socks.

"This rescue was definitely divinely influenced," said Hosford. "It was only a matter of minutes before they would've slipped away."

"I thought we were going to die," said 12-year-old Charlie Lawrence. "My fingers were getting so cold it was hard to hang onto the tire. When the Coast Guard got to

us, I figured I could last another 10 minutes."

Charlie and his dad were lucky they even survived the impact.

"I couldn't push the door open because of the water pressure so I had to swim out the window as the plane went down," said the dad, Bernie Lawrence.

According to Charlie, his dad had to bust out a window to get him out; by then the cockpit was under water.

"It seemed within a minute the plane filled with water," said Charlie. "My hands and legs were numb by the time the Coast Guard arrived."

When the Muskegon fire boat arrived on scene, they transferred a paramedic over to the Rigid Hull Inflatable and the crew raced toward Muskegon. Moments later they moored at Station Muskegon where an ambulance greeted the father and son. At the hospital, the father's core body temperature read 89 degrees, up from an estimated 85-degrees in the water. The elapsed time from

the moment the boat crew launched to when they plucked the father and son from the water was 18 minutes.

"I guess it just wasn't their time," said Anten.

Maybe so, maybe not? But, it might well have been their time had the crew not shut down the engines and radio allowing them to hear the wail of a desperate child. Bernie Lawrence, 50, and his son Charlie, were later released from Muskegon's Hackley hospital. The cause of the crash is under investigation.

Also supporting the rescue were reservists Lt. Tom Gasser, Media Liaison officer; Lt. j.g. Paula Malone, group duty officer; Petty Officer 1st Class John Hersrud, Station Grand Haven officer of the day; and Petty Officer 2nd Class Debra Ball, group radio operator.

That nearly the entire response team was reservists was probably more a coincidence than it was unusual since reservists routinely stand duty along with their regular counter parts at Group and Station

Grand Haven. If this rescue shows anything, it's a validation of Group and Station Grand Haven's commitment to Team Coast Guard.

"This is an example of Team Coast Guard working like it's supposed to," said Lt. Karl Willis, operations officer at Group Grand Haven. "Everyone involved performed the way they were trained and beyond. It was a solid rescue. I would expect that from any of our people."

For more information about jobs in the Coast Guard call 1-800-GET USCG or visit their website www.uscg.mil/jobs.



Right to left, Petty Officer 2nd Class Roland Ashby, Petty Officer 3rd Class Allen Hosford and Chief Petty Officer John Anten, the Reserve crew from Station Grand Haven, Mich., who rescued a father and son after their plane crashed into Lake Michigan. (Photo by Chief Petty Officer Todd Reed)

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