

Ethos

NAVAL SPECIAL WARFARE
ISSUE 1



MEDAL OF HONOR

*Monsoor receives our
Nation's highest honor*





Ethos: From the Greek language meaning the fundamental character or spirit of a culture; the underlying sentiment that forms the beliefs, customs or practices of a group or society.



I am pleased to introduce the inaugural issue of *Ethos*, a magazine dedicated to promoting the character, culture and actions that define our Naval Special Warfare way of life, and to examining the issues that shape our community.

In this first printing, we pay homage to our continuing legacy of highly-distinguished combat warriors, past and present. The actions taken by frogmen during Operation Thunderhead 35 years ago epitomize the words now immortalized in the SEAL Creed. Their resolve was steady because they knew that the mission depended on them. Similarly today, our SEALs, SWCC and tech support personnel are conducting some of the most important operations in the Global War on Terrorism. Individually and collectively, their contributions have earned them nearly every type of combat award -- the Medal of Honor, Navy Cross, Silver Star, Legion of Merit, Bronze Star, Purple Heart, Presidential Unit Citation, Meritorious Unit Commendation, and Navy Commendation and Achievement Medals with valor.

At the headquarters, our focus remains on resource investments that keep our force ready, relevant and engaged. Two significant examples of that are detailed in articles about our tactical ground mobility program and the establishment of a live-fire riverine training range at Stennis, Miss. On the lighter side, but also important, is a reminder of investing in one's own self and having a physical fitness regimen.

It's my hope that you will find the articles in *Ethos* interesting, educating and even inspiring. I urge you to do your part in telling the NSW story. Reflect on what contributions you or your coworkers make to the mission. What initiatives are you working in your department or command that may increase our capabilities and mission effectiveness? Consider how an article about your topic can lead to a greater understanding by personnel across NSW.

As we continue to transform our community to meet new challenges, I envision *Ethos* to be a forum for education, a medium for recognition and a vehicle to help build communication and understanding among our diverse and unique workforce.



- Rear Adm. Joseph Kernan, Commander, NSW



Tactical Ground Mobility BLAZING NEW TRAILS

During Operation Enduring Freedom in late 2001, Navy SEALs were fighting in the arduous, waterless moonscape of Afghanistan. Among their difficulties was something that glared brighter than the merciless sun: lack of adequate ground transportation.

(continued on next page)

Historically, SEAL doctrine focused on having “one foot in the water,” which reinforced the unique capabilities of their UDT roots. Consequently, a robust, sustained ground mobility program seemed unnecessary. However, there were “experiments,” including a cameo in the late 1980s and again in 2001 with the Desert Patrol Vehicle, a black vehicle resembling more of a desert dune buggy and of less an all-wheel vehicle that can climb mountain roads. The DPVs proved unsuitable for the rough terrain, and without a ground mobility program to pay for new parts and maintenance, ultimately a hindrance to mission success. It was time for something new.

Acquiring Vehicles

In Afghanistan, operators needed vehicles to support their ever-expanding missions and they needed them fast. SEALs were conducting special reconnaissance and direct action missions lasting up to a week, making them critical assets to in-theater commanders, said Chief Special Warfare Operator (SEAL) Bob Howell, NSW’s Tactical Ground Mobility program manager.

The only viable option to get vehicles quickly was essentially to obtain them from someone else. The first vehicles the operators got were standard-issue, pre-owned humvees taken from the Special Boat Teams and a few old military ambulances scavenged from Defense Reutilization Marketing Offices – the last-stop flea market that disposes of excess property from the U.S. military.

The humvees were already a proven vehicle, capable of handling tough terrain, long reconnaissance missions, and most importantly, were easily repairable after the rigors the team guys put them through.

Equipping Vehicles

“When the humvees arrived they were not configured properly for the mission,” explained Chief Warrant Officer Tim King, who at the time was a chief deployed to Afghanistan. “They were configured as two-seater, pick-up truck variants supporting our boat program. We spent several days doing modifications to the vehicles.”

The SEALs used quickie saws and cutting torches to remove the turret roofs off of DRMO humvees and bolted them to the pick-up humvees. They also bolted in office chairs for rear seats and used fence-like material as rails in the rear of the vehicles to hold equipment in the bed. The weapons mounts were borrowed from nearby units and spray painted camouflage.

As the fleet of vehicles grew, so did the mission capabilities. Less than two years later, the same humvees were in Iraq.

Building a Program

Getting vehicles was just the beginning – configuring them the way operators needed was another issue. In the coming months, SEALs would not only be working in Afghanistan, but traversing the IED crapshoot that is the deadly street system in Iraq.

Even after the “Jesse James” overhaul given to the vehicles, the humvees had little protection against explosives and had limited configurations for

weapons and equipment that didn’t compromise safety.

Funding for the new program came after extensive planning and testimony in front of Congress.

Upon his return from Iraq in 2003, Howell gave his testimony to Congress about the growing needs of NSW ground mobility. He discussed the missions, shortcomings and critical needs of mission commanders.

“(The SEALs) impressive track record in Afghanistan spoke for itself,” Howell said. “All commanders wanted more SEALs because our guys had the capabilities and skills to go where nobody else could. We were conducting missions where we could be gone for several days – and in order to complete those missions, we needed vehicles.”

In 2004, Congress answered the call and the GMV-N arrived – a Navy-version, armored humvee made specifically for the SEALs. With the vehicles came an official ground mobility program that paid for, among other things, 141 GMV-Ns, spare parts and mechanics to repair them.

The new GMV-N boasted a slew of SEAL-specific designs and improvements, incorporated from lessons learned on the battlefield.

“The GMV-N improved on the humvees in several areas,” said King. “This gave us a head start on designing our vehicles for the mission.”

Training

In 2004, formal vehicle training for all SEALs began at Camp Billy Machen in Niland, Calif., for the West Coast teams and Hawthorne Army Weapons Depot in Hawthorne, Nev., for their counterparts in the east.

7 reasons why a GMV-N is better than a humvee

1. All ancillary equipment attached to the vehicle was selected by NSW operators.
2. Custom-designed communications suite has lower profile and takes up less internal space.
3. Safety belts are compatible with operators’ bullet proof vests and load bearing equipment.
4. Auxiliary fuel tank extends the range of the vehicle.
5. Modular armor kit allows operators to adapt the vehicle to the environment.
6. Streamlined navigational suite.
7. Extreme duty suspension kit allows 2,000 more pounds of cargo and provides superior handling characteristics.

“In the beginning, training was basically done on the fly – in theater and on the move,” said Howell. A comprehensive curriculum was developed, and now every SEAL completes four weeks of ground mobility training during the teams’ six-month Unit Level Training. Every operator not only drives, but is familiarized with weapons, communications, safety and battlefield maintenance.

“We have a mechanic that goes with us and stays at a (Forward Operating Base), and he can pull engines and make significant repairs,” explained Howell. “The operators are trained to make battlefield repairs – things like patching a gas tank, tire, changing oil or how to override electronics – whatever it takes to keep the vehicle moving forward.”

SEALs chosen to be primary drivers are sent to the Individual Skills Driving Course (ISDC) – a “crash course” in the fundamentals of extreme off-road driving, conducted in Reno, Nev. Taught by a contracted off-road company, it begins with basic off-road driving skills, including how to use 100 percent of a vehicle’s capabilities.

Upon completion of ULT, the operators and primary drivers once again hone their skills during Squadron Integration Training (SIT), where teams train to the specific mission set their upcoming deployment requires.

No course can be taught without instructors. Although ISDC is taught by civilian contractors, all of the instructors at both Niland and Hawthorne are SEALs.

Instructors are recruited from the teams to spend two years training SEALs on ground mobility. Howell said instructors must have overseas experience and have current experience with all NSW field vehicles. There are currently 21 instructors between the two camps.

“We are looking for guys who have a passion for off roading,” explained Senior Chief Special Warfare Operator (SEAL) Andrew Wilkins, Ground Mobility program manager for Naval Special Warfare Group One’s Training Detachment.

Maintaining the Fleet

Gone are the days in the Afghan mountains, with incapable and unarmored vehicles. Since the program began, NSW has not only sustained the fleet of GMV-Ns, but in February, fielded the first RG-31 Mine-Resistant, Ambush Protected trucks in theater. The MRAP, an 18-ton vehicle with a V-shaped hull, is designed to increase an operator’s survivability from mine or IED attacks. The vehicle sacrifices some of the mobility of the GMV-N, but significantly increases operator safety.

The first 35 MRAPs fielded by the SEALs were equipped with remote weapons systems for the turret guns, allowing operators to fire weapons remotely from inside the hull.

“We are ahead of the power curve in identifying threats,” Howell said. “In explosions, the people inside the MRAP were suffering minimal injuries, but the man in the turret was being severely hurt. The remote weapons systems eliminate that.”

And the MRAPs are proving their weight in gold. Two MRAPs were hit by IEDs on two consecutive days in early March. The vehicles were destroyed, but both hulls remained intact. The eight men inside suffered little more than headaches and all returned to duty within 24 hours.

Around the world, ground mobility has a myriad of faces, capable of shifting to the needs of the mission. The program supports operators in every corner of the world. There are cars, trucks, ATVs, trainer vehicles – all on the road supporting operators and their daily needs.

Although ground mobility has been around within the Army and Marine Corps for decades, SEALs are rolling forward to new horizons. Howell will keep working as an advocate for NSW and continually improve the program.

“Our training is recognized above all others, our vehicles are superior and our men have the capabilities to take the fight where no one else can go,” Howell said. “That’s not going to change.”

evolution of GROUND MOBILITY



1980s - The Desert Patrol Vehicle (DPV) was used during the Gulf War as a high-speed, off-road vehicle.



2004 - After the DPVs proved incapable in the mountainous terrain, the SEALs acquired humvees and tailored them to the mission. In 2004, the first GMV-Ns were placed in theater.



2006 - With an official ground mobility program in place, the SEALs now have 141 GMV-Ns, equipped with SEAL-specific requirements, the second version shown here is equipped with more armor than the first GMV-Ns.



2008 - The first MRAPs were deployed forward to SEAL teams in theater. They have already proven to save lives.



HONORING OUR HEROES

Monsoor: A Hero's Salute

Master-At-Arms 2nd Class (SEAL) Michael A. Monsoor is awarded the Medal Of Honor for his actions in Iraq

PHOOOOOOOM!!!

Lt. Seth Stone paused, thinking the thundering sound he heard was a mortar landing in the distance. Then the Navy SEAL heard something else coming from his radio: the sound of pain.

It was his men, and they were in trouble.

"Grab a rifle, and let's get out of here right now!" he instructed his team of SEALs and support personnel. Stone and his men dropped their extra gear and raced down from the sniper post they had been using to protect Coalition forces on the street below.

They pressed forward on the dusty path toward the source of the explosion. The team split up into two elements. While one laid covering fire toward hostile Iraqi insurgents, the other inched closer



to the building where Stone's sniper overwatch team was positioned. Switching roles, they steadily advanced toward the bullet-ridden stone building where the other SEALs were known to have set up a sniper overwatch.

Stone booted the door



Monsoor's parents accept the Medal Of Honor Flag at a ceremony in Washington D.C., April 9.

open and raced up the staircase to find a scene of chaos. Sprawled out along the floor, his fellow SEALs lay bleeding and incoherent. He saw Petty Officer Michael Monsoor, and understood what happened.

The 25-year old SEAL assault weapons gunner had used his body to shield the blast, protecting his teammates from an enemy grenade.

Three SEALs and three Iraqi Army soldiers were saved as a result of Monsoor's actions. He was awarded the Medal of Honor posthumously April 8 at a White House ceremony.

President George W. Bush, fighting back tears, presented Monsoor's parents with the medal in front of 250 guests.

"The Medal of Honor is awarded for an act of such courage that no one could rightly be expected to undertake it," the president said during the ceremony. "Yet those who knew Michael Monsoor were not surprised when he did."

Several SEALs who knew Monsoor said he stood out for his silent, professional attitude on and off the battlefield.

"He was a tough guy all around," remarked Special Warfare Operator 1st Class (SEAL) Tom DeShazo. "He never complained about anything. Most team guys don't complain about anything so for him to stand out in that regard, he was exceptional warrior."

Monsoor often carried a rucksack loaded with communications equipment in addition to his assault weapon and ammunition, collectively weighing more than 100 pounds.

"He had no attitude or ego that prevented him from doing exactly what I needed him to do at the precise moment I needed him to do it," remembers Stone. "Those flaws that some of us have with ego, he didn't have. So when it came time for someone to help an injured SEAL on the streets of Ramadi, he was the man to do it."

On May 9, 2006, Monsoor and a team of SEALs were providing security for an Iraqi Army brigade and came under automatic weapons fire, resulting in the wounding of a SEAL.

Monsoor responded with a withering hail of machine gun fire toward his enemy while dragging the injured SEAL to safety. Monsoor was awarded the Silver Star Medal for his courageous actions.

Months later, the recovered SEAL had a dream in which he envisioned Monsoor

"Grab a rifle, and let's get out of here right now!"



coming to rescue him with a pair of angel's wings. Inspired by this vision, he had an image of the man who saved his life tattooed to his side. Inked in black is the vigilant Michael Monsoor with a pair of angelic wings, holding a machine gun, and a Prayer to Saint Michael scrolled beside his image. Monsoor saved his fellow SEALs on the feast day of Saint Michael, Sept. 29, 2006.

According to Stone, several of his men also have tattoos of Monsoor in commemoration for the man so fondly remembered by the SEALs.

"He was the ultimate teammate," commented Capt. Collin Green, who served as the commanding officer of Monsoor's SEAL Team. "He had passion for his work, was loved and respected by his teammates and lived life to its fullest."

"Monsoor's selfless desire to protect his men at any cost says something about the way he was and the way SEALs are trained," said Stone. "It's something we learn during Basic Underwater Demolition/SEAL school. We lay our lives down to some extent for our teammates, whether it's by helping them out in the surf zone, or talking them out of wanting to quit. Training gears our men to think and act in this manner, period."

Monsoor is remembered not just by the SEALs, but by the men who knew and worked with him. Army soldiers in Ramadi who had served with Michael hosted a memorial service in his honor and were present at the White House ceremony in support of the SEALs and Monsoor family. Iraqi military scouts who Monsoor helped train, sent their flag to the fallen SEAL's parents. Part of SEAL Team Three's new quarterdeck was dedicated in honor of Monsoor. His combat gear from Iraq stands encased on display.

At the White House, the president noted, "During his funeral, SEALs who passed by Monsoor's coffin, stabbed their trident warfare pins into the wood. By the end, the simple wooden box became a gold plated memorial to the man who meant the world to some of the toughest men on Earth."

"He was the ultimate teammate."

- MC2 Christopher Menzie



Senior Chief Special Warfare Operator (SEAL) Douglas Day
Silver Star, Purple Heart

Senior Chief Special Warfare Operator (SEAL) Douglas Day, an East Coast-based SEAL, was awarded the Silver Star and Purple Heart Medals on Jan. 11 for actions in Fallujah, Iraq, in April 2007.

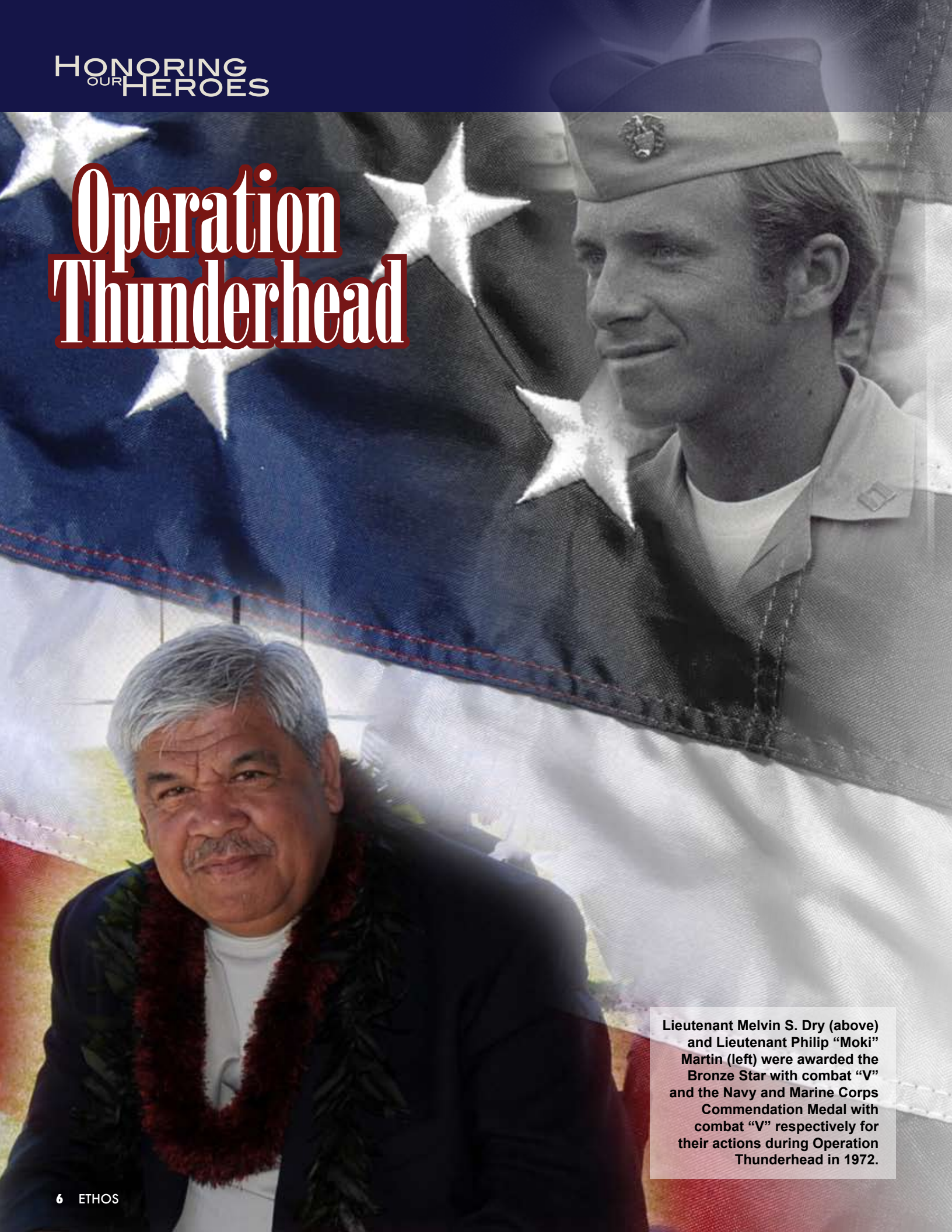
Day and his men were part of an operation to capture or destroy a terrorist cell that had been targeting Coalition helicopters on humanitarian missions. The team raided a fortified compound and took heavy fire from defending forces.

Despite being hit 28 times by small arms and a fragmentation grenade, Douglas killed three enemy fighters and avoided wounding nearby women and children. Severely wounded, Day took control of the situation until a helicopter arrived for an emergency evacuation. Amazingly, he walked to the helicopter under his own power.

"Some may consider being shot 20-something times as unlucky," said Day. "I disagree. Getting up and walking away from that is about as lucky as you can get."

The plates from Day's body armor are displayed at SEAL Team Four. The damage was so extensive the armor had to be encased in resin to remain intact. His Task Force and Task Unit commanders surprised him by presenting him with a shadow box that included his body armor plates and bullet fragments pulled from them.

Operation Thunderhead



Lieutenant Melvin S. Dry (above) and Lieutenant Philip "Moki" Martin (left) were awarded the Bronze Star with combat "V" and the Navy and Marine Corps Commendation Medal with combat "V" respectively for their actions during Operation Thunderhead in 1972.

Two Navy SEALs received awards for their actions during a highly classified operation to rescue U.S. prisoners of war near Thanh Hoa, North Vietnam nearly 35 years ago.

Lt. Melvin "Spence" Dry posthumously received the Bronze Star Medal with valor in a ceremony at the U.S. Naval Academy on Feb 25. Lt. Philip L. "Moki" Martin received the Navy and Marine Corps Commendation Medal with valor during a ceremony at Naval Special Warfare Command on March 18.

In 1972, the Chairman of the Joint Chiefs of Staff authorized U.S. Pacific Command to execute Operation Thunderhead in which SEALs were sent to assist in the rescue of POWs. The prisoners were planning to escape, steal a boat and flee via the Red River to the Gulf of Tonkin. Although plans and training were conducted, the mission was aborted before execution. The operation was the first combat-use of a mini wet-submersible Swimmer Delivery Vehicle (SDV).

The operation was divided into two parts: surveillance to detect the escapees, and the rescue itself. Dry commanded Alfa Platoon, SEAL Team One. His forces would depart a submerged submarine, the USS Grayback (SS 574) off the coast of North Vietnam in the Red River delta area and position themselves to make an early sighting of the escapees. Martin, then a chief warrant officer, was a member of Dry's platoon and a critical asset to the team.

On June 3, 1972, Dry and his men were forced to abandon a swimmer delivery vehicle when its batteries were exhausted during a night reconnaissance mission. Dry rallied the four-man team in enemy waters for eight hours. He decided to scuttle the inoperable SDV at sea in order to avoid detection by the enemy. Later, aboard the USS Long Beach (CGN 9), Lt. Dry decided to return to the Grayback and help plan the rescue mission.

On June 5, Dry's team returned to Grayback by helicopter to continue the operation. They jumped from the helicopter into the hazardous sea and Dry was instantly killed. Two others were injured. Nearly unconscious, Martin located the survivors and kept them alive through another eight-hour night.

The former commander of the Grayback, retired Capt. John D. Chamberlain, read a report about Operation Thunderhead and realized neither Dry nor Martin were ever honored for their heroism. He collected naval messages, official documents, personal statements from witnesses and submitted awards for the two SEALs in November 2005. Details of the once-secret operation, including an account of the SEALs' actions, were reported in a magazine article in October 2005.

The Navy authorized the medals on Oct. 26, 2007.

- Mandy McCammon

SEAL RECONSTRUCTION

June 28 marks the third anniversary of one of the most tragic days in NSW history. Deep behind enemy lines in the Hindu Kush region of Afghanistan, a four-man Navy SEAL team, led by Lt. Michael P. Murphy, was conducting a reconnaissance mission in search of terrorist Ahmad Shah. The SEALs' mission was compromised when the team was spotted by the Taliban.

A fierce firefight erupted between the SEALs and a much larger enemy force. Despite the intensity of the firefight and suffering grave gunshot wounds himself, Murphy risked his own life by moving into the open to transmit a message for help.

An MH-47 Chinook helicopter, with eight additional SEALs and eight Army Night Stalkers aboard, was sent to extract the four SEALs. As the Chinook raced to the battle, a rocket-propelled grenade struck the helicopter, killing all 16 men aboard.

On the ground and nearly out of ammunition, the four SEALs continued the fight. By the end of the two-hour gunfight, three SEALs had died. Only Hospital Corpsman 2nd Class (SEAL) Marcus Luttrell survived.

With undaunted courage, Lt. Murphy was able to relay the position of his unit, an act that ultimately led to the rescue of Luttrell and the recovery of the remains of the three who were killed in the battle. His actions earned him the Medal of Honor on Oct. 22, 2007.

The NSW community will forever remember June 28, 2005 and the valiant actions of these heroes.

- | | |
|-------------------------|---------------------------|
| LCDR ERIK S. KRISTENSEN | MAJ STEPHEN C. REICH |
| LT MICHAEL M. MCGREEVY | CWO COREY J. GOODNATURE |
| LT MICHAEL P. MURPHY | CWO CHRIS J. SCHERKENBACH |
| ITCS DANIEL R. HEALY | MSGT JAMES W. PONDER |
| FCC JACQUES J. FONTAN | SFC MARCUS V. MURALLES |
| ET1 JEFFREY A. LUCAS | SFC MICHAEL L. RUSSELL |
| HM1 JEFFREY S. TAYLOR | SSGT SHAMUS O. GOARE |
| STG2 MATTHEW G. AXELSON | SGT KIP A. JACOBY |
| GM2 DANNY DIETZ | |
| MM2 SHANE E. PATTON | |
| QM2 JAMES E. SUH | |

*They were warriors.
They were courageous.
They were heroes.*



from left: Axelson, Healy, Suh, Luttrell, Patton and Murphy.

Photo courtesy U.S. Navy

SWAC



WESTERN MANEUVERING AREA

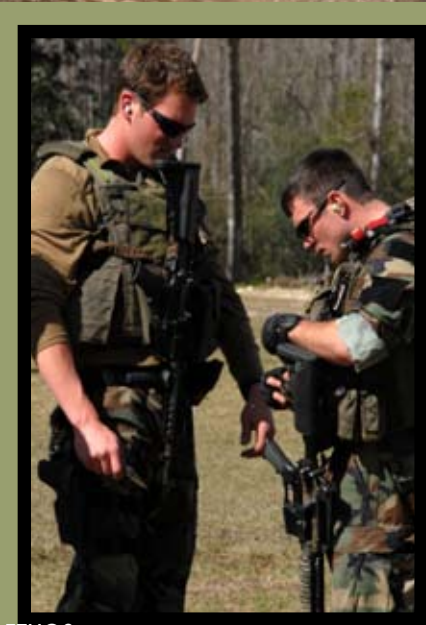


Full of jungle-like vegetation, miles of river and even a few sand dunes, Naval Special Warfare's newest acquisition spreads over more than 3,500 acres of private training ground. In early March, the U.S. Navy took possession of land to be used in phase one of its plan to establish a live-fire riverine training range in the northwest corner of the John C. Stennis Space Center (SSC) acoustic buffer zone in Mississippi.

(continued on next page)



WESTERN MANEUVERING AREA



Proximity to SBT-22 and other NSW and Navy units makes the riverine range location an invaluable strategic asset," said Cmdr. James Emmert, Special Boat Team 22 (SBT-22) Commanding Officer.

"Not having to compete with other services for range training time will increase the amount of realistic training personnel receive," he stated. "And the range allows NSW operators to conduct multiple training events and complex scenarios."

These diverse missions include riverine patrol and interdiction, watercraft concealment and evasion tactics and surveillance on enemy-held waterways. The range will be capable of supporting the use of maritime unmanned aerial vehicles, helicopter insertion and extractions and interoperability training between SBT-22, SEAL platoons and other special operations forces.

The riverine range will improve combat readiness training by providing more available river for live-fire training, which eliminates the degradation in training value that occurs when operators train on the same small stretch of river repeatedly.

The range is managed and operated by SBT-22, located at Stennis Space Center. They deploy worldwide, and have conducted more than 100 clandestine operations in five of the six geographic theaters since the War on Terrorism began.

This acquisition of more than 3,500 acres allows SBT-22 to conduct realistic live-fire training on two one-mile sections of river. Once range operating procedures are published, risk mitigation plans have been established, the range has been certified and a public outreach has been conducted, live-fire training with Short-Range Training Ammunition will be possible.

"Conducting live-fire on this range is essential," claimed Emmert. "The unique environmental conditions in Stennis, with shallow waterways and heavy vegetation, provide conditions similar to environments in which Special Operations Forces could be required to conduct real world operations."

"Being able to conduct live fire at home station will greatly reduce the time our operators have to spend time away from their families during the inter-deployment training cycle," added Capt. Evin H. Thompson, Commander, Naval Special Warfare Group Four.

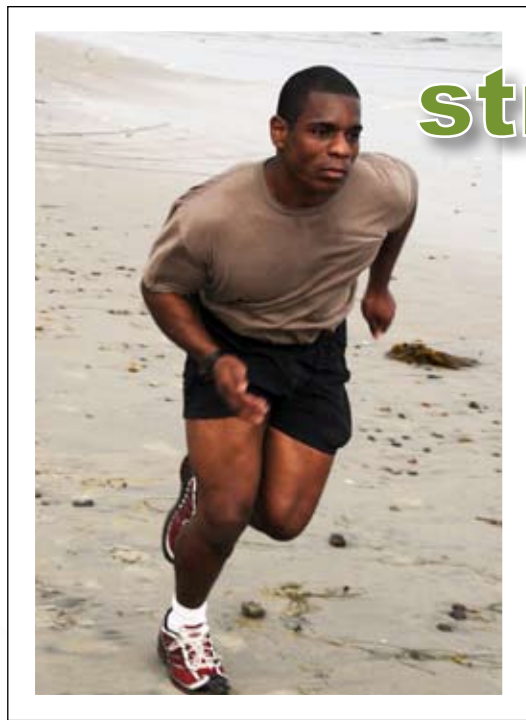
"As special operations forces continue to transform to meet new threats," said Thompson, "Naval Special Warfare must ensure its personnel receive the necessary realistic, specialized training required to successfully carry out the Global War on Terrorism." ↵

- MCC (SW/AW) Katt Whittenberger
NSW Group Four Public Affairs Officer



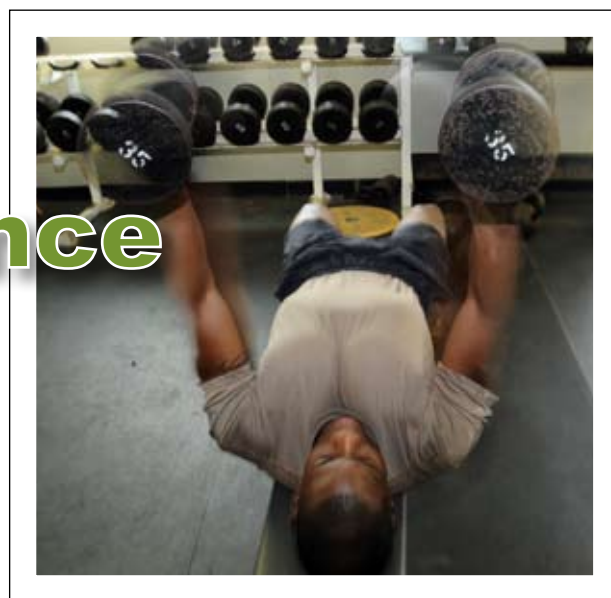
building a fit body

It takes more than just a run and some push ups. Whether you're huffing and puffing in anticipation of a physical fitness assessment, readying yourself to climb Mt. Everest, or simply wanting a better quality of life, there are some simple things that you can do to help build a stronger, more fit body. We decided to take a look at what some local experts and practitioners around NSW are doing to maintain a year-round, healthy lifestyle.



strength

PS1 Dwayne Smith, assistant physical fitness coordinator: I would start by strengthening your legs by performing squats, lunges and calf raises with no weights. Plyometrics are great for strengthening your run time (i.e., box jumps and jump ropes). If you're a sprinter, you should train short distances with runs no greater than 800 meters. If you're a long distance runner you should train long distance with runs of three miles or greater. A soft sand run on the beach is a great exercise for improving run times.



endurance

Smith: Whether it's weight training or cardiovascular training, you want to perform exercises at a high intensity level to increase your heart rate, and in return this will improve your overall endurance. If your intensity level is moderate to easy, then you will have to participate in weight training or cardiovascular exercise for longer periods of time.



food

Lt. Angela Bailey, dietitian: To maintain good energy during workouts, it is important to eat 45 to 60 percent of your calories as carbohydrates and focus especially on complex carbs. Types of foods that are complex carbs are whole grains, rice, pasta, cereals, fruit, vegetables. Simple carbs that can be included for energy are sports drinks, sports gels, and sports energy bars. If you are training for a long road race, such as half-marathon, you need at least 60 percent of your calories from carbohydrates.

Thirty to 60 minutes before a work out, it is a good idea to eat a small snack to include one to two servings of complex carbohydrates and maybe one serving of protein. A good example would be a piece of fresh fruit, one cup of yogurt and a handful of almonds or apple slices, peanut butter, one cup of yogurt or half a sandwich. It depends on your calorie needs and what foods you can tolerate best before a work out.

quality of life

Kathleen Martens, claimant reporting analyst: Working out is and has been a way of life for me. I started working out as a means to counteract stress. As I get older I definitely feel the effects of aging but I work out now hoping that as I age, my quality of life will increase.



water

Martens: I drink two glasses of water before I come to work, another 1.5 liters while working out and then about two glasses at home. Water replenishes the fluids that I lose during working out.



stretching

Lt. Cmdr. Kristin Hodapp, physical therapist: An important and often overlooked aspect to a workout is the warm-up and cool-down phases. A couple of minutes stretching before and after help to reduce muscle soreness and can prevent injury. An area that almost everybody can improve upon is their core. In this case, the core is the abdomen, low back and hip musculature. I use a lot of planks and physioball exercises during therapy which get some good results and can decrease low back pain, hip and knee problems.

sleep

Smith: Sleep is one of the most essential needs to achieve results in their muscular development and endurance. You have to give your muscles a chance to heal from being torn from the workouts, and you have to rest your limbs and joints from the pounding of strenuous endurance exercises.



- Story and photos by MC2 Christopher Menzie

CONTINUING THE LEGACY



CLASS 264
GRADUATED MARCH 14, 2008