

James Mitchell Video Log

00:00	Introduction
00:20	Biographical information
01:40	Life before military
02:20	Why he joined military
03:00	Leaving for basic training
06:00	Adapting to military lifestyle
09:00	After basic training – helicopter maintenance
10:30	Volunteering for Vietnam
12:30	Vietnam – medevac
16:20	Combat
23:30	Dropping bombs from plane
29:45	Philippines
32:00	Back to Vietnam
37:00	Non-combat injury
39:30	Airmen's medal
41:00	Da-Nang Easter offensive
42:30	Working with Para rescue – cross training
43:30	Working with POW families
47:30	Vietnamese orphans being brought to USA
52:00	Woman gives birth on plane
54:45	How military affected life
56:00	Service to others
57:00	Feelings about military now
58:15	Sharing experience from Vietnam during Desert Storm