



USS RONALD REAGAN (CVN 76)

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NEWSPAPER NAME WINNERS: AS2 Michael Mack SKSN Christopher Conner DKSA Steven Haywood

Discovery Channel Tells USS Ronald Reagan's Story

by AN Heather Beckham
Staff Writer

With the sun rising over the horizon, the first engines of an F/A-18 begin to roar. Sailors assemble for a long day of flight ops. In the middle of a flight deck decorated with colored shirts, each with their own important task, stands a cameraman with a soundman crouched at his side. Capturing the intensity of final checks and preparations for take-off, the Discovery Channel tells USS Ronald Reagan's (CVN 76) story from the greatest source -- its Sailors.

Following in the footsteps of other documentaries such as

'City of Steel,' about the making of USS Harry S Truman (CVN 75), Ronald Reagan joins the ranks as the object of timeless story telling in 'Carrier, The Next Generation.'

The Discovery Channel hired a five-man team from The Silver Owl Group production company to create the documentary during Ronald Reagan's change of homeport deployment.

The crew includes: Bill Wander, producer, Joe Friedman and John Hazard, cameramen, Mark Mandler, soundman and Jim Williams, technician.

The team, based out of West Chester, New York, embarked with Ronald

Reagan, May 27, when the ship left Norfolk, Va. The production company's goal is to record newer, faster and bigger aspects of the Navy's most recent addition to its carrier arsenal.

"Discovery has a good relationship with the Navy," said Bill Wander, show producer. "We aren't demanding. We just relax and see what the Navy has to offer and then we tell the story that results from it."

Wander, who has worked on numerous naval documentaries, noticed Sailors aren't the same as they were when he set foot on his first ship 10 years ago.

"It's a different Navy

now; it's a smarter Navy," said Wander. "Education and the Navy Core Values are instilled in every Sailor. The average Sailor seems brighter."

While interviewing Sailors, the film crew learned what it's like to land an aircraft on the flight deck, how to determine water depth and that knot tying still holds value in today's Navy.

According to Wander, too often when a documentary is made about an aircraft carrier, the action is only focused on the flight deck; however, Wander found what happens below the weather decks plays just as significant a role in maintaining the ships battle ready status.

"We are filming day in and day out," said Wander. "It's not just about the airplanes on board; it's about every Sailor and every job. It all makes Ronald Reagan a great ship."

The Discovery crew discovered there is no typical day while working on an aircraft carrier. Wander said there were many times where he experienced an adrenaline rush while filming.

"My favorite place to film is by the catapults where there are a dozen guys running around scaring me," said Wander. "The flight deck is dangerous and you don't appreciate the danger until it has passed."

Ronald Reagan has more to offer than state of

Discovery ... Cont. on page 4

Reagan Sailors Renew Pledge

by JO2 Paul Simonds
Staff Writer

Birth dates signify the beginning of life. As the United States celebrated its birth Sunday, many Sailors on board USS Ronald Reagan (CVN 76) began a new phase of their own career. All of whom have a story to tell and pride in their hearts -- pride in serving their nation, the Navy and each other.

The Navy's newest nuclear-powered aircraft carrier is steaming toward its new home in the midst of multi-national exercises participating in Summer Pulse '04. In the middle of this historic deployment, those dedicated Sailors had the opportunity begin another leg of a journey, which for some will span multiple decades, on their nation's birthday.

As the ship's bells rang at 11 a.m., one of Ronald Reagan's warriors stood at attention in front of a mural of President Ronald Reagan with the watchful eye of the ship's late namesake looking on.

IT1(SW/AW) Ernest Biddle has proudly served for 17 years -- the last three of which have been on board Ronald Reagan.

Though he is scheduled for a Permanent Change of Station shortly after the ship arrives in San Diego, Biddle, a Stamford, Conn., native said he is proud of the work he and his shipmates have completed on Ronald Reagan throughout his tour. All their hard work makes this voyage that much more gratifying.

Pledge ... Cont. on page 4

Navy Fireworks



by PHAN Kathleen Gorby

GM3 Joseph Hutchinson, of West Monroe, LA., fires a 50-caliber machine gun during the fireworks display on board USS Ronald Reagan (CVN 76). Because there are no actual holiday fireworks on board, Reagan celebrated Independence Day, Sunday, by filling the sky with glowing tracer rounds instead.

Main Event

Wimbledon's Princess Falls, Star is Born

by JO2 Paul Simonds

Staff Writer

I flipped on the television Saturday and watched Serena Williams fall to Russian Maria Sharapova during the championship round of this year's Wimbledon.

Williams had not lost a match at Wimbledon since 2001. Shararova (17) was the 13th seed of the tournament and wasn't even supposed to be a contender. In fact, no woman seeded lower than 10th has ever made it to the finals. Today; however, Sarapova is the second youngest woman in history to win the Wimbledon championship.

What struck me most while watching the final moments of the championship was the look in the competitor's eyes.

Williams looked defeated long before the

final point. She looked frustrated. Williams, never to shy away from showing emotion, wasn't throwing a John McEnroe type tantrum, but she looked as though she was in pain. Maybe it was the pain of her own heart breaking.

Williams virtually owns Wimbledon. She has had a run at Tennis' crown jewel similar to that of Pete Sampras. She has dominated everyone in recent memory, and has hoisted up the championship dishware each of the last two years.

Sharapova, on the contrary, looked like the seasoned veteran. She was confident, in control and quite frankly looked like the athlete who was supposed to win. She had the "eye of the tiger," if you will.

With every serve, her confidence grew. It was almost as if there was a

confidence meter on her forehead and the needle seemingly rose with each passing second. Sharapova took the first set 6-1 from the perceived invincible Williams. She answered with a 6-4 shellacking in the closing set.

Williams had never lost a set 6-1 and it seemed as though the closing set was merely a formality.

As the final point fell, Sharapova fell to her knees, threw her hands in the air and a look of elation lit up on her attractive young face. After the customary hand shake at the net with her counterpart, Sharapova searched out her father and planted a kiss on the man who has stood by her side through each minute of her very young career. It was hard to tell who was more proud -- the athlete or her father.

Honestly, this is what sport is all about ... the underdog slaying the champion. The upset Saturday was similar to that of this year's Detroit Pistons over the Los Angeles Lakers, the 1988 Los Angeles Dodgers over the Oakland Athletics, or the 1980 U.S. Olympic hockey team over the Russians.

Williams will inevitably be back -- winning Wimbledon among other tournaments, but it will be interesting to see where Sharapova goes from here. Is this a sign of things to come, or an anomaly? Will Sharapova evolve into the next Martina Navratilova, or will her career be similar to that of golf's John Daly? There will be plenty of time for all that, but for now, I hope she takes this moment to enjoy the fruits of victory.

Discovery

Continued from front page

the art technology. It is also the home to naval traditions that are still an integral part of any Navy vessel.

Wander also had the opportunity to participate in the crossing the line ceremony as Ronald Reagan passed the equator for the first time. He said it was one of his favorite moments on the ship. "It was a privilege to be able to participate in the ceremony," said Wander.

Though Wander and his crew tell Ronald Reagan's story with narration and video, he said the best stories are those which are told by the people who are responsible for bringing the ship to life.

"I'm not an expert. There is a person behind everything and they will tell you their story if you just stop and listen," said Wander. "Everyone wants to show off their work, and you see so much pride and love for it."

The best footage the crew filmed was Sailors doing what Sailors do.

"We really want to get across the point that Sailors work hard but play hard too," said Wander. "Everyone had a good time in port, but when it was over, everyone went back to working hard."

With all the new innovations on board, the Discovery team was intrigued to learn the Navigation department still uses paper charts to plot their course, according to Wander.

"It's nice to see traditional aspects still in our modern

Navy," said John Hazard. "The fact that the Navigation department can still navigate by the stars truly amazes me."

Some of Ronald Reagan's other 'firsts' are sure to be in the completed documentary, slated to air April 2005. The ships navigation through the Straits of Magellan, 'touch-n-goes' by foreign countries and reactions to the passing of President Ronald Reagan, were some of the moments filmed by the Discovery team.

"The president's passing was an unfortunate event," said John Hazard, cameraman. "It's a real honor to be here to see the ship's Sailors respectfully celebrate his namesake in a time of mourning."

Wander is excited to be able to see the day-to-day life of Sailors out to sea. They think it's wonderful that 18 and 19-year olds are serving their country, working hard and loving their job -- that's the image they want to portray to the public.

The Discovery crew left Ronald Reagan June 25. They are scheduled to return to the ship shortly before the Navy's newest nuclear-powered aircraft carrier pulls into its new homeport and after Ronald Reagan satisfies its role in Summer Pulse '04. They will conclude their story with the ship's homecoming.

"We are not here recruiting for the Navy," said Wander. "We are here to make an inspiring documentary and hope, in the end of it all, we hear the words -- 'they did it right.'"



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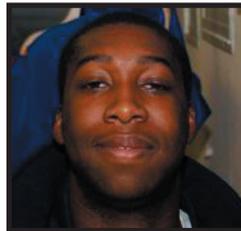
Reader's Choice... Who do You owe Your Success to on Board?



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ABH3 Daniel Stokesbear
"ABH1 Gandolfo."



EM3 Daniel Young
"EMI McCutchen."



HM2 Luis Reyes
"The Medical department."



AZ1 Shawn Phillips
"AME1 Granade"

Reel Time

Full Metal Jacket

with "The Helke"

Tonight on Channel 4

Alright you maggots! You will stand at attention and salute this movie about hardcore



ACTING = B+
DIRECTING = A
STORYLINE = B+
CAMERA WORK = B+
OVERALL = B+

(Vincent D'Onofrio) -- a "can't do it right" recruit. The sergeant tries as hard as he can to square him away but Pyle just can't please him. Hartman uses every trick in the book to no avail. So he places the division in Pyle's shoes. Whenever Pyle messed up the division pays for it. The division then makes use of a correctional tool affectionately named a 'Blanket Party.'

This movie is told through the progression of Private Joker's (Mathew Modine) experience. The first half of the movie is about the training. The second half of the movie takes place in Vietnam.

The barbershop is the first stop for the new recruits. There they receive their first Marine haircuts. Next, the company comes together for the first time to meet their drill instructor.

Drill instructor, Sergeant Hartman (R. Lee Ermey), is definitely of the old school variety... as it should be. He gives each of his boys the 'proper' amount of beatings. He really shows affection for his 'special cases'.

The special case in this company is Private Pyle

The second half of the movie shows the destruction of war in Vietnam and how a Marine survives. Joker is sent to Vietnam as a correspondent to Stars and Stripes. There he is sent out to the "country" to really experience war. All he finds are thousand-yard stares and 'Charlie.'

You can always tell when a Marine has been chasing 'Charlie' too long because he gets the stare. That is what this movie is all about. Not war or peace, but the hardships of Marines in Vietnam. Tune in today and find out for yourself you squirrely little maggot... huya!

Today's Movies

Channel 2

Johnny English
Punk Drunk Love
Analyze That
Harry Potter and the Chamber of Secrets
Just Visiting
Daddy Day Care
Holes
It Runs in the Family

Channel 4

Charlie's Angels:
Full Throttle
The In-Laws
Matrix Reloaded
Legally Blond 2
Dickie Roberts Child Star
Jeevers Creepers 2
Full Metal Jacket
Timeline

Letters to the Editor

Dear Editor,

No complaints or arguments here. I just wanted to write in and pass down a little bit of worldly knowledge to some of my shipmates. The potable water shortage of late affects everyone on the ship and we can all pitch in to make it better. A few simple changes in your daily routine can make a huge difference. For instance, when brushing your teeth or shaving, turn the water off until you actually need it. Try to do the same when your taking a shower. Simply turn the water off while your soaping up. I know this is an inconvenience and many of us are not used to such things, but it helps at times like these.

You'll regret not doing it when there isn't enough water to take a shower at all. It sure is nice to take a 'holiday shower' but until our potable water shortage is resolved, please try to be conservative and think of your shipmates the next time you see yourself wasting water.

— Water Lover

Dear Water Lover,

We thank you for your water conservation techniques. This is a bigger issue than most people think it is. I hope your message gets through and that we all don't have to learn the importance of limiting our potable water use the hard way.

— The Editor

Spanish Lessons...

"¿Me lleve por ahí?"

"Can you take me here?"

Doc's Block Have Your Shoes 'Run' out?

by Lt. K.R. Hodapp

MS, PT

Did you know running shoes only last 350-500 miles or a maximum of six months?

The amount of time your shoes will last depends on how much you run, the shape of your foot, what type of surface you run on and how heavy you are. If your shoes are too old, you can develop foot, ankle, knee and hip problems.

There are three main types of running shoes on the market: cushioned, support

or stability and trail. A cushioned shoe has padding to help lessen the stresses placed on your foot when it hits the ground. A support or stability shoe has some cushioning, but it limits the amount of side-to-side motion your foot can do. A trail shoe has a special sole that offers more tread, cushioning and is usually more flexible.

You can tell what kind of shoe you need by looking at the soles of your current shoes. If you have a lot of wear

Shoes ... Cont. on page 4

Pledge

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“It was a long, hard tour ... I’m glad I got to go around ‘the horn,’” said Biddle.

When it came time to reenlist, Biddle said July fourth was the perfect day and the Ronald Reagan Museum was the perfect location.

“I wanted to be patriotic about it,” said Biddle. “There’s not the hoopla, that there is at places like baseball games, but this is more intimate -- amongst your shipmates. I’m not big on that type of publicity.”

Biddle’s wished his wife could have been present but he knows she is proud of him.

“She’s happy about it; she’s sorry she couldn’t be here,” Biddle said about his bride of nine years.

Biddle wasn’t the only Ronald Reagan Sailor who felt reenlisting on Sunday was an appropriate venue.

“The reason I choose the Ronald Reagan is because this will be my last ship and most likely my last reenlistment,” said AGCS Gregory L. Vestal, meteorology and oceanography division leading chief petty officer. “Of all the places I can think of to reenlist, I can’t think of a more fitting place than the bridge of the newest most powerful ship in the world while underway on Independence Day,” said.

The glimmering lights of Monday Night Football were not shining down. The roar of an ignorant crowd was not ringing aloud. There was very little



by PHAA Lawrence Davis
CWO3 Thomas Riethmaier re-enlists IT1 Ernest Biddle in the Ronald Reagan room, Sunday. Biddle was one of 14 Sailors who chose to re-enlist on Independence Day.

pomp and circumstance; however, 14 country’s Navy. For them, there was no better place than “haze gray and under way.”

July 2
Sailor of the Day
AOAN Michael Runyon



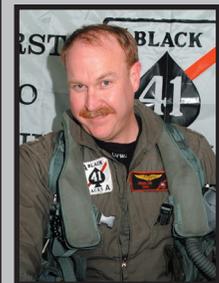
Dept: WEPS
Job Title: Forklift Maintenance
Where are you from? Copperas Cove, Texas
Why did you join the Navy? To do something productive with my life
What is your favorite place to visit? Colorado
Who do you hold responsible for your success? My father
What inspires you? Hard work
What did you do before you joined the Navy. Construction/Cook
What’s your favorite quote? “G1 Jedis.”
What piece of advice would you pass on to others? The only person that can hold you back is you

July 3
Sailor of the Day
AD3 Joesph Minneman



Command: HS-6
Job Title: Mechanic
Where are you from? Albuquerque, N.M.
Why did you join the Navy? To get out of my home town. Wasn’t sure what to do with my life.
What is your favorite place to visit? San Diego
Who do you hold responsible for your success? My family, mostly my sister.
What inspires you? My father
What did you do before you joined the Navy. Cooked at a steak house
What’s your favorite movie? Fried Green Tomatoes

July 4
Sailor of the Day
Capt. “Mean Jim” Greene



Command: CVW-11
Where are you from? Bloomington, Ind.
Why did you join the Navy? To drive ships.
Your favorite place to visit? Any golf course
Your favorite movie? “The Sting”
Your favorite song? Anything by Jimmy Buffett
What inspires you? Sailors who work on the flight deck
What did you do before you joined the Navy? Indiana State Trooper
What piece of advice would you pass on to others? Be patient
What is your favorite quote? Indecision is the key to flexibility
Who do you hold responsible for your success? My parents

Shoes

Continued from page three

on the inside (near the big toe), chances are you pronate your foot. A person who pronates rolls their foot in more toward their big toe.

If you have a lot of wear along the outside (pinkie toe side), you are a supinator. A person who supinates has more contact on the outside of their foot.

If you have a lot of wear on either the inside or outside of your shoe, you might want to try a stability shoe. If you have equal amounts of wear on the inside and outside of your sole, you’ll probably need a cushioned shoe.

When buying your next pair of running shoes, you’ll want to keep in mind whether or not you’ll need a stability shoe.

Another tip is to buy a pair at least a size larger than your normal size to take into account your feet swelling.

You should also consider going to a store specializing in running. Usually the sales people are pretty knowledgeable about which running shoes would best suit you.

A good store will let you jog around in them to try them out. You should try on both shoes and spend about 10 minutes in them to make sure there aren’t any areas that pinch or feel uncomfortable.

Purchasing a good pair of shoes doesn’t mean you have to spend a lot of money, but you always want to buy the right type of shoe. If you don’t, you’ll risk developing joint problems, and your new shoes won’t last as long.

When we arrive in San Diego, the Physical Therapy office will offer a running clinic where you can have your running form analyzed.

Editor’s note: Questions for Doc Bloc can be sent to hodappkr@reagan.navy.mil.