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

# CVN 76 Ends Journey, Arrives Home

by JO2 Paul Simonds

Staff Writer

The Navy's newest, nuclear-powered aircraft carrier is finally coming home.

Only one-year after its commissioning, USS Ronald Reagan (CVN 76) is arriving at Naval Air Station North Island, Coronado, Calif., Friday.

Ronald Reagan will pull into San Diego Bay amidst a small armada of guard-boats crewed by Navy, Coast Guard, Harbor Police and other law enforcement agents.

The special guests slated to be in attendance at the homecoming ceremony are former first lady Nancy Reagan, the late president's son Michael, California Governor Arnold Schwarzenegger, actors Tom Selleck and Goran Visnjic (Dr. Luke Kovac, NBC TV-series E.R.), and the country-pop group SheDaisy. There are more than 30 media

## The Double 'R'



by PH3 Elizabeth Thompson

*USS Ronald Reagan Sailors practice the double 'R' formation that will be displayed during Ronald Reagan's San Diego homecoming. The image of Ronald Reagan Sailors making the 'R' formation will be the first image of Ronald Reagan Sailors seen on television Friday morning.*

outlets worldwide covering the homecoming.

SheDaisy will arrive tomorrow and is scheduled to perform for the ship's

crew. The band is also scheduled to perform pier side Friday.

The excitement around the ship's homecoming

has been building since its commissioning July 12, 2003. More than 8,000 family, friends and invited dignitaries and guests are

expected to stream into the naval base.

The local community will have the opportunity to view the splendid arrival of Ronald Reagan on a giant TV screen, which will be displayed at San Diego's Sea Port Village.

It has been a long, hard journey to San Diego for the officers and crew on board Ronald Reagan, but the end has justified the means.

Master Chief Fire Controlman (SW) Ted Cremer, who has been on board Ronald Reagan for three years, said knowing he and his shipmates have completed their initial mission of delivering the ship to San Diego is gratifying.

"I remember when the ship was lit by droplights and had no paint on the bulkheads (walls) or decks," Cremer said. "It did not seem like it would ever get put together. Now it is bright, active and full of life and purpose."

Ronald Reagan displayed  
**HOME ... Cont. on page 6**

## Reagan Hosts Tae Kwon Do Belt Testing

by JO1 Lori Sawyer and AS3 Shevonne Pacheco

Staff Writer

Like jets flying through the sky, white blurs zoom across hangar bay two. Touching down on a blue landing strip, an observer would recognize it as a student preparing for their upcoming Tae Kwon Do test on board USS Ronald Reagan (CVN 76).

With only a few minutes to spare, the students quickly kick off their sneakers and take a seat on the blue matting.

Dressed in white outfits known as gis, with their respective colored belts neatly tied around their waists, the students prepare for their Tae kwon do test. A look of nervousness overcomes their faces as YNCS (AW/SW)

**TAE KWON DO ... Cont. on page 6**

## Culinary Chef is Silent Patriot

by AN Heather Beckham

Staff Writer

Chef Darryl Espinoza has been embarked with USS Ronald Reagan (CVN 76) the past two months. This quiet man has been assisting the ship's Culinary Specialist's (CS) with preparing the most appetizing meals possible while underway. Constantly training with rarely a day off, Espinoza has shown a desire to lend a helping hand, and he has done so without

receiving a paycheck.

"It's not about the money -- that's not the issue," said Espinoza. "I'm here sharing my knowledge and experience. It's my time to give back."

Espinoza said being on board Ronald Reagan has given him the time to get away from the rat race of business and enjoy teaching what he's been doing for the past eight years -- cooking.

**CHEF ... Cont. on page 3**

# Main Event: Quality Sports? Just a Short Drive Away

by JO2 Paul Simonds

Staff Writer

So the Navy's newest nuclear-powered floating airport is heading toward San Diego. At least you'll be close to Los Angeles!

No really, San Diego is a great town ... one of the best, but as far as sports go, you're going to have to head north to see quality sports franchises.

San Diego has no NHL team, no NBA team and barely has an NFL team. True, the Chargers went to the Super Bowl a decade ago, and the Padres have been to two World Series', but all things being equal, sports in San Diego are pretty pathetic. The city couldn't even hold on to the Clippers.

If you are looking for sports like hang gliding,

jet skiing, parasailing, or boating, you'll have a hard time finding a better town to live in; however, as far as professional athletics go – San Diego is a joke.

Let's take a look at the Chargers. The Bolts are consistently at the bottom of the American Football Conference Western Division. They passed on Peyton Manning for Ryan Leaf six years ago, and now they have passed on the younger Manning – Eli for Philip Rivers. That's not so bad, except they already have a decent young quarterback.

Drew Brees spent more time on his back last season than he did standing upright in the pocket. He had/has LaDanian Tomlinson, and the running back is superb, but when a guy is getting killed on every other play,

he's helpless. You know, I don't even think they have a wide receiver on their roster. David Boston joined Junior Seau in Miami this spring and the rest of the squad is young and unproven. That's always the story in San Diego. The Chargers, it seems, are always rebuilding.

The franchise has been squabbling with the city for years now over a new football stadium, even though the National Football League found Qualcomm Stadium to be suitable for its Super Bowl two years ago.

If you're looking for a good football team in San Diego, you can rest easy - eight opposing teams visit the city each year.

How about those Padres?

The Padres have got to be one of the most

frustrating teams in Major League Baseball history.

San Diego was the home of future hall of famer Tony Gwynn, but they could never get the greatest hitter, in maybe four generations, a ring. It wasn't like the Friars were without opportunities.

In 1984 they defeated the Cubs in the National League Championship Series and had every opportunity in the world to beat the Tigers in the Series. The Padres featured probable hall of famer Goose Gossage, one of the best first basemen of his time, Steve Garvey, one of the best third basemen of his time, Gregg Nettles, Kevin McReynolds and of course Gwynn.

They blew game five, and the series for that matter, when Gossage refused to walk Tigers' slugger Kirk

SPORTS.. Cont. on page 4

## Tae kwon do

*Continued from front page*

Patrick Baker, the ship's Taekwondo instructor, calls them to order. He has a notepad and pen ready to add and subtract the student's points.

The students scramble to their feet and get into formation. After a few encouraging words from Baker, they begin the testing with the score based on form, one step sparring, offensive and defensive combinations and a quiz on Tae kwon do knowledge.

After the test concluded, the students cleaned up and mustered once again for the results and the impending advancements. Thirteen students advanced to the next level.

Aviation ET1 Sedric Haynes always wanted to take up martial arts but couldn't afford it. Now, after five months of training he has earned his green belt.

"It normally takes eight weeks of training to get to the next belt," said Haynes proudly.

The belts used in Tae kwon do in order are: white, yellow, green, blue, red, and black. Within each belt color there are levels of knowledge such as senior green belt.

EM1 Ruth Shannon was promoted to black belt and is the first female black belt on Ronald Reagan.

"It took me three years to get to this level," said Shannon. "It would have taken me two if I didn't have to take a break a couple years ago."

Each belt brings new challenges and different requirements. According to Baker, lifting weights is great for muscle growth but it doesn't require you to think

during the movement.

"People sometimes study martial arts for the wrong reasons," said Baker. "I want them to know how to defend themselves, if necessary, but to avoid fighting whenever possible."

Baker has been offering free classes to the entire crew of Ronald Reagan since March, 2001. The students are eligible to compete at two international and one national tournament every year as well as compete at the World Black Belt Championships.

"What's so great about martial arts is that you don't have to have any experience to

get started," said Baker, who is a fourth degree black belt. "Tae Kwon Do brings into balance both mind and body. All aspects of your life will start to improve because your mind is more focused."

While military and family commitments can be a distraction in a schedule, the students of Ronald Reagan's Tae Kwon Do class have proven they are committed to being successful. If one evening a crewmember rushes by dressed in a white gi stand clear. It could be one of these talented students on the way to class.

The following people were advanced: Green Belt: AT1 Haynes and AM3 Michel, Senior Green Belt: YN3 Travis James, OS3 Andrew Magee, EM3 Tawanna Lee, AE1 Daniel Zepeda, PH3 Broughton and AN Machado, Blue Belt: AN Armando Zarco, Senior Blue Belt: AT3 Cobb, MM1(SW) Windham, Probationary First Degree Black Belt: EM1 Shannon, Decided First Degree Black belt: AO3 Pennywell.



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# Ronald Reagan Sailor Gets to Business After Homecoming

by JO2 R. David Valdez

**Staff Writer**

Most Sailors on board USS Ronald Reagan (CVN 76), the Navy's newest nuclear-powered aircraft carrier, are excited to finally go home. After months at sea, many of the crewmembers are going to take some well-deserved time off.

SK2 David Hyatt of Orlando, Fla., is in a different boat. Upon arriving in San Diego, Hyatt is going to a comic book convention. While some people might think of this as a type of recreation, he is going to work.

Hyatt is a comic book artist who has had the opportunity to work with Brass Ball Comics on a comic book called 'Bubba The Redneck Werewolf.' Though this is a dream come true for a lot of aspiring artists, this is only one step on the road to achieving the rest of his goals.



by JO2 R. David Valdez

**SK2 David Hyatt works on a page for his original comic, 'Bubba the Redneck Werewolf.' Hyatt will be attending the San Diego comic convention the weekend after USS Ronald Reagan arrives.**

"Over the past 12 years, it's been a lot of baby steps," Hyatt said of his current level of success. "A lot of people think they are going to get discovered by the well-established companies like DC, Marvel and Image just by

submitting artwork -- and that's just not realistic."

Hyatt started drawing when he was four and has never stopped. While he was a Sailor on board USS Theodore Roosevelt (CVN 71), he had his first work published in

Roosevelt's newspaper, the Rough Rider. He also submitted his work as fan art to Wizard magazine and Spawn (comic book).

In 1993, Hyatt left the active duty Navy and went to the reserves. During his time as a reservist, he

worked for a company as a font designer. As time passed, Hyatt got to know more people in the comic book business, did a little self-published work and eventually started working with his current publisher.

Most recently, he has rejoined the active fleet through Fleet Training Support (FTS). In that role, he's a reservist who has been activated for an extended period of time.

Hyatt became interested in comic book art because he used to collect comic books, and he feels he's got a good eye for new talent.

"I used to have a \$30,000 collection," he said. "Collecting comic books is kind of like playing the stock market. It's a gamble because you can spend money on a lot of flashy comics that aren't worth anything, but you really have to know how to look for really good art."

Hyatt says being  
**ART... Cont. on page 6**

## Chef

*Continued from front page*

"Ronald Reagan has a great group of CSs," said Espinoza. "I'm just here helping them prepare a more appealing meal in a variety of styles."

Espinoza rarely cooks. He conducts training numerous times a day and allows the CSs to showcase their talent.

"I'm impressed with these guys and how they put things together," said Espinoza. "One day, I gave the CSs 15 minutes to come up with an egg-dish and every one of them came up with their own idea."

Espinoza spends some days teaching culinary presentation, and other days he teaches how to prepare elegant desserts. No two days are ever the same.

There is always more to be learned

according to the chef.

"Sailors run the HOD's dinners, receptions in port and other significant events," said Espinoza. "You can see the satisfaction when they've done something sensational. The Admiral and the Captain have complimented them on a job well done."

Espinoza said he is impressed with the CSs desire to excel in the culinary field.

"I love when the CSs ask me what I can teach them," said Espinoza. "They want to show me what they've done and learned."

Espinoza was able to teach Sailors about food in the foreign ports Ronald Reagan visited while transiting around South America.

He was afforded the opportunity to tour foreign kitchens and try many different

types of foods.

"These other countries would put on a show for us," said Espinoza. "The food never stopped coming."

After only two months on board Ronald Reagan, Espinoza feels his mission was a success and he has taught a lot to the ships CSs.

"I am very appreciative of all the CSs and those that gave me the opportunity to be here," said Espinoza. "This was my first aircraft carrier, but I hope to see more in the future."

Espinoza leaves Ronald Reagan when it reaches its homeport Friday in San Diego. He will join his loved ones in Phoenix and open a catering business and social club where he can share his expertise in cooking as he has done years before.

# Ronald Reagan Heads Ho



by PH3 Angel G. Hilbrands

*Flight deck crewmembers look on as an A-4 Skyhawk attached to BNS Sao Paulo (A 12), belonging to the Brazilian Navy, comes in for a touch and go on the flight deck of Ronald Reagan.*



by PH3 Kitt Amaritnant

*A local tour guide in Callao, Peru, gives information on detecting forgery in Peruvian currency to PHAN Paul Laverty, Jr. (left), PHAN Kevin O'Brien (center) and PH3 Class Regina Velazquez. Peru was Ronald Reagan's final foreign port visit.*



by PH3 Kitt Amaritnant

*AM2 Warren Earle enjoys his freshly prepared Brazilian meal at Estrela do Sul (Kilo & Grill) in Rio de Janeiro, Brazil, as part of tour sponsored by Ronald Reagan's Morale, Welfare & Recreation division June 11. It was Ronald Reagan's first foreign port visit.*



by Steel Horse Imaging

*Ronald Reagan warriors experience the "Crossing of the Equator Ceremony" June 3. The majority of the crew became Shellbacks.*



Ronald Reagan



AC2(AW) Katrin (COMREL). M Sailors painted, children ages tv

# Home With Many Memories



by PH3 Elizabeth Thompson

passed through the Straits of Magellan June 20-21. Aircraft carriers rarely pass through the famous straits, which are filled with snow-capped mountains.



by PHAN Dominique Lasco

ana Pullen holds a child at the Rio de Janeiro Community Relations project. More than 90 Ronald Reagan Sailors participated in the volunteer project. The project helped with electrical work and cleaned a school and community center for two months to 16 years-old.



by Steel Horse Imaging

An assortment of games and activities broke out on the flight deck of the Navy's newest nuclear-powered aircraft carrier Sunday as Ronald Reagan Sailors enjoyed a "Steel beach Picnic."

**Art***Continued from  
front page*

successful in the comic book business isn't just a matter of being able to produce good work; but it's also a matter of producing good work on time.

"Your work has to be able to sell you and your name," he said. "By getting things done on time or early, you can build your credibility as a solid artist."

Hyatt credits the Navy with

his attitude and work ethic. His years in the Navy helped his work standards evolve into what they are today.

"The Navy has taught me a lot of principles, and I carry that over into the comic book world," he said.

For Hyatt, working on comic books is a labor of love. There have been times when he has worked for no money; however, he believes his work and ambition will serve him well.

"Like they say in other fields,

'It's not what you know; it's who you know,'" Hyatt said. "If you do good work in a timely fashion, you're going to get a good reputation and more people will want to work with you because you're a professional. Who knows, I may have my own studio over time."

Hyatt's goal is to eventually acquire a contract from one of the major comic book publishers. He may start out collaborating on a small part of a newer comic book; however, Hyatt sees himself

working his way up to having an important influence on one of the more established comics in the industry.

Hyatt is a Sailor who has applied the Navy Core Values to his art. He has the 'Honor' of being a published artist in his chosen field. He has displayed 'Courage' in putting his work on display for the best in the industry to see, and he is 'Committed' to his success to make sure he is not only considered a good artist but a good worker as well.

**Home***Continued from front page*

its "life and purpose" during its voyage around South America on its way home from Norfolk, Va.

While the ship made its first foreign port visits in Rio de Janeiro, Brazil and Valparaiso, Chile, many of the crewmembers took time out of their liberty to lend a helping hand to the respective communities. Ronald Reagan warriors participated in a community relations (COMREL) projects -- renovating local schools and orphanages.

While underway, the ship transited the Straits of Magellan, which is rare for an aircraft carrier. The pristine view of the surrounding mountain ranges was lost though on those who were busy executing the mission at hand.

"The Straits of Magellan transit went very well," said QMCM (SW) Lawrence Fahey. "It's not a navigationally difficult transit. It's just a long transit."

Through the long transit, the ship's quartermasters pulled together to navigate the ship through the straits.

"Everybody did extremely well rotating in, relieving each other and keeping each other on their toes," said Fahey. "We had augmentees from

the Nimitz (CVN 68) and the Eisenhower (CVN 69). They folded in well with my gang."

Also on this cruise, Ronald Reagan joined with various South American navies and participated in UNITAS (Spanish word meaning Unity), which is focused on high-tech surface, air, amphibious and under-sea naval training exercises. The ship also participated in Silent Forces Exercise (SIFOREX), which is a series of training evolutions designed to enhance anti-submarine warfare tactics.

This year's UNITAS and SIFOREX exercises were part of the Navy's Summer Pulse 2004, which involved the simultaneous deployment of seven aircraft carrier strike groups (CSGs), demonstrating the ability of the Navy to provide credible combat power across the globe. Summer Pulse is the Navy's first deployment under its new Fleet Response Plan (FRP).

"It (was) good training for the entire strike group to see how we are going to array our forces for defense," said Capt. James A. Symonds, Ronald Reagan commanding officer. "And of course, we are a strike group with offensive power."

As one journey ends, another will begin in San Diego. For "plankowners" like Cremer there is a special bond between them and the Navy's newest war ship. They endured long, difficult days as part

of the ship's pre-commissioning unit but have persevered to the end -- arriving in San Diego.

"It took an 'eternity' to be able to do my job as a Cryptologic Technician," said CT1 (SW/AW) Shawn Dawson, who has been on board for two years.

Dawson said the most fulfilling events for him was the first aircraft recovery and the first cryptologic communications transmitted and received.

Seeing the ship home, with all the blood sweat and tears that come along with the journey, is a success the crew won't forget.

"I, along with Reactor Department as a whole, have been instrumental in giving Ronald Reagan the capability of going to sea. Many 'nukes' were the first Sailors onboard testing the propulsion plants," recalled Senior Chief Electricians Mate (SW/AW) Robert Geray of the reactor department. Geray has been assigned to the ship since August 2000.

For some on board Ronald Reagan the homecoming is the end of an adventure, yet for others it is just the beginning; however, for the ship itself, the first year was just one step in fulfilling its motto and the late president's philosophy of "Peace Through Strength."

**Sports***Continued from page two*

Gibson. Gibby smoked a game-winning homer. The Padres would have to wait 14 years for a return trip to the Fall Classic.

In 1998, an aging Gwynn led his upstart Pads back to the World Series to face a buzz saw of a Yankees team. The Yanks, of course, swept San Diego.

Who knows if or when they will return, but right now they are trailing both the San Francisco Giants and the Dodgers in the standings.

They did open a new stadium this year, but a new ball park is only as good as the team who plays there ... just ask any Reds fan.

That's two big-time professional sports franchises and exactly zero titles. Even the Anaheim Angels have a ring!

That's all I got when it comes to the San Diego sports scene, but I want you to know I had a heck of a time sharing my inner-most thoughts on the world of sports over the last two months. As I head back to IKE, I leave you with this parting shot --

"You many glory with a team triumphant, but you fall in love with a team in defeat." -- Roger Khan, Boys of Summer

**Ronald Reagan Sailors run in  
Celebration of Homecoming**

by JO2 R. David Valdez

Staff Writer

Ronald Reagan Sailors run in celebration of homecoming

Sailors on board USS Ronald Reagan (CVN 76), the Navy's newest nuclear-powered aircraft carrier, are invited to participate in a 5K and a two mile fun run in honor of both the ship's homecoming and Labor Day on September 1.

ET2 Alicia Cole is coordinating the event, which is sponsored by the Ronald Reagan running team and MWR on North Island. Although all Sailors are encouraged to run in the event, Cole has put out a request for additional help.

"We will be needing volunteers to help with the course set up, water stations and shirt distribution," she said.

Check-ins will be taken from 10:30 to 11:00 a.m., while races will begin at 11:30 a.m. Anyone interested in volunteering to help with the fun run should e-mail Cole at Coleaa@reagan.navy.mil.

## Reader's Choice...

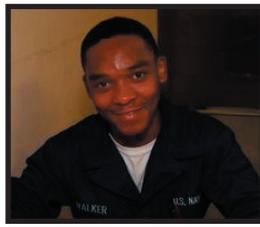


## What Does Pulling into San Diego Mean for You?



SN Susanne Kelly

"Vacation for me, just having fun."



FN Tommie Walker

"It's home."



FN Elvin Ramos

"It's a new experience and adventure."



MM1 Carlos Garcia

"I'm excited to tell my family about my new experience."



ABEAN Alejandro Zavala

"It means being away from Virginia and that's great."

## Reel Time

## Monty's Navy

with "The Helke"



Welcome back, ye salty dogs of the deep. I couldn't think of a actual movie I wanted to review, so as a finally, here is the movie that would play if one was made about our office. I'll call it "Monty's Navy."

Directed by that crazed-eyed genius "The" Helke, this movie is about the trials and tribulations of a certain bunch of crazy Sailors on a thirty-three hour tour. The trip starts out under command of the "Admiral" (AN Beckham) but nothing got done due to her love of eating cheese and 'wining.' They get lost on their tour so the 'Full Monty' (JO1 Montgomery) decides to take over. They manage to drag their limp dingy to a small island.

Here, they meet up with a resident named Seany Lin (JO1 Linvill) crawling out of the "jungle." The only greeting he gave was "Sup," and he was all

bleary eyed.

"Big Paul Stud" (JO2 Simonds) had to say "You know, I just thought of the best use for NASCAR. If we had a car here, I'd rip out the engine and put it in the boat. "I hate NASCAR by the way," he proclaimed.

Right after that, they were attacked by a Cyclops. Tommy Girl (JO1 Sawyer) distracted him, while the Ninja (PH2 Ressler) beat him up with some bad monkey jujitsu. Big 'T' (JO3 Thomas) kicked him while he was down for good measure.

They finally got off the island with the ingenuity of Shane-O (JO2 Tuck). He said he got his idea to make a raft tied with extra video tape they had lying around from his "friend" Wilson. What? What do you mean that was in another movie? Which one? Oh, Castaway! That movie was awful anyway!

No really, this is just a spoof on my shop up here. Most of you won't understand what it means, but I hope everyone who read my articles enjoyed them as much as I enjoyed being here. The crew that I've met and the ship has been awesome. Thanks for making me laugh. USS Ronald Reagan Rocks!

## Letters to the Editor

Dear shipmates,

The staff here at the Great Communicator would like to say thank you for helping make the newspaper fun and, at least for some, interesting to read. This is our 16th issue in only two months. Considering most Navy publications put out papers weekly, we take pride that we could provide you with something to read during breakfast three days a week. Without our readers, we would not have accomplished much.

Steel Horse Imaging's Photo Lab and Print Shop were instrumental in completing production. We can't thank the print shop enough for waiting until 1 or 2 a.m. for us to finally get the paper to them at times.

Soon, we'll be back at home and The Great

Communicator will be put to bed until the next time we go out to sea. But have no fear, you'll be able to get all of our up to date stories on both the Intranet and Internet while we are pier side. Let's give you guys a few stats the staff kept track of while underway:

Money lost by the staff in Casinos in South America -- \$690 (Unless you count the fact that AN Beckham won \$600 in Valparaiso -- On a slot machine! Can you believe it!

Number of times used the term 'Good Game' on another staff member -- 690 (has nothing to do with how much money we lost)

People caught with food in their mouth during Man on the Street interviews -- 80

Sailors of the Day in the

paper -- 42

Number of times I had to yell, "turn off the lights" in the berthing -- 36

"The Helke" Reel Time reviews that had to be significantly edited because the verbiage wasn't publishable -- 11 (All of them)

Number of times staff members were caught in the shower or on the toilet during Man Overboard Drills -- 5

Amount of times JO2 Simonds insulted NASCAR fans -- 3

Number of staff members injured during newspaper production -- 1 (JO3 Thomas with a paper cut... he cried... we babied him... he's better now).

Well, that's all the time I have. We'll catch up next time we get underway.

-- The Editor

## Doc's Block: Weighing in on Fitness

by Lt. K.R. Hodapp

MS, PT

It is estimated that 60 percent of American adults are overweight or obese. An obese person is someone who is more than 30 pounds overweight.

By being overweight or obese, it makes you more likely to develop chronic diseases like diabetes or heart disease.

Additionally, there is a significant increase in the obesity rate of children, which makes them more likely to become obese adults. Physical inactivity and poor diet are two lifestyle factors that

make obesity the second leading cause of death in the United States.

Approximately 15 percent of adults in the United States participate in regular exercise necessary to obtain health benefits. In the Navy, the percentage of people who regularly exercise is higher; however, there are a large percentage of people who only exercise twice a year before the PRT. There are three components to fitness: flexibility, strength, and cardiovascular endurance.

In order to lose weight and successfully maintain weight loss, diet

FITNESS... Cont. on page 8

## Fitness

*Continued from page seven*

modification and exercise are necessary.

There are a couple of simple ways to shed pounds by changing your diet. Instead of drinking a soda, try water or switch to a diet drink. For example, each mountain dew you drink is 170 empty calories. If you can't give up soda, just reduce the number of sodas consumed.

Another way to change your diet is to reduce your portion size. You can still eat fries, but try to cut the amount you eat.

When starting an exercise program, establish a realistic goal. A safe amount of weight to lose each week is two to four pounds. Don't get frustrated if weight loss stops or doesn't happen right away, this is normal.

Sometimes people don't lose weight at first, but they will lose body fat and become more toned.

Remember the F.I.T.T. principle when developing your program.

Frequency: workouts should be three to five times a week. The goal should be to make a habit of exercise before you increase your frequency.

Intensity is the effort you put into exercising. Try to increase the time of your workout to burn more calories before the intensity is increased. This will help to reduce the risk of injury. Start at a low to moderate level of exercise and slowly progress over time to more vigorous levels of exercise.

Time or duration of your workout should be between 30 to 60 minutes. Multiple bursts (10-15 minutes) of exercise that have the same benefits as a 30-minute period of exercise.

The Type should be low-impact, like swimming, other pool exercises, walking, cycling, elliptical trainer, etc. Strength or resistance training is something that should be incorporated into the fitness routine. Moderate intensity weight training should be performed with 10-15 repetitions and two-three sets of exercise. A beginner's program should only focus on 10 exercises and the focus should be on the form (or technique) of the exercise.

Through a commitment to exercise and diet modification, weight loss will come and the pounds will stay off. Having more energy and reducing the risk of health problems are just some of the benefits of working out. Exercise can also help successfully manage stress. Exercise is also something that can be done with family members. Please contact the medical department if you have any questions.

**July 16**  
Sailor of the Day  
HT3 Ryan  
Rousseau



Division:  
**Eng/Repair**  
Job Title:  
**Hull  
Maintenance  
Tech**  
Where are you  
from?  
**St. Charles,  
Mich.**  
Your favorite  
place to visit?

Higgins Lake,  
Mich.

Your favorite  
movie?

**"American  
Graffiti"**

Your favorite  
song?

**"Little GTO"**  
What inspires  
you?

**My parents and  
my wife**  
What did you do  
before you joined  
the Navy?

**Welding**  
Why did you join  
the Navy?

**To see the world  
and do my part  
for the United  
States.**

Who do you hold  
responsible for  
your success?

**My parents and  
wife.**

**July 18**  
Sailor of the Day  
AT3 Chris  
Lewis



Division:  
**VFA-41**  
Where are you  
from?  
**Paso Robles,  
Calif.**  
Your favorite  
place to visit?  
**Lake Tahoe**  
Your favorite  
movie?  
**"Troy"**

Your favorite  
song?

**"In the End" by  
Linkin Park**  
What inspires  
you?

**My father**  
What did you do  
before you joined  
the Navy?

**Worked at a  
grocery store and  
went to college.**  
Why did you join  
the Navy?

**For a change of  
pace.**  
Who do you hold  
responsible for  
your success?  
**God**

What's your  
favorite quote?  
**"Real success  
is finding your  
lifework in the  
work that you  
love."**

**July 17**  
Sailor of the Day  
AO3 James  
Shaw



Division: **Weapons**  
Job Title:  
**Weapons  
Maintenance Tech**  
Where are you  
from?  
**Sulphur Springs,  
Texas**  
Why did you join  
the Navy?  
**To travel and  
finish college.**  
Your favorite

movie?

**"American Pie"**  
Your favorite  
song?

**"I love this Bar"**  
Your favorite  
book?

**"Ain't Got Time to  
Bleed"**

What inspires you?  
**Life**

What did you do  
before you joined  
the Navy?

**Forklift Operator**  
What piece of  
advice would you  
pass on to others?

**"Don't ever  
give up on your  
dreams in life."**  
Who do you hold  
responsible  
for your success?  
**My mom and  
God.**

What is your  
favorite place to  
visit?

**San Diego, Calif.**

**July 19**  
Sailor of the Day  
ABE3 Jeffrey  
Fournier



Division: **Air**  
Job Title:  
**Topside Safety  
Petty Officer**  
Where are you  
from?  
**Port Orchard,  
Wash.**  
Why did you join  
the Navy?  
**To get out of Port  
Orchard and  
follow the family  
tradition. I'm the**

**4th generation  
to be in the  
Navy.**

Your favorite  
movie?

**"Top Gun"**

Your favorite  
song?  
**"Lightning  
Crashed" by Live**  
What inspires  
you?

**"Learning about  
my rate inspires  
me to teach and  
motivate junior  
Sailors that I  
work with."**

What piece of  
advice would  
you pass on to  
others?

**"Make the most  
of today because  
tomorrow might  
never come."**

Who do you hold  
responsible  
for your success?

**My mom and  
friends.**