



USS RONALD REAGAN (CVN 76)

July 17, 2004 Vol. 1 Issue 15

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

Ronald Reagan Starts Bone Marrow Drive

by JO2
R. David Valdez

Staff Writer

Sailors on board USS Ronald Reagan (CVN 76), the Navy's newest nuclear-powered aircraft carrier have had many unique opportunities to visit foreign countries, transit the Straits of Magellan and prepare for the ship's homecoming to San Diego -- now, they have the opportunity to save lives.

All Sailors on board can give a sample of their blood and register in the National Bone Marrow Registry from 9 a.m. to 6 p.m. on the aft mess decks today and tomorrow.

Participating Ronald Reagan Sailors may be able to donate bone marrow to one of the thousands of people, both children and adults, with leukemia

and other blood-related diseases.

Lt. Cmdr. Krista Dellapina, Commander, Carrier Destroyer Group 1 Judge Advocate General officer and Lt. Cmdr. Vennessa Lake, ship's nurse, are the coordinators for Ronald Reagan's bone marrow registry drive.

According to Dellapina and Lake, diseases like leukemia don't just affect children; however, children are more commonly diagnosed than any other age group. Even younger adults can be diagnosed with life-threatening diseases that require a bone marrow transplant.

"Bone marrow transplants are usually a last-ditch effort to save the patient," said Lake. "There is a better survival rate with patients, especially children,

who receive bone marrow transplants."

Crew members aren't being asked to give bone marrow just yet. Instead, they are asked to give about a tablespoon of blood to find out if they are a possible donor match. If any Ronald Reagan Sailors have a preliminary match with a patient, they will be asked to go through another test to verify the match.

"Once a match is verified, the donor will be sent to Washington D.C. for the procedure," said Dellapina.

"If you get chosen to donate, you don't have to do it. But you could save a life and that's a pretty rare opportunity," said Lake.

The procedure is very simple and doesn't require a lengthy stay in a hospital, which is very different from other



by IC1 Michael Helke

HN Kevin Strickler draws blood from a Sea Cadet, who's blood type will be registered in the National Bone Marrow Registry, and might one day save a life.

types of transplants. over, donors usually feel a little muscle soreness, but not much," Lake said. "It's just 60 minutes of your life to save another person,"

said Dellapina.

One reason why it's so important for service members to register is because military members are regularly tested for HIV, don't have insulin-dependent diabetes, and aren't on cancer medication. The military is a readily-available source for potential candidates with fewer people who might be disqualified than the civilian population.

"While things like recent tattoos and possible exposure to certain contagions like mad cow disease would disqualify someone from blood donation, bone marrow donation is different," said Dellapina.

For more information on the bone marrow registry go to www.dodmarrow.org, or call Dellapina at J-6188 or Lake at J-6287.

MWR Offers Kisses, Roses, Wheels

by AN Heather Beckham

Staff Writer

With less than a week left at sea, USS Ronald Reagan (CVN 76) Sailors are getting their chance to walk away with more than a pair of sea legs and memories of their trip

around the horn.

The Morale, Welfare and Recreation (MWR) division is giving one lucky Sailor a new truck. Only 2,000 tickets have been sold so far, according to ABEC (AW) Roger Scruggs. Tickets

cost \$5 each to have a chance to take home the 2004 Chevrolet Colorado.

"The first kiss raffle is also going on allowing one Sailor to be first off the ship and kiss their significant other," said Scruggs. "Tickets are

only \$1 and available until we draw the winner during the last Bingo night (which is slated for July 21)."

For \$2, Sailors can also buy a rose to present to their family or friends on the pier. The roses

will be handed out in Hangar Bays 1&3 the morning the ship pulls into San Diego.

Sailors wishing to purchase tickets for the truck, first kiss or roses can stop by the MWR ticket office at 2-89-1-Q.

Main Event: The Myriad of Sports

by JO2 Paul Simonds

Staff Writer

Every so often the sports world gives us ample material to chew on. Major League baseball is gearing up for the impending pennant races, the Professional Golf Association tees off at the 133rd British Open at Royal Troon and the National Basketball Association has burst on to the scene.

Those Disappointing Astros

First and foremost, my hat's off to the Houston Astros for canning their field general. Jimmy Williams is the most overrated skipper in baseball in the last decade. He guided the Boston Red Sox to ... well not much in the late 90s and early 2000s.

Williams has somehow managed to lead the All-Star laden "Stros" to 10.5 games behind the division

leading Cardinals. I met Williams a few years back, and I must say he is a kind, gracious man but apparently leading a ball club to the Fall Classic is not his forte'.

By the way, if Roger Clemens showed us what the second half has in store for the Astros, with his performance in the All-Star game, The Helke could manage this squad and it wouldn't make a difference.

Got to Love the Chase

Don't look now but the best pennant races in baseball look like they will be out West. Only 2.5 games separate the top three teams in the American League Western Division and only two games separate the top three teams in the National League Western Division. It should be a terrific final

two months of summer in Southern California.

Don't get too excited over the Padres though. If you want to watch the best teams in their respective divisions, you are going to have to head north from San Diego to Anaheim and/or Los Angeles.

He's in a Slump, but the British Open is His

Can someone please explain to me what in the world has happened to Tiger Woods? Here's a guy who seemed to win every golf tournament he teed off in, and it feels like a decade since he was last victorious. I know golf is a funny game and streaks come and go but come on -enough is enough. I'm not going to lie. I am pulling for my man Woods.

Woods is going to slay

his demons (he shot a quadruple-bogey 8 at the tenth hole in the second round when he appeared in his first British Open at Royal Troon in 1997) and win this tourney.

O'Neal is Gone - Lakers are Better

How about the NBA! WOW! The biggest trade in the history of the league went down Wednesday. I have been filling this fine newspaper with rants and raves about how the Los Angeles Lakers need to hold on to Shaquille O'Neal, but now the dream is over.

The big fella is heading East and will don a Miami Heat uniform next season. Sure, O'Neal will now get to play with Dwayne Wade and Eddie Jones, but I really feel if the Lakers had to trade

LOTS... Cont. on page 4

Ronald Reagan Sailors Follow in Dads' Footsteps

by JO3 Robbie Thomas

Editor

Sailors must make sacrifices for their country at some point in their careers. One of these sacrifices comes with deployments when they are faced with leaving their families behind to carry out the Navy's mission. A few lucky Sailors on board USS Ronald Reagan (CVN 76) have the fortune of being the exception to this rule.

Two Sailors on board Ronald Reagan have the opportunity to serve on the Navy's newest nuclear-powered aircraft carrier with their fathers.

SKCS Gary Barrett has pulled into the pier many times after long deployments and met his waiting family. However, when the ship pulls into San Diego, he will experience, for the first time, a homecoming with his son DT3 Trevor Barrett.

"I remember waiting on the pier for him when I was a child. This time I'm not waiting with my mom; I'm coming home with my dad," said Barrett, a native of Schertz, Texas.

The Barretts spend as much time as possible together. Before leaving Norfolk, Va., they spent a lot of time at the movies and going out to dinner. During the transit around South America, they've taken advantage of several MWR tours and had experiences that few fathers and sons get.

"I got to go skiing with my son in South America. People pay thousands of dollars to do what we've been doing," said Barrett.

"Life on board the ship is a bit easier when you have family looking out for you," said DT3 Barrett. "It's nice having a senior chief who can give you all the time in the world to show you around,"

There are very few disadvantages to having a father on the ship, said the young dental technician.

"The only disadvantage I can think of is if I were to get in trouble he'd be the first to hear about it. And I'd never hear the end of it," said Barrett about his father.

SKCS Barrett keeps a watchful eye on his son and takes advantage of being stationed together to steer him in the right direction.

"I never thought he was paying much attention to what I was doing until he was the first to call and congratulate me for making DT3," said the younger Barrett "He was definitely keeping an eye on me."

Senior Barrett acts as a mentor for his son and is always asking him how his qualifications are coming along.

"I get a lot of pressure from my dad; he's very motivated," said the younger Barrett. "He's always asking if I'm studying for my quals."

Young Barrett chose to follow in his father's footsteps and serve in the Navy.

"I wanted to ride on one of those ships some day and say I'm serving my country," said DT3 Barrett.

DT3 Barrett began his first day in the Navy with his father at his side. SKCS Barrett was on recruiting duty

FOOTSTEPS... Cont. on page 4



Commanding Officer
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Executive Officer
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Managing Editor
JO1 Shane Montgomery

Editor
JO3 Robbie Thomas

Staff Writers
JO1(SW) Sean Linvill
JO1 (AW) Lori Sawyer
IC1 Michael Helke
PH2 Robin Ressler
JO2 Shane Tuck
JO2 Paul Simonds
AN Heather Beckham

Photographic and printing support is provided by CVN 76 Steel Horse Imaging



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Reader's Choice...



What Impacted You Most About the Trip Around the Horn?



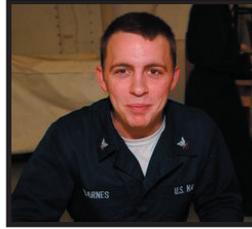
ET2 Kelly Moffit

"My wife is Peruvian, so I was able to understand her culture more."



HT2 Jonnie Dellinger

"It was fun seeing my first ports ever."



AC3 Steveo Barnes

"It made me miss and appreciate home."



AN Katrina Andrews

"Seeing everybody work and come together."



AN Roxzanna Carr

"Discovery Channel did a story on me and followed me around."

Reel Time



X-Men

with "The Helke"
Tonight on
Channel 4

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

Welcome back, Cheetara. Thundercats, hooooooooooooo! Hold on, wrong mutants. This is about the X-Men.

This movie is fantastic. Bryan Singer (The Usual Suspects, Apt Pupil) directed this film beautifully. There is action, drama, and intrigue. But we have a classic problem as well. Hollywood loves changing tried and true material. I don't understand it. Think about it; Marvel has lots of money based on graphic, short stories. Why change the story? You comic buffs know what I'm talking about.

The story goes like this. Mutants are being persecuted for being different. There are two views in the mutant community on how to deal with this.

One is headed by metal-controlling Magneto (Ian McKellen) and their doctrine is to eliminate the human threat.

The other view is lead by psychic/telekinetic Professor Charles Xavier (Patrick Stewart). This difference in opinion leads to a war between the two friends -- with humanity in the crossfire.

The casting is done very well. For our X-Men we got Jean Grey (Famke Janssen), Cyclops (James Marsden), Storm (Halle Berry), Rogue (Anna Paquin), and Wolverine (Hugh Jackman). On the B-Team, we got Toad (Ray Park), Sabertooth (Tyler Mane) and Mystique (Rebecca Romijn). It's brilliant and so are those snazzy costumes.

So you want to see big hittin' action? Tune in to X-Men today. Wonder Twin Powers activate!

Letters to the Editor

Dear Editor,
I actually want to talk about something disgusting right now. Lord knows we've talked about many things on this ship, but I want to talk about Head cleanliness. No, not someone's skull... the bathroom. I have a hard time believing that individuals can make such a mess. I went into a head in

between the two mess decks and was disturbed by what I saw. In the stall, there was so much toilet paper and candy bar wrappers (CANDY BAR WRAPPERS - CAN YOU BELIEVE IT!) on the deck that I had to push it all to one side just to be able to use the facilities. When I came out to wash my hands, it looked like someone had dropped a dirty water balloon onto the sink area. It was filthy. Someone had decided to dry their hands with toilet paper instead of use the hand dryer on the bulkhead and then instead of throwing the stuff away, they shoved it down the sink and stopped it up. Did I tell you there were four empty chip bags sitting up on the counter? When I commented to one of the guys in the head about the mess, he had the audacity to say, well there is no trash bag in here, and so what were they supposed to do? What were they supposed to do? Are you kidding? Pick up your trash and take it to your berthing or to the trash on the mess decks. They could have probably asked a nearby

workcenter if they could throw their piece of paper or plastic away. What's worst is I ran into one of the guys who cleaned that head in the morning and he told me that they come in and clean it twice a day because it gets so bad. People, help out your shipmates. Why do you want to create more work for them? If everyone would just spend a moment to think about it, they would realize it takes two minutes to throw away your own trash, but some other guy has to spend an hour cleaning up you and everyone else's trash. Well, that is my plea. Hopefully it does some good.

-- Clean the Heads

-- Dear Clean the Heads,

Bravo, no one likes a dirty head. I'll even go one further and say, pretend your at home with your wife or mom or sister and lift up the seat when your taking care of business. Enough said on that one. Thanks for your letter. With one more issue left during this underway, don't hesitate to send your letter to montgomerys@reagan.navy.mil. Everyone wants to hear what's on your mind.

Today's Movies

Channel 2

Tommy Boy
Screwed
The Skulls
Along Came Polly
What Planet are you
From
Bull Durham
Eye of the Beholder
Here on Earth

Channel 4

U-571
Romeo Must Die
Bedazzled
Legend of the Drunken
Master
Pay it Forward
X-Men
Little Nicky
I am Sam

Doc's Block A Pain in the Heel

by Lt. K.R. Hodapp

MS, PT

It is normal to have sore, aching feet at the end of the day, right? Your feet absorb a lot of stress throughout the day. In fact, walking alone transmits 1-3 times your body weight to the bones of your feet.

Here are some simple things that you can do to relieve the pain in your feet. A relatively easy thing to do is to take time to stretch two to three times a day. You should stretch out your calf, hamstring and quadriceps – muscles in your legs. Hold the stretch for 20-30 seconds and repeat two times. Stretching before and after your work is also a good idea.

If you have a job that requires you to do a lot of standing, you might want to consider buying shoe inserts.

A boot that properly supports your heel and arch will decrease the amount of pain you will feel. When

buying boots, you'll want to buy a pair that allows your feet to swell without pinching any areas.

You should try on boots at the end of the day. New materials are now being used to help reduce the weight of safety shoes.

When standing for prolonged periods often, it's a good idea to shift your body weight from foot-to-foot and to prop a foot up on a rail/ledge to help reduce the strain on your feet.

Standing on a padded rubber mat will also help decrease the strain on your feet.

When you do have foot pain, there are a couple of ways to help reduce the pain.

Ice down your feet and use an over-the-counter anti-inflammatory medication. It will reduce swelling and will decrease your pain.

If you try these things and your heel or foot pain doesn't get better, you should consider seeing a doctor.

Footsteps

Continued from page two

and had the honor of signing his son up for service. Barrett was able to bring his son in to the Navy as a dental technician.

At the age of 22, when most sons are heading out on their own, DT3 Barrett and his father are getting the chance to bond and spend time together. SKCS Barrett's Navy career took him away from his family a lot and made it hard for him and his son to get close, recalled DT3 Barrett.

Being stationed together has helped to bring back much of that lost time.

"I never thought I'd get this close to my dad," said Barrett.

Another family is also enjoying the opportunity to serve on the Ronald Reagan together thanks to AO1 Charles Dukes. He requested to come TAD so he could ride around to San Diego with his son AOAN Terrance Dukes.

AO1 Dukes says the experience is a new thing for him. He has the opportunity to work side-by-side with his son who chose the same rate as him.

"He's a grown man now, and he's on his own," said Dukes about his son. "I'm just a mentor and a friend now."

The father and son, natives of Luftkin, Texas, spend as much time together as possible. They eat together whenever possible and spent their liberty time in South America together as well. "It's been like a family trip for us," said AO1 Dukes.

Both Dukes' passed a milestone in their naval careers when they crossed the equator and became shellbacks together.

"It was a good time and I'm glad we got to do it together," said Dukes about his father and the experience.

Being new to the Navy and beginning your first tour on a ship can be very confusing at times. What more could a son want than to have his father on board to show him the ropes and point him in the right direction.

"There's nobody in the world I'd rather be stationed on board with than my own dad," said DT3 Barrett.

Lots

Continued from page two

O'Neal they really made out in this deal.

Lamar Odom, Caron Butler, Brian Grant and a first-round draft pick are heading to Tinsel Town while O'Neal departs. The Lakers just got younger, more athletic and more balanced. Grant is going to grab the boards, Odom and Butler can run with Kobe Bryant and you can never have enough draft picks. Congrats to Lakers' ownership. They felt they had to make a move, and they made a whale of deal.

Same old Thing

What about NASCAR? Who cares about NASCAR? Just kidding ... I know a bunch of you (PN1 Scott, CTT1 Mayer ...) care, but they still haven't mixed in any right-hand turns so I have nothing to offer you. I hope you all know I don't really hate NASCAR, I just don't ... okay, I do hate NASCAR. But isn't that what makes the world go round?

Maybe dislike is more appropriate, but I do want you all to know how much I respect NASCAR. Those drivers (not athletes) are animals!

Their performance week-in and week-out is indeed admirable. Too bad the pastime will always play second fiddle to MLB, the NBA, the NFL, the NHL, the PGA, the Women's Tennis Association, the Professional Bowler's Association and the World Series of Poker, etc.

July 14

**Sailor of the Day
DT3 Saul
Martinez**



Division: Dental
Job Title:
Dental Tech
Where are you from?
Arlington, VA
Why did you join the Navy?
To earn money for college and to serve my adoptive country the USA.
Your favorite

movie?
"Samurai X"
Your favorite song?
"It's been a while"
by Staind
What inspires you?
Sailors working together
What did you do before you joined the Navy?
Went to Highschool
What piece of advice would you pass on to others?
"Success only comes with hard work and responsibility"
Who do you hold responsible for your success?
My mom, for all the sacrifice she made for me
What is your favorite place to visit?
El Salvador

July 15

**Sailor of the Day
ET2 Michael
Terrell**



Division: Reactor
Where are you from?
Boston, Mass.
Your favorite place to visit?
Home and vacationing in Cape Cod
What is your favorite

movie?
"The Abyss"
What is your favorite song?
Mermaid:
1983 by Jimi Hendrix
What inspires you?
My father
What did you do before you joined the Navy?
I worked as a bartender in downtown Boston
What is your favorite book?
Cosmos by Carl Sagan