

the 76er



Lt. Cmdr. Cringle
CrossFit Champion

Chief's Pinning
see the new Anchors

PLUS

**MEET THE
BOSSSES**
Question & Answer

Remembering
9/11

+
*The rebirth of
the World Trade Center*

More inside:

*Suicide Awareness
NFL Schedule*

*Find the logo win the gift
card [sponsored by MWR]*

And much more inside!!

**RUNNING FOR
A CAUSE
POW/MIA
5K**

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FACEBOOK**

Team Reagan,

Greetings and salutations, shipmates! As you might have noticed from our cover, the 76er is undergoing a few changes. Our ultimate goal is to bring you a product that is informative, entertaining, and -- above all else -- relevant.

What do we mean by relevant you ask?

We mean "representative":

- representative of the men and women that make up our crew,
- representative of the warriors that make up the Reagan fighting team,
- representative of the core values that unite us all as United States Sailors.

The bottom line is that "we" are a team whose lives are united by a warrior ethos. As your Media Department, we owe it to each and every one of you to tell THAT story... YOUR story... OUR story... Through word and image.

We hope you enjoy this issue and the many stories yet to come...

Very respectfully,
YOUR Media Department

p.s. In order to make this product better, we encourage everyone to share your thoughts and photos with us. We want to hear about the events going on in your life that demonstrate your uniqueness as an individual and a Reagan warrior. Our Managing Editor, MCSN Joshua Warne, is waiting to hear from you via email at warnejr@cvn76.navy.mil.



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Special thanks to all of those who share their stories and those who gave us input!

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ATTENTION: Inside this magazine is a chance to win \$25 to anything MWR has to offer! The first person to find the logo within our magazine and report down to the media shop on the ship wins the prize! Better hurry only one person can win per issue!

FEATURES



WHAT DOES IT TAKE TO BE CROSSFIT



Cringle Pushes the limit

Story by MCSN KRISTINA WALTON

LCDR Carl Cringle is used to hard work and dedication. Not only is he part of one of the busiest departments on the ship in Reactor, but he deals with the deployments, long hours, daily surprises and changes that come with being a Sailor with a smile on his face.

For most, such an intense work day would be followed by the welcome solace of a relaxing evening spent on the couch or an early night in the rack. For Cringle, however, that just isn't his style. For months he's been spending every free moment pushing the physical envelope, redefining his comfort zone and achieving levels that he didn't know he was capable of.

That intensity was recently tested—and confirmed—as Cringle brought home the gold at the 2012 Oregon Summer CrossFit games.

In an athletic competition where events are only disclosed to participants upon arrival, it all boils down to which competitor can prove they are the ultimate athlete.

"You have to be the best overall athlete to win these competitions," said Cringle. "It's not about being the best in one event. You have to be able to do everything."

CrossFit competitions can include (but aren't limited to) events such as power lifting, Olympic lifting, running, swimming, obstacle courses and gymnastics (for example, pull ups and still rings).

"I was extremely happy when I won," said Cringle. "It was my first time competing. I just wanted to see how well I would do in comparison with other people. I was sacrificing all my free time to train, so I was really pleased to see my results and see that it paid off and I have potential in what I do."

The competition was hosted in a football stadium and consisted of five different events, all made to challenge competitors' strength and endurance.

"To be a successful competitor you have to be able to mentally block out any discomfort to complete the task at hand," said Chief Logistics Specialist Dennis Hathorne, Reagan's previous Command Fitness Leader (CFL). "You have to overcome those mental hurdles."



The first event in the competition consisted of multiple workout routines combined to create one evolution. Competitors started off by completing a rowing workout, and then ran from one sideline to the other on the football field carrying kettle bells. On the way back, competitors were told to do a series of different squats and burpees using the weights.

"I'm strongest in events that combine multiple workouts into one," said Cringle. "They're called 'chippers.'" Cringle said the term "chippers" is used due to the large amount of reps to be done for each exercise to finish. You have to "chip" away at the number slowly to complete the workout.

The second event was a 5k (3.1 mile) sprint around the stadium's track. For the third event, competitors participated in an Olympic lifting and power lifting workout.

The fourth and fifth events consisted of running, with different exercises incorporated into each event. The fourth included lifting barbells at weights that increased throughout the duration of the event. The fifth included different exercises using kettle bells.

The final event, like the first one, was composed of a series of different

"It's not about being
the best in one event.
You have to be able to do
everything."
- LCDR Carl Cringle



workouts. Competitors sprinted, did a series of clapping pushups, shoulder to overhead weight lifting at 155 lbs (115 for females), and a jump rope workout three times before the 50 yard sled push to the finish line.

"It's amazing to see people push themselves and overcome what they thought were their physical limits," said Cringle. "It's a very painful experience, but it's a good pain. It's very intense and feels like the wheels are coming off during the workouts, but you do what you have to do to get through it. If you can deal with the distractions and push through, it's very satisfying when you see your score in comparison to everyone else's."

Cringle said his shop on the Reagan has been very supportive of his efforts.

"I don't let competing interfere with work," said Cringle. "One of my

challenges has been balancing work and finding a sufficient amount of time for training, but my [shipmates] have been very supportive of me. They all wanted to know how I did in the competition when I got back."

Initially, Cringle began doing CrossFit because his roommates were using it for training.

"I was stationed with Navy SEALs and they used to do CrossFit workouts," said Cringle. "They were the ones that got me into it in the first place. I stuck with it because CrossFit is all about getting your body into the shape that is best for you, for what you need it to do."

He said he has been doing it off and on since 2004, but didn't take a strong interest in CrossFit until February of this year.

Next year, however, Cringle said he hopes to make it to the world CrossFit competition.

As for other people interested in participating in CrossFit, Cringle had some advice.

"I think people should know that anyone can do CrossFit," said Cringle. "CrossFit was developed with that in mind. If you go to the CrossFit website there are all sorts of workouts on there, and since CrossFit is functional, you can even do it with makeshift equipment."

Ramona Park, a fitness instructor at Concourse West Fitness and Aquatic Center, said the most significant problem people have with doing CrossFit is staying with it.

"People see how hard it is and they get discouraged and quit," said Park. "The toughest part isn't even the workout. It's taking the time to do it and stick with it."



September 11, 2001

A DAY THAT WILL NOT BE FORGOTTEN

Story by MC2 KYLE CARLSTROM

Shock. Disbelief. Panic. Sadness. Numbness. Anger. Eleven years ago, on what started as a normal Tuesday in September, these were the feelings and thoughts going through every American. The world was in shock. Planes crashing into the towers, people falling to their deaths, the collapse of the towers, people running for safety; images none of us can ever forget. What began as a normal day, quickly turned into a nightmare and perhaps one of the

longest days in American history. What was coming next? How could this have happened? Who was responsible? Thousands of questions but the biggest one of all...Why?

As the day carries on, news agencies are following all types of leads, interviewing hundreds of people. Different videos and photos are being played. The entire country has come to a stop, everyone waiting.

The Pentagon, the nation's nest of military intelligence and a building nobody ever would think to attack is hit. An airliner, United 93, crashes in Shanksville, Penn. Is it part of the attack? Is anywhere safe? But the question still remains... Why?

As a sophomore in high school, a new school year had just begun. I was on my way to choir class for zero period and had not yet heard the news. When I walked into the class, I could tell immediately something was wrong. For a choir class to be deathly silent was too eerie. My teacher, who frequented the New York area, broke the news to the class. I remember the tears in her eyes and the trembling in her voice and the surprise which overtook me.

Our school went into lockdown as we transferred from class to class. No televisions or radios were turned on, listening to reports from our teachers and principal throughout the day. Not knowing the full scale of what was truly going on I couldn't wait to get home to see and hear the reports for myself. Getting home around 3pm pacific time, I remained glued to the television watching the devastation play over and over again. At that moment, my mind traveled back to my great great uncle who served in the Navy aboard the battleship USS Oklahoma during the attack on Pearl Harbor.

Growing up I always knew I was meant for the military, and even though

reports. The source of the sadness was videos of the towers falling, people jumping to their deaths. The reports that fireman charged up the towers as the people ran down to safety, an act of bravery and sacrifice not easily matched.

From the television, with millions of Americans that day, I witnessed an event that forever changed the course of America. Most of us can remember where we were, who we were with, and what we were doing on September 11th. An attack that tried to break our will as a people strengthened our bond with a common sense of patriotism. I walked outside my house the same day to see my neighbors waving their flags, and children stood at the corners of the intersection waving Old Glory as they probably never have before.

This new found bond pushed forward major changes in the way the United States operates. Department of Homeland Security, the Patriot Act, the Global War on Terrorism. Increase in security at airports, train stations, public transportation and on military installations. Even the way one thinks when they fly. There was a strain of paranoia associated with 9/11. Even our Military benefits have been modified because of 9/11, such as the Post 9/11 G.I. Bill.

Recruitment in the military picked up as many Americans felt the necessity to take action for the attacks. I tried to join the Army, sending information requests online. Only to be denied because I was too young. I can attribute my military



I was too young at the time, September 11 was my Pearl Harbor as I believe it was for many of us. September 11 was an attempt to cripple or divide our nation.

The mastermind behind the plot is identified... Osama Bin Laden. Suddenly, who is responsible and the why are answered and shades of Pearl Harbor creep into our minds. The United States has been attacked by an enemy hoping to divide and destroy our nation. An evil act claiming the lives of nearly 3,000 human beings has left an entire nation and the world in dread. Flights are grounded immediately and America has gone into a lockdown. Mass hysteria rules as everyone is trying to figure out, is it over? The Manhattan skyline seems so empty, replaced by smoke and dust.

I was in the 4th grade at Snyder Park Elementary School in Springfield, Ohio. Being that young, I had no worries, and the afternoon that I was heading home on September 11, 2001, I was still ignorant about the evils of the world. I remember the skies being clear, and smelling the fresh fall air. I also remember thinking of how peaceful the day was before I walked into my house. I was still in my pre-9/11 mindset.

As I walked in the door, I was shocked to see my mother crying, her face reddened by deep sadness. I go to hug and console her, and then I see the news

service to 9/11 although it took almost a decade later to be able to fight as I am sure many of us on board the USS Ronald Reagan can.

9/11 affects the Navy every day, with a two-carrier presence in the Persian Gulf at all times. When former President George W. Bush gave his "Mission Accomplished" speech, it was on the flight deck of USS Abraham Lincoln (CVN 72). Although the Reagan was commissioned in 2003, the crews since then have committed countless hours to support the troops on the ground in Iraq and Afghanistan. By launching planes, and dropping bombs on the enemy, every individual plays a role in the war effort to eliminate those who attacked us on 9/11. Right now, 11 years after the attack, we are in DPIA, preparing the Reagan for full battle readiness, to bring the fight to the enemy.

It is sometimes easy to forget why we serve, especially when the work gets stressful and the minor inconveniences cloud our minds of what we are truly doing. Remember the acts of bravery committed by the emergency personnel on September 11th, remember those who perished, and don't forget what you are fighting for. When the day comes and we are underway, even just doing training exercises, don't ever forget that the enemy is training too, and when the day comes when we are forced to take cold showers and want to complain, remember the men and women on the ground down range in Afghanistan. ■

FROM ASHES WE RISE REBUILDING THE WTC

by MC3 Shawn Stewart

It's been 11 years since terrorist's attacked and destroyed New York's World Trade Center. The buildings have since become a symbol of American resiliency. One could even contend that the towers are rising from the ashes like a phoenix. The fact is rebuilding Chicago. "It's going to be the tallest building in the Western Hemisphere," said Port Authority spokeswoman Jackie Yodashkin. It took a little over a year after the attacks of Sept. 11, 2001 for reconstruction on

WE MAY FALL BUT WE WILL ALWAYS GET BACK UP AGAIN THAT'S THE AMERICAN WAY

the skyline of New York will serve as a warning to any and all who wish to harm us. We may fall but we will always get back up again

1 WTC, the Freedom Tower is on course for a 2014 completion, with 105 stories, 3 million square feet and stand 1,776 ft. tall, making it the tallest building in America replacing the Willis Tower in

Ground Zero to begin. Set up for reconstruction started in November 2002. It took four years for construction to begin due to disputes over architectural design and insurance payouts. The original World Trade Center which housed the "Twin Towers" briefly held the title of worlds tallest buildings when completed in 1973.

1 WORLD TRADE CENTER

Amazing stats & facts about the new tallest building in the U.S.A.

- 1,776 ft.** Originally called the Freedom Tower, 1 WTC will reach 1,776 feet - a symbol of the year of America's independence.
- A light to NYC** A beacon atop the tower will flash the color "NY" in Morse Code (--- •).
- 1,368 ft.** The official roof height is the same as the former WTC Tower 1.
- Estimated cost \$3.8 BILLION** As of January 2012.
- Floor space 3.5 MILLION SQ. FT.** 2,803,786 usable sq. ft.
- Floor Use**

Base	10
Offices	68
Mechanical	13
Public Space	4
Entertainment	5
Total	109
- Public Space** 1 WTC will feature a Sky Lobby on the 64th floor and an observation deck and a restaurant on the 100th floor.
- Design evolution** The tower passed through various architects and iterations until the final design by David M. Childs was chosen in 2006.
- Eco-minded** Designed to achieve LEED Gold.
 - 21% energy reduction
 - 14% of energy from fuel cells
 - 30% reduction in municipal water consumption
 - 90% of occupied spaces receive natural light
 - 30% reduction in mechanical room lighting
 - 50% renewable energy

World's 3rd tallest building*
1 WTC will be the third tallest building in the world when it is completed in 2013.

Tallest building in U.S.*
1 WTC will surpass the Willis Tower (formerly Sears Tower) in Chicago to become the tallest building in the U.S.

Observation deck located here at the height of the former WTC Tower 2.

1 WTC will surpass the Willis Tower (formerly Sears Tower) in Chicago to become the tallest building in the U.S.

1 WTC will feature a Sky Lobby on the 64th floor and an observation deck and a restaurant on the 100th floor.

The tower passed through various architects and iterations until the final design by David M. Childs was chosen in 2006.

Assigned to achieve LEED Gold.

- 21% energy reduction
- 14% of energy from fuel cells
- 30% reduction in municipal water consumption
- 90% of occupied spaces receive natural light
- 30% reduction in mechanical room lighting
- 50% renewable energy

Base

- 2 ft concrete core wall
- 60 ft lobby ceilings

A GRAPHIC OF THE NEW, NEW YORK CITY SKYLINE

ONE OF THE LATEST PHOTOS OF THE 1WTC TOWER

WORLD TRADE CENTER TOWER 1
105 STORIES 1,776 FT

WORLD TRADE CENTER TOWER 2
1,270 FT 79 STORIES

WORLD TRADE CENTER TOWER 3
1,140 FT 71 STORIES

WORLD TRADE CENTER TOWER 4
875 FT 64 STORIES

WORLD TRADE CENTER TOWER 5
PLANS NOT YET FINALIZED

PERFORMING ARTS CENTER

WATERFALLS

NATIONAL SEPTEMBER 11 MEMORIAL & MUSEUM VISITOR CENTER

TRANSPORTATION HUB

Source: WTC.com

CHIEF'S PINNING

Navy Chiefs, Navy Pride

Story by MC3 Cyd M. Vargas

3 2 new chief petty officers (CPO) received their anchors during a CPO pinning ceremony held Friday on board the aircraft carrier USS Ronald Reagan (CVN 76) following six weeks of training, development and hard work.

The transformation from first class petty officer to chief was completed as each selectee had his or her CPO anchors pinned on their collars, and were then piped aboard with the words, "Chief petty officer, arriving."

The Chief's Mess is a fraternity full of pride and tradition that has provided mentorship and structure to the Navy for more than 100 years. Those attending the ceremony witnessed these motivated CPO selectees being accepted into that fraternity as they received their fouled anchors and led the Chief's Mess in singing Anchors Aweigh.

"The induction was definitely a lot of hard work but as the time went by we started to understand what it was about," said Chief Operations Specialist Christopher Powell, from Big Bird, Calif. "It turned out to be a very humbling experience."

During his speech, Command Master Chief David Lynch, from Lowis-town, Mont., made a special presentation to the spouses of the new CPOs to recognize the important role they play in the CPO's careers and honor their support. He also shared his expe-

riences working with the new CPOs.

"I'm very proud of all they've accomplished in the last six weeks," said Lynch. "They really proved that they'll go out and really be a chief; that they will fill the void when needed, and will ensure our Navy goes in the right direction."

Other chiefs followed Lynch by sharing their experiences working with the new CPOs.

"The selectees had a long grueling process to turn them into the best Chiefs they can be," said Senior Chief Intelligence Specialist Jason Wohlfhert, from Clearwater, Fla. "But in the end, they learned a lot from the process."

Above all, the new CPOs gave the credit for their success to their families for providing unconditional support and sacrifices during their journey to becoming a chief.

"I know I wouldn't be here if it wasn't for them," said Chief Aviation Boatswain's Mate (Equipment) Kendry Lusk, from Oklahoma City, Okla.

"I'm happy for my husband and I'll always be here to support him in everything he does just like he has always been supportive of our family," said Lusk's wife, Shan. "We're always here to build each other up."

After the pinning, the new CPOs continued the celebration with family and friends at a reception at the Naval Base Kitsap-Bremerton Chief's Club. 



RUN FOR YOUR LIFE

The Fit Boss invites you to hit the pavement with him and join the USS R.R. Ripped Runners Club!

What we do

This club will function to support and foster continued fitness for the USS R.R. command through structured weekly running sessions, training groups and statewide 5k, 10k, 15k, half marathon runs as well as obstacle based mud runs scheduled between October 1st and December 15, 2012. This club will allow all levels of runners and fitness backgrounds to progress into running as a leisure pursuit or as a competitive outlet. Fitboss as well as the Kitsap Runners Club will work in tandem to maximize the benefits and the enjoyment of being part of this club and its outcomes/ benefits to you as a sailor aboard the USS Ronald Reagan!

What you get

Sailors will have MANY opportunities to obtain rewards for reaching fixed milestones during the time period of this program. Such rewards will be given out to the male and female who partake in the most training sessions, most running events ran, most improved time in a race, best place finish in a race, best recruiter, most miles ran during the program. This are just a few of the areas you can compete in to be rewarded with prizes ranging from NEX items, gift cards, ship coins, and special liberty! Don't forget the amazing fitness benefits you will gain from start to finish as well!

CONTACT THE FITBOSS FOR MORE INFO:

MWR OFFICE
573-356-2034 (CELL)
CVN76FITBOSS@GMAIL.COM

Upcoming events:

Deadlines are for online registration

Date: Oct 14th **Where:** Puyallup, WA **Type:** 5k & 10k **Cost:** \$28 **link:** www.cityofpuyallup.org **Deadline:** 10/12/12 9am **Sponsor:** MOB Events

Date: Oct 27th **Where:** Tacoma, WA **Type:** 5 mile night run **Cost:** \$25 **link:** www.metroparkstacoma.org/black-cat **Deadline:** 10/25/12 11pm **Sponsor:** South Sound Running

Date: Oct 27th **Where:** Seattle, WA **Type:** 5k, 10k, 15k, 10k team **Cost:** \$14, \$19, \$24 **link:** www.magnusonseries.org **Deadline:** 10/27/12 9am **Sponsor:** Magnuson Series

Date: Oct 28th **Where:** Seattle, WA **Type:** 5k **Cost:** \$30 **link:** www.runscared5k.com **Deadline:** 10/25/12 3pm **Sponsor:** Super Supplements

Date: Oct 28th **Where:** Port Gamble, WA **Type:** spooky 12k **Cost:** \$20 **link:** www.rootsrockrun.com **Deadline:** 10/26/12 11pm **Sponsor:** North kitsap Trails Association

Date: Nov 4th **Where:** Seattle, WA **Type:** 5k **Cost:** \$40 **link:** www.anythingispossible5k.com **Deadline:** 11/2/12 11pm **Sponsor:** Team Red White Blue

Date: Nov 11th **Where:** Seattle, WA **Type:** 5k & 10k trail run **Cost:** \$20, \$30 **link:** www.nwtrailruns.com/content **Deadline:** 11/9/12 11pm **Sponsor:** Northwest Trail Runs

Date: Nov 24-25th **Where:** Seattle, WA **Type:** 1/2 marathon/expo **Cost:** \$90 **link:** www.seattlemarathon.com **Deadline:** 11/13/12 11pm **Sponsor:** Amica Insurance

Date: Dec 1st **Where:** Port Orchard, WA **Type:** 5k jingle bell run **Cost:** \$25 **link:** www.portorchardjinglebellrun.kintera.org **Deadline:** 11/26/12 11pm **Sponsor:** Harrison Medical Center

Date: Dec 8th **Where:** Puyallup, WA **Type:** 5k reindeer run **Cost:** \$20, \$25 **link:** <http://rogersreindeerrun.vpweb.com/> **Deadline:** 12/6/12 11pm **Sponsor:** Dicks Sporting Goods

Date: Dec 15th **Where:** Seattle, WA **Type:** 5k, 10k, 15k, 10k team **Cost:** \$14, \$19, \$24 **link:** www.magnusonseries.org **Deadline:** 12/15/12 9am **Sponsor:** Magnuson Series

Fit Boss's Hardcore cooking

Whacked Out Chicken Wings

Step 1: Thaw 25-30 skinless chicken wings. (Trust me you won't miss it)

Step 2: Put wings in a large bowl coated with an olive oil based spray.

Step 3: Add paprika, chili powder, salt/pepper (my personal favorite combo), you can also add a few splashes of Franks Redhot for an extra kick, then mix well.

Step 4: Spread wings out on a baking pan then place into a 375 degree oven for 45 minutes.

If you don't care for the seasonings above try garlic salt and italian seasoning blend or Jamacian jerk seasoning with pineapple chunks or any other flavor options as you prefer.

Calories saves compared to 25-30 Honey BBQ wings at Buffalo Wild Wings: 925



No Bake Peanut Butter Chocolate Bomber

8 tbsp Jiff/Smuckers natural peanut butter

8 oz fat free cream cheese

3tbsp Hersey extra special dark cocoa powder

3 tbsp splenda sweetener

1 tsp cinnamon

1 scoop chocolate whey protein (Dymatize Elite Whey is great)

1 cup quick cooking oats

Step 1: Mix all ingredients together except the oats. If it is dry and clumpy add 2-3 tbsp warm water until it is sticky to the touch.

Step 2: Mix in the quick cooking oats.

Step 3: Form into golf-ball sized balls.

Step 4: Place into freezer for 1 hour or fridge for 3 hours.

Step 5: Enjoy your delicious snack! (4 per serving)

Killer Grid Iron Game Day Nachos

2 handfuls of Tostito's scoop style chips (trust me they work great for nachos!)

3/4 cup of low fat Mexican cheese blend (melt this over the scoops for 45 seconds first, then add the rest)

1/2 cup drained black beans

1/4 cup each: chopped onions, green and red peppers, canned, diced tomatoes.

6/8 oz of cooked 90% lean beef, diced chicken, white fish or lean center cut pork tenderloin

2 cups shredded lettuce

1/2 cups of your favorite salsa

1/2 cup low fat sour cream or half a sliced ripe avocado

Calories saved in this version compared to Applebee's chilli chese nachos: 650

Hi, I'm
Sam
I'm a *Friend*.
I'm a *Sister*.
I'm a *Sailor*.
I didn't know what
to do when it happened.
I was with
friends
just trying
to have a good time.

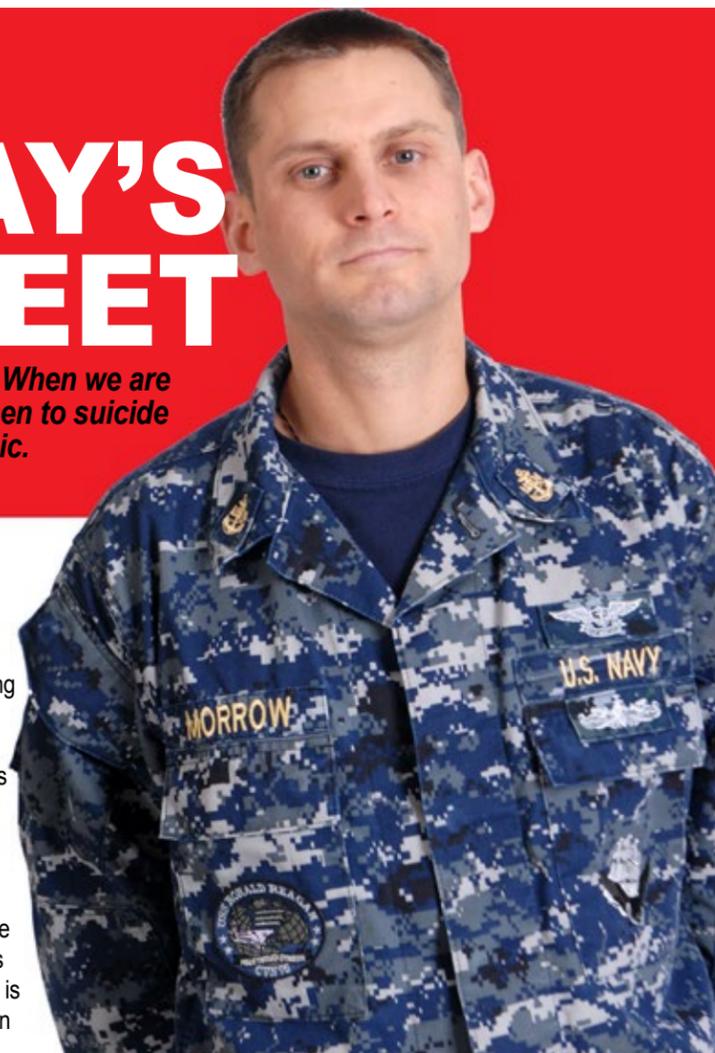
Sexual Assault Exists

There are people who can help.
Call your SAPR representative or chaplain.

SUICIDE AND TODAY'S NAVAL FLEET

When someone commits suicide, it's a tragedy. When we are losing more Sailors, Soldiers, Marines and Airmen to suicide than to the Afghanistan war, it's a tragic epidemic.

Story by HM2 Richard Kidwell



In June of 2012, there were more than 32 confirmed or suspected suicides among military members. Studies confirm that individuals in the military are at higher risk than the general population due to the situations to which they are exposed. Wartime pressures are high deployment tempo, and when sailors come back from combat showing signs of psychiatric illnesses and addictions. These factors can combine into a powerful cocktail that triggers thoughts of suicide. This article is about prevention. It will detail some of the warning signs sailors exhibit prior to a suicide attempt and will discuss preventive measures. Yet this article is for everyone; it has been estimated that 65% of the general population knows someone who has committed suicide.

Military efforts to reduce risk have improved and new programs are being created. But although suicide prevention rides on the shoulders of the government, it depends on other sailors and civilians as well. It is imperative that we are armed with awareness and effective prevention measures.

Disorders Commonly Found Among Suicidal Sailors
The military has identified Post Traumatic Stress Disorder (PTSD), other mental illnesses, and addiction as suicide risk factors. Understanding conditions like these can help individuals ascertain that someone is at risk and provide the support they need.

The following disorders are commonplace among sailors who commit suicide. Some of the signs and symptoms will be explained in detail. Please note that when someone meets the following criteria, it does not necessarily mean they are suicidal. These are simply red flag disorders often associated with thoughts of hurting oneself. This is also not an exhaustive list of predictors; sailors may exhibit other behaviors that signal concern.

DEPRESSION

Depression is common in individuals who have thoughts of suicide. It is important to note that there is a normal depression that comes along with having a traumatic event in the past. This does not necessarily mean that it will lead to suicide.

Some symptoms of depression include:

- Feelings of helplessness and hopelessness – feeling as if nothing will get better and there is nothing that one can do to improve the situation
- Loss in interest in daily activities
- Loss of ability to experience joy and pleasure
- Appetite or weight changes – either losing or gaining a significant amount of weight

- Irritability and restlessness – low tolerance for stress
- Loss of energy – feeling fatigued or physically drained
- Feelings of low self worth or excessive guilt
- Concentration problems
- Changes in sleep pattern – either sleeping significantly more or less than normal

DEALING WITH SUICIDAL THOUGHTS

Warning Signs

When assessing whether a sailor may be suicidal, it's best if there's open communication between the sailor and those around them. It's very helpful to identify some of the issues from speaking directly to the sailor. Other times, a discussion with a loved one may be an avenue to evaluate the signs and discuss the level of concern. If there are signs, a trained professional may be able to help.

The following is a list of warning signs a sailor may exhibit when he or she has suicidal thoughts or plans.

- One or more of the disorders discussed above
- Threatening to kill themselves
- Talking about death or being "passively suicidal"
- Feeling like there is no reason to live
- Rage or uncontrolled anger – wanting to seek revenge

- Engaging in high risk activities
- Abusing drugs or alcohol
- Withdrawing from friends and family
- Dramatic mood changes – impulsiveness or poor self-control
- Paranoia
- Sleeping too much or too little
- Giving away possessions
- Family history of suicide
- Recent losses – physical, financial, or personal
- History of abuse – physical, sexual, or emotional
- Feelings of being trapped, hopelessness, despair, shame, humiliation, disgrace or anger
- Making arrangements "just in case" they pass away

SAILORS MAY DENY THE PRESENCE OF SUICIDAL THOUGHTS

In the best case, lines of communication regarding suicide should be open. In speaking with the sailor directly, a friend or loved one can identify themselves as someone who is knowledgeable and can be helpful. However, there are times that sailors may deny thoughts of suicide.

Here are a few reasons why this can happen.

- Sailors may feel there's stigma attached to having a mental disorder or suicidal thoughts. Many sailors believe that, if they discuss these thoughts, they may be labeled as "crazy" or "unstable."
- Sailors do not want to be judged as being "weak." They are taught to continue fighting despite pain. They believe that if they ask for help, it means that they are not able to handle challenges on their own.
- Sailors may also fear that the person they confide in may "overreact" and hospitalize the sailor. If they are hospitalized for a psychiatric issue, there may be unknown consequences. They may even fear being discharged from the military.

Factors that May Decrease the Risk of Suicide

There are several factors that can serve to protect an individual from having thoughts of suicide. The protective factors listed below should be nurtured in any sailor whether they are currently deployed, on leave, or discharged.

- Positive social support
- Spirituality
- Sense of responsibility to family
- Children in the home
- Pregnancy
- Life satisfaction
- Positive coping skills
- Positive problem-solving skills
- Counseling

HOW TO HELP A SAILOR WHO MAY BE SUICIDAL

Some sailors may exhibit outward signs of suicidal tendencies such as the characteristics and signs described above. Others may suffer more silently. Neither category is beyond help.

Opening up a dialogue about thoughts of self-harm is imperative. It is important that the sailor get back to a state where he or she again feels safe and secure. If there is cause for concern, someone who wants to help should not only engage in some of the strategies below but enlist the assistance of a trained clinician as well.

Ask, ask, ask: The topic of suicide does not generally arise in casual conversation. If the sailor has any of the following warnings, it is important to ask whether he or she has any thoughts about harming themselves. Note that they may not be entirely truthful about his or her thoughts or feelings; they may be working to reconcile his or her death without telling anyone. It is important to watch for the warning signs and intervene when appropriate.

Remember, asking questions like these will not hurt.

- Some individuals experiencing similar situations have had thoughts of harming themselves or committing suicide. Do you have any of these thoughts?
- Are you feeling hopeless about the future or even the present?
- Do you feel trapped?
- Have you ever thought of taking your own life attempted to?

Be willing to listen: Allow them to express their feelings without interpretation or judgment. Remember that it is reasonable to ask specific questions about particular feelings (such as, "Are you feeling hopeless?").

Validate the sailors' feelings: Don't give a lecture on the values of life. Be prepared to listen and provide support.

Be available to them: Show interest and understanding. It's vital that they know that there is care and support out there.

Offer hope: Remind the sailor that there are alternatives available.

Take action: Remove firearms, pills, and anything else that can be lethal.

Do not act shocked or ask why: Be careful not to have a negative reaction to their feelings or thoughts.

Get professional help: Ask a trained counselor to intervene. Professional support is necessary when dealing with suicidal thoughts. Do not agree to keep it a secret. Encourage them to attend counseling or reach out to their support system. If the sailor is referred to counseling, it would be helpful to have someone go with him or her. Be an active resource in his or her recovery. Help on the ship is always available whether it is Lt. Lowe, the Chaplains, or HM2 Kidwell we are a force here for our sailors all day every day.

FINAL THOUGHTS

Suicide is a serious and very real problem with individuals returning from service. The military has been responding to this epidemic, but the responsibility also rests on the shoulders of those who love and care for sailors. Signs and symptoms of suicidal tendencies need to be taken seriously and loved ones must take action.

If someone you care for is a sailor—or anyone else exposed to extreme stress—please try to learn all you can about suicide prevention, PTSD, depression, anxiety, and addiction. There are many trained professionals you can consult. Below are some of the resources available on the Internet.

Through opening up a dialogue about this serious topic, sailors can be provided with the understanding and care they need. Military personnel continue to serve this country on a daily basis. It is imperative that we serve them as well.

Additional resources:

- Psych Central's PTSD Resources
- National Institute for Mental Health
- National Center for PTSD
- Military Pathways
- Military Family PTSD Resources
- Veterans and PTSD
- Depression and the Military
- Courage to Care – What Military Families Should Know About Depression (PDF)

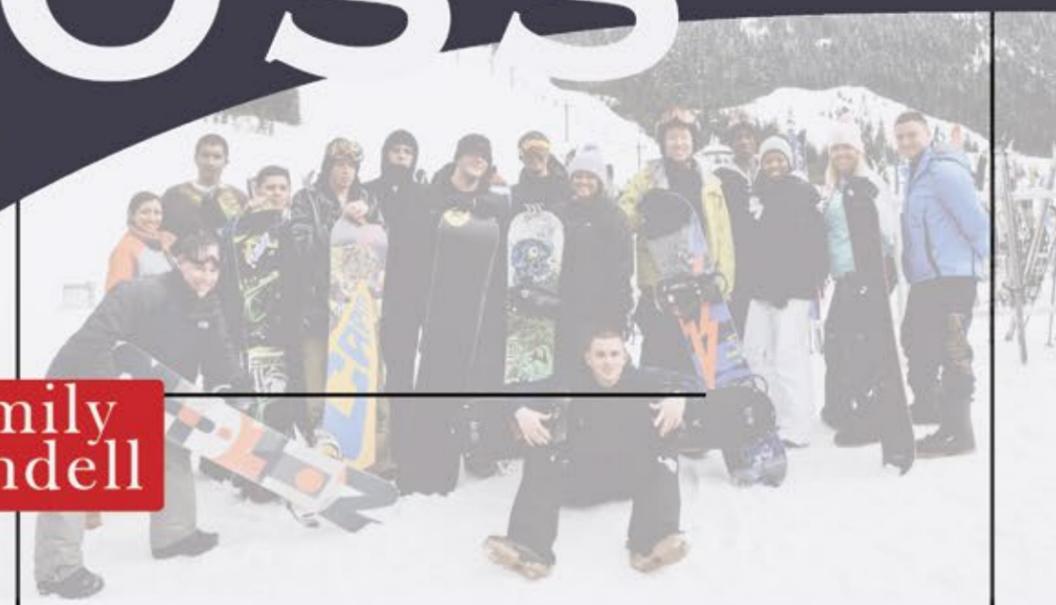
LIKE A BOSS

Fit Boss

Fun Boss

Josh Hockett

Emily Randell



Q: Where did you go to school?

I went to the University of Milwaukee where I earned a Bachelors of Science in Kinesiology and minored in sports nutrition. :A

Q: What sports do you play?

I mostly wrestled in high school and through college then learned Judo in graduate school. :A

Q: What did you do before coming to the Reagan?

I worked as a fitness coordinator for Mizzou for two years up until my arrival in Bremerton. :A

Q: What do you do for fun?

My hobbies are bodybuilding, strongman training, nutritional and supplemental interventions and MMA based training. :A

Q: How long will you be here?

The exact date is unknown but I will be here through the 2014 deployment. :A

Q: What will you offer when we are deployed?

I want to be able to streamline all exercises and provide a greater scope of fitness. :A

Q: What is your favorite food?

Homemade carrot cake is my kryptonite food. I can't pass it up. I also cannot pass up eating contests. :A

Q: What is your favorite show?

It sounds pretty nerdy but I really enjoy watching the Discovery Channel. :A

Q: What makes you different?

I can speak some Japanese, Italian and sign language. I want to be a ghost hunter and I always have to double knot my shoes. :A

Q: Where are you from?

I grew up in Illinois :A

Q: What do you do for fun?

I love to go kayaking. One time I went kayaking in alligator infested waters, in Florida. :A

Q: What Interesting jobs have you had before coming to the Reagan?

I used to plan parties for the Colts and Friends of Donald Trump. :A

Q: How long will you be here?

The exact date is unknown but I will be here through the 2014 deployment. :A

Q: What will you offer when we are deployed?

We will still be providing tours and activities but most activities will take place on board while we are out to sea. :A

Q: What do you want to do for the Sailors morale on deployment?

I want to provide Sailors with more discounted events as well as saving them money. :A

Q: What is your favorite TV show?

My favorite show used to be Desperate Housewives but it is no longer on air so I would have to say Rookie Blue. :A

Q: What is your favorite food?

I really like chicken cordon bleu and my favorite ice cream is tied between banana split and chocolate chip cookie dough. :A

Q: What makes you different?

Well I believe in Big Foot and I love palm trees. :A

THE SPORTS PAGE

NFL Schedule WEEK 3

Thursday, Sept. 20
Giants @ Panthers, 5:20 p.m.

Sunday, Sept. 23
Bucs @ Cowboys, 10 a.m.
Rams at Bears, 10 a.m.
49ers at Vikings, 10 a.m.
Lions at Titans, 10 a.m.
Bengals at Redskins, 10 a.m.
Chiefs at Saints, 10 a.m.
Jets at Dolphins, 10 a.m.
Bills at Browns, 10 a.m.
Jaguars at Colts, 10 a.m.
Eagles at Cardinals, 1:05 p.m.
Falcons at Chargers, 1:05 p.m.
Texans at Broncos, 1:15 p.m.
Steelers at Raiders, 1:15 p.m.
Patriots at Ravens, 5:20 p.m.

Monday, Sept. 24
Packers at Seahawks, 5:30 p.m.

NFL Schedule WEEK 4

Thursday, Sept. 27
Browns at Ravens, 5:20 p.m.

Sunday, Sept. 30
Patriots at Bills, 10 a.m.
Titans at Texans, 10 a.m.
Chargers at Chiefs, 10 a.m.
Vikings at Lions, 10 a.m.
Panthers at Falcons, 10 a.m.
Seahawks at Rams, 10 a.m.
49ers at Jets, 10 a.m.
Dolphins at Cardinals, 1:05 p.m.
Raiders at Broncos, 1:05 p.m.
Bengals at Jaguars, 1:05 p.m.
Saints at Packers, 1:15 p.m.
Redskins at Bucs, 1:15 p.m.
Giants at Eagles, 5:20 p.m.

Monday, Oct. 1
Bears at Cowboys, 5:30 p.m.



This week Sailors will pick a game in each of the highlighted games. (in the next issue we will expand the picks to the full schedule) Points will be scored based on wins and losses and will extend all the way through the end of the season and into the playoffs.



Lt. Scott Lieng

Says the best player in the league is **Frank Gore**, the best conference is the AFC North and the **Lions** are the team.

Picks Week 3 **RAVENS** Week 4 **EAGLES**



LSC Bryan Reid

Says the best player in the league is **Eli Manning**, the best conference is the NFC East and the **GIANTS** are the team.

Picks Week 3 **PATRIOTS** Week 4 **GIANTS**



AN Tony Hood

Says the best player in the league is **Aaron Rogers**, the best conference is the NFC South and the **Bucs** are the team.

Picks Week 3 **PATRIOTS** Week 4 **EAGLES**

SQUAT FOR SPEED

Want a leg up on the competition? Researchers in England report that **lower-body exercises can help you sprint faster.** In an 8-week study, men did twice-weekly sessions of up to 4 sets each of 4 leg exercises. The results: they improved their sprint times by up to 8% and their squat strength by 18%. "Improving squat strength increases the force your legs can put to the ground, making you better at accelerating," says study author Paul Comfort. Do 4 sets of 5 reps of squats, jump squats, straight-leg deadlifts, and Nordic curls.



THE BOOST

Think of supplements as diet insurance: They make sure your body has everything it needs to build lean mass, says nutrition consultant Mike Rousell, Ph.D. Here's what to take and when to take it

PREWORKOUT

BCAAs
Not only can branched-chain amino acids (BCAAs) help fuel your workout, but they can also boost protein synthesis afterward, accelerating muscle growth, according to researchers at the University of Texas Medical Branch.
HIS PICK **SCivation Xtend** packs 7 grams of BCAAs into a one-serving scoop. \$23 bodybuilding.com

POSTWORKOUT

Recovery Drinks
Choose one with 300 to 350 calories and a 2-to-1 carb-to-protein ratio. A mix of the two is more efficient at decreasing muscle breakdown and stimulating muscle growth than either one alone.
HIS PICK **Shamrock Farm Rockin' Refuel Chocolate milk** has an ideal 20 grams of protein per serving. \$30, at rockinrefuel.com

BEFORE BED

Protein Shake
Drinking some protein before hitting the sack can boost overnight protein synthesis by about 23%, according to research from the Netherlands. It can also help curb late-night snacking.
HIS PICK **Atlarge Nutrition Nitreen** delivers 44 grams of protein and only 218 calories in a two-scoop serving. \$35, atlarge-nutrition.com



THINGS YOU SHOULD KNOW

Tips & Tricks to enhance your health and fitness

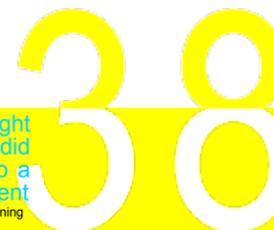
DAIRY IN YOUR DIET

In a 2012 study by Australian and American scientists, people who consumed at least one serving of dairy a day did better on memory tests than those who went without. Including more yogurt and other dairy products in a diet may improve the high blood pressure and unhealthy cholesterol numbers.

WHEN LIFE GIVES YOU LEMONS

Consume them! Citrus fruit may lower your stroke risk, a Harvard study reports. Women whose daily diet included citrus have a 19% lower risk of a stroke than those who ate little to none. The addition can also strengthen the body's blood vessels.

Number of extra weight lifting repetitions people did when they had access to a greater variety of equipment
Source: Journal of Strength and Conditioning Research



CAFFEINE FIX

A perk for coffee fanatics: In a study published in the American Journal of Clinic Nutrition, people who drank at least 4 cups of coffee a day were 23% less likely to have type 2 diabetes later in life. According to the authors, the polyphenols in coffee may reduce oxidative stress linked to the development of chronic diseases. Even better, a 2011 study from Japan found that men who drank a cup or two a day had a 16% lower risk of cardiovascular disease.



Source of facts: Men's Health Magazine



AVIATION ORDNANCEMAN AIRMAN
BRIAN J. TINGLE
GONE BUT NEVER FORGOTTEN