

The Dredger

June 12, 2013

**ATO
FRIENDLY
SERVICE**

**CPO 365
CLEANS UP
SAN DIEGO**

**BREAKING
BARRIERS**

ABH1 Moreno

Greetings and salutations, teammates!

**PRINCIPLE OF NAVAL LEADERSHIP 11:
Seek responsibility and take responsibility for your actions.**

- a. Learn the duties of your immediate senior and be prepared to accept the responsibilities of these duties.
- b. Seek a variety of leadership positions that will give you experience in accepting responsibility in different fields.
- c. Take every opportunity that offers increased responsibility.
- d. Perform every task, no matter whether it be top secret or seemingly trivial, to the best of your ability.
- e. Stand up for what you think is right; have courage in your convictions.
- f. Carefully evaluate a subordinate's failure before taking action against that subordinate.
- g. In the absence of orders, take the initiative to perform the actions you believe your senior would direct you to perform if present.

V/R,
YOUR Media Department



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ATTENTION: Inside this magazine is a chance to win \$25 for 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!

* Color may vary. Only one prize per issue. Prizes must be claimed in person at Graphics Media, 3-180-0-Q.

More Than A Statistic

How One Reagan Sailor Breaks Stereotypes



Story and photos by
MC3 Terry Godette

The military is an organization filled with inaccurate and unfair stereotypes. “Sailors are nothing but vulgar drunks.” “Your rate doesn’t work.” “You’re just a woman.” These are just a few of the naïve ideas thrown around services, rates and genders. For Aviation Boatswain’s Mate (Handling) 1st Class Gloria Moreno, USS Ronald Reagan’s V-3 Division Leading Petty Officer (LPO), breaking down and proving those stereotypes wrong has been a career-long goal.



“She told me to hold my ground and always stand up for myself and my Sailors”



She said knowing which Sailors are ready to handle the responsibility starts with clear communication of expectations.

“Communication is the best trait you can have as a leader,” said Moreno. “I feel it’s important to stay in tune with your Sailors. You need to know the environment your Sailors are dealing with inside and outside of work.”

And, like all good leaders, Moreno’s expectations of her Sailors are rooted in career experience and humility.

“I think it’s important as a leader that we show our Sailors that we started in the same position they are in,” she said. “We had to grow from being junior Sailors to being leaders.”

Experience, communication and responsibility are more than just tactics for Moreno, they’re selfless leadership traits that are easily visible to the Sailors under her charge.

“She is always working with us and she always makes sure we are taken care of first before she worries about herself,” said Aviation Boatswain’s Mate (Handling) 2nd Class David Slater. “I think that makes her the epitome of a leader.”

Stereotypes are a general way of categorizing what one does not understand. Breaking them is often more challenging than creating them in the first place. For Moreno, tearing them down starts with something as simple as planting the seed of success in the mind of the next generation.

“In our rate, you don’t see many female Chiefs or First Class Petty Officers,” added Laemmerhirt.

“I hope to be in (Moreno’s) position one day. I definitely wouldn’t mind following in her footsteps.”

In a male-dominated rate, Moreno encountered tough stereotypes early in her career, many of which centered on what the females in her job “couldn’t” do.

“The standard that the women were setting was not good,” said Moreno. “We were all looked upon as statistics because everyone thought we would either get pregnant or never work hard. Being an Aviation Boatswain’s Mate, you have a heavy workload so I had to grow thick skin and earn my respect. There was no way I was going to become a statistic.”

Moreno was born in Chihuahua, Mexico and quickly grew that thick skin. She was adopted by an American family into a house of five other siblings in order to get away from the violence that surrounded the area in Mexico she was born into. As the years went on, her adopted mother became her biggest champion.

“My mother always has been and still is my hero,” said Moreno. “She offered tough love and stood tall for all her actions. She inspired many people.”

Moreno said that her mother is very much an “Alpha” female with a dominate personality who always earned the utmost respect from both men and women—most of whom sought her out for advice—much like Moreno’s Sailors do with her as their LPO.

She joined the Navy to see the world and to make a life and name for herself. While she insists that she is not a feminist or overly biased towards female Sailors, she admits it was very important for her to always prove

herself and pull her weight to overcome the stereotypes surrounding her.

“I do believe that women have to work harder to get to where they want to be in the military,” she said. “As a woman, you have the capacity to be a great Sailor, but you will always be looked at by people asking, ‘Can she handle it.’”

Coming up through the ranks, Moreno had a lot of positive influences and mentors surrounding her, but her biggest influence was Lieutenant Regina Rogers, the Navy’s first female flight deck officer. While working for Rogers aboard USS Nimitz (CVN 68), she said she was taught not to limit herself because of her gender.

“She obviously set the standard for women in our community, so her words always stuck with me,” said Moreno. “She told me to hold my ground and always stand up for myself and my Sailors.”

The influences, both good and bad, throughout Moreno’s career have helped shape her into an influential LPO of one of the largest divisions in one of the most demanding departments aboard an aircraft carrier.

“If I had to do it all over again, I would do it the same with no hesitation because it made me the person and Sailor that I am today.”

As a leader, Moreno finds the most success in being engaged with her Sailors and approaching each task as a cohesive unit.

“I’ve learned that things get done more effectively when you do them as a team,” she said. “I think as a leader, you set the tone on how your division’s day is going to be. My job as an LPO is to put everything personal to the side, walk into quarters with a positive attitude and let them know we are all here to do the same thing, so let’s do it with a smile.”

With that type of contagious attitude, it’s pretty easy for her division to fall in line and embrace that identity.

“She brings great morale to the division and she is a great person to look up to,” said Aviation Boatswain’s Mate (Handling) 3rd Class Lauren Laemmerhirt.

Over the years, Moreno said she has learned not to be afraid to give a junior Sailor a task above their pay grade and hold them to it.

“The hungry Sailors will take the task and run with it,” said Moreno. “By doing this, I feel like I’m helping them build character and making them feel like they matter.”





“When helping those less fortunate, I take a good look at my life – and I don’t take my life for granted anymore”

REAGAN SAILORS FEED THE HOMELESS

Story and photos by MC2 Timothy Black



1st Marine Logistics Group. “It is imperative that we help our local communities as well. Today is my birthday, and I feel lucky to be able to do this on my birthday.”

Serving food to those less fortunate also helped to put things into perspective for the volunteers.

“Helping out today gave me a chance to see how a lot of people in our society are living,” said Aviation Boatswain’s Mate (Equipment) 2nd Class Natalie Enriquez. “When helping those less fortunate, I take a good look at my life – and I don’t take my life for granted anymore.”

With the ship’s busy schedule both in-port and underway, it is easy to lose touch with the local community. Reagan Sailors capitalized on this opportunity to build camaraderie with each other and with local citizens.

“With a stressful work environment and a hectic underway schedule, finding the time to relax with other Sailors in a non-stressful environment helps to build professional relationships,” said Yeoman 3rd Class Amanda Schell. “It helps to increase our effectiveness as a team, because with projects such as feeding the less fortunate, it builds a tight knit bond that will carry on through a stressful underway schedule.”

The goal of Reagan’s “3&2” Association is to enhance bonds across the ranks built while serving the community. The association hopes to coordinate at least two community service projects a month.

“The Navy is a family,” added Moriel. “We take care of each other on duty and off duty.”

Five Sailors from the USS Ronald Reagan “3&2” Association teamed up with Sailors and Marines from the 1st Medical Battalion, 1st Marine Logistics Group based in Camp Pendleton, to feed the hungry at San Diego’s St. Vincent De Paul Cafeteria May 30th.

Nearly 1,000 hungry residents wait in line for meals throughout the day at the facility. Both of St. Vincent De Paul’s cafeterias depend completely on local volunteers to fight the war on hunger.

“This made me feel very fortunate for everything I have in my life,” said Machinist’s Mate 3rd Class Sergio Moriel. “It has shown me that we are all human on this earth.”

For many of the military volunteers, this community service project was simply a way to continue their daily service in uniform.

“Helping citizens does not stop at what we do overseas in Afghanistan,” said Sgt. Kimmy Lamano, 1st Medical Battalion,

USS Ronald Reagan ADOPTS A HIGHWAY

Story and photos by MC3 Kristina Walton

USS Ronald Reagan Sailors cleaned up a two-mile stretch of highway as part of the ship’s Adopt-A-Highway program May 23rd.

The program adopted the section of highway a little more than a year ago. Even while the majority of the crew was with the ship in Washington for Docking Planned Incremental Availability (DPIA), some of the crew left behind in San Diego continued to organize monthly Adopt-A-Highway cleanups of the area with the help of Aviation Support Equipment Technician 1st Class Shanta Bernard.

Bernard, along with other 1st class petty officers and chief petty officers, organized the highway cleanup to kick off Chief Petty Officer 365 (CPO 365) community service projects.

“It [community service] humbles us,” said Aviation Structural Mechanic 1st Class David Castilloluna. “It shows that we are givers, not just takers, and it raises cohesion between Sailors from different departments and from all walks of life.”



CPO 365 participants are planning to hold these cleanups at least once a month, along with other community service projects. Castilloluna said this includes projects like adopting a school next year, where Sailors can help tutor children in after-school programs; participating in a Wounded Warrior project around Christmas time where Sailors will help families put up their Christmas trees and decorate their homes; and projects helping children in local hospitals.

The Adopt-A-Highway program was founded in 1980 as an affordable alternative to expensive highway cleanup services. The program allows businesses, organizations and charities to “adopt” sections of public roads and highways that then volunteer to maintain the cleanliness of their respective sections. In California, more than 120,000 people have cleaned and enhanced over 15,000 shoulder-miles of roadside since 1989.

WELCOMING GUESTS WITH A FRIENDLY FACE

Story by MC3 Kevin Hastings
Photos by MC3 Kristina Walton

When Sailors, guests and distinguished visitors fly onto an aircraft carrier at sea, the Sailors of the Air Transfer Office (ATO) are the first faces they are likely to see. Aboard USS Ronald Reagan, the leader of those friendly faces is Logistics Specialist 2nd Class Joseph Bell.

Bell leads a select cadre of Sailors in ATO who truly serve as the faces of the ship to underway visitors. Most days, if the ship is conducting flight operations, ATO is welcoming guests aboard – and Bell’s sharp demeanor leads the way for his crew.

Bell was born into the military lifestyle. He’s the son of a Mineman father and a Boatswain’s Mate mother, and he spent his entire youth moving from duty station to duty station with his parents.

“I’ve always been accustomed to the lifestyle of a Sailor,” said Bell. “I was always moving around to different places growing up, and my parents taught me the importance of routine which was modeled after a normal Navy day.”

After graduating high school, Bell quickly realized that the Navy life was the correct career path for him as well.

“After about six months in college, I got in my mom’s car and I had no gas,” said Bell. “I had to ask my mom to put gas in her car that she let me use. After that moment, my mom went underway, and against her wishes, I joined the Navy to start a better life.”



Since then, Bell has spent more than 18 years in the Navy emulating the sharpest of demeanor and leadership styles modeled after his parents and his own Navy leaders alike.

“I used all the different skills I’ve seen other people use and put it all together,” said Bell.

Even though he only leads a handful of Sailors in ATO, Bell strives daily to lead with a positive attitude and set a good example.

“A positive attitude starts with the leader and it trickles down to the troops,” said Bell. “If someone has a bad attitude, they can look to me and I’ll help them get through it.”

It’s that positivity and approachability that fosters motivation in Bell’s work center. It’s a contagious spirit found even among his most junior Sailors.

“He has an outgoing personality that attracts people to work for him,” said Logistics Specialist Seaman Richard Gossett, who works for Bell. “He’s fair and firm, and I always know I can turn to him for help.”

Bell makes an overt effort to being approachable to anybody—junior and senior Sailors. For his subordinates and his supervisors, it’s one of the best qualities a Sailor can have.

“His ability to talk to people is one of the key traits he has,” said Chief Air Traffic Controller Charles Camp, Bell’s Chief. “His tact and demeanor make it very easy to work with him, and he helps me get what I need with a quick turnaround.”

Using that tact and demeanor with his Sailors and others throughout the ship has become a building block for a strong network that Bell relies on to get the job done.

“I walk around the ship everyday and speak to everybody I see,” said Bell. “I know that sooner or later I’m going to need help from someone around the ship and it helps to be able to talk to everybody.”

Bell’s daily grind and commitment to giving 100% isn’t just lip service. He works hard daily to set the standard for his division, leading by example.

“I will not ask any of my guys to do anything I wouldn’t do,” said Bell. “But they also need to know that all the things I have them doing are things that I have done. It helps them to understand the delegation of authority.”

Reagan will be Bell’s last tour in the Navy before he retires and continues to build on the skills he’s learned while serving. Forever committed to excellence, he is a Sailor who still maintains a strong passion and ambition for his job, even with his dwindling number of days on active service.

“When most people get to this stage they want to start slowing down,” said Bell. “Why do that? Why slow down? I believe you have to finish strong and do things to the best of your ability.”

After retiring, Bell plans on continuing college and moving to Texas. But no matter the task or goal before him, Bell’s philosophy as a Sailor or as a civilian is simple – don’t give up.

“Keep charging as hard as you can,” said Bell. “Whether it’s the Navy or in life, the race isn’t over until you cross the finish line. Just keep on charging.”

TEAR DOWN THIS WALL

THE FALL OF THE BERLIN WALL AND THE COLD WAR

Story by
MCC Mike Miller

Following the end of World War II, Germany was a country divided—both ideologically and in a literal, physical sense. What remained of pre-war Germany was divided into four occupation zones. The United States, Britain and France occupied zones largely located in the West, while the Soviet Union maintained communist control over the east. It would later become known as the “Eastern Bloc.”

The divide in policy and idealism became starker and more polarizing as the years went on. While Western Germany was flourishing with a social market economy and a democratic parliamentary government, East Germany was nationalizing industry and forcing Marxism-Leninism into school criteria. Punishment for citizens defiant to the communist ideals included imprisonment, torture and even death.

This oppression led to massive migrations of German citizens from the communist Eastern Bloc to the democratic West Germany. At its peak, 331,000 German citizens left the Eastern Bloc in 1953. Soviet leader Joseph Stalin was infuriated by this defection, calling the situation “intolerable.”



“The demarcation line between East and West Germany should be considered a border—and not just any border, but a dangerous one,” said Stalin. “The Germans will guard the line of defense with their lives.”

And a border is exactly what he created within the divided country. In 1952, Stalin went from imposing harsh travel restrictions to those going between the two zones to erecting a barbed-wire fence in what became known as the Inner German Border. The border had actually caused an unintended increase in East/West travel due to the border in Berlin being managed by all four occupying powers, including the democratic governments of the West, instead of solely by the communist state.

By 1961, nearly 3.5 million East Germans had left for the freedom of West Germany – 20% of the population. Aiming to stop the defections, Soviet leader Nikita Khrushchev signed the order to close the border and erect a wall.

Travel halted to a standstill. For years families were separated and torn apart, while wall sentries were issued “shooting orders” to stop would-be defectors. Hundreds died attempting to cross the wall by jumping, tunneling or even charging checkpoints. The wall gave rise to a widespread sense of desperation and oppression in East Berlin.

In 1978, before accepting his party’s nomination for President, Ronald Reagan visited West Berlin where he was told the story of Peter Fechter, an East German teenager who was killed attempting to cross the wall. He was left unattended for an hour while he bled to death. This, among the long dark history of the wall, angered Reagan.

“Reagan just gritted his teeth,” said Peter Hannaford, a longtime aide who was with him in Berlin. “You could tell from the set of his jaw and his look that...he was very, very determined that this was something that had to go.”

Reagan spent years during the early part of his presidency attempting to build a relationship with the hardened leaders of the Soviet Union to help ease tensions between them and the United States. Stunningly, the Soviet Union transitioned through four leaders in five years—most dying shortly after taking office. Perhaps in an attempt to avoid anointing another elderly and unhealthy principal, the Soviet high command chose a younger man as their next leader: Mikhail Gorbachev.

It was Gorbachev with whom Reagan would build a strong new relationship, leading to lessened tensions between Washington and Moscow, and perhaps helping Reagan obtain the goal of freeing East Germany from a state of communism. For years, their talks and meetings focused heavily on eliminating weapons in a hope to achieve mutual peace. The two leaders mostly met eye to eye and any disagreements were matched with a mutual love of their homelands and an overarching desire for worldwide peace.



In an attempt to further understand the stark contrast in lifestyle and political systems, Reagan traveled once again to West Berlin. On one side of the wall, citizens were held captive by a failed and corrupt government; on the other side, freedom and prosperity were strongly flourishing.

Capitalizing on the confidence and strength built in his relationship with Gorbachev, Reagan stood at the Brandenburg Gate on June 12, 1987 and boldly delivered one of the most famous speeches in Presidential history.

“We welcome change and openness; for we believe that freedom and security go together, that the advance of human liberty can only strengthen the cause of world peace. There is one sign the Soviets can make that would be unmistakable, that would advance dramatically the cause of freedom and peace,” said Reagan. “General Secretary Gorbachev, if you seek peace, if you seek prosperity for the Soviet Union and eastern Europe, if you seek liberalization, come here to this gate. Mr. Gorbachev, open this gate. Mr. Gorbachev, tear down this wall!”

By the end of that year, Reagan and Gorbachev met in the East Room of the White House to sign a historic treaty eliminating all nuclear-armed ground-launched ballistic and cruise missiles with ranges between 500 and 5,000 kilometers. The signing of this treaty is widely credited as the first major step in ending the Cold War.

By November 1989, guards were ordered to stand down along the Berlin Wall and to allow safe passage across the once hostile border.

There is no one moment or event credited to Reagan for the fall of the Berlin Wall, but rather a grander attribution towards his fearless decisiveness in bridging a gap between the United States and the Soviet Union. He simply aimed to build a mutual trust between two leaders in the hope that their respective nations would follow suit. Neither country, nor the world, would ever be the same.



Reagan Revamps ESWS Program: Provides More Resources

Story by MC3 Omar Powell

USS Ronald Reagan Enlisted Surface Warfare Specialist (ESWS) program coordinators are updating the qualification process aboard the ship to provide more training opportunities to qualification candidates while also upholding the program's standards.

The goal is to ensure all personnel have the chance and the tools to qualify for the program by their appointed deadlines. Under the shipboard ESWS instruction, E-4 and below Sailors have to earn their rating's primary rating designator (ESWS for surface rates) within 30 months from reporting to the command. Sailors E-5 through E-9 have 18 months to earn the qualification.

"ESWS is important because it betters the ship and our war-fighting capability by giving Sailors the basic knowledge from all warfare areas regardless of their rank," said Chief Logistics Specialist Ryan Talob, the command ESWS coordinator. "The program ensures that our Sailors understand and are able to effectively engage a casualty, operate equipment and ensure the safety and safe operation of the ship."

There are now organized ESWS classes offered three days a week in the First Class Mess, where subject matter experts from varying warfare areas will hold training on their sections of the qualification. Additionally, program coordinators have placed all the information, personnel qualification standards (PQSs) and study guides online on the ship's internal website, or "Gippernet."

In 2010, the Navy made it mandatory for all enlisted Sailors to earn their primary enlisted warfare qualification with the announcement of OPNAVINST 1414.9.

"It's a standard every Sailor must achieve. The warfare device itself is a symbol that the Sailors who are wearing it have a basic level of knowledge to ensure they are capable of fighting the ship, saving a shipmate

and ensuring the safety of themselves at all times," said former Master Chief Petty Officer of the Navy (MCPON), Rick D. West, upon the announcement of the policy. "Having every Sailor at or working toward that level will only strengthen the war-fighting ability of that command and the Navy."

In addition to providing more training and materials to qualifying Sailors, program coordinators are also updating the written examinations to better align with the materials and PQSs.

"The Reagan is doing a great job in helping Sailors not only get their ESWS qualification, but also ensuring each Sailor that gets their qualification gets the proper education that goes along with the pin," said Talob. "This will make us more mission-ready."

Reagan Sailors earning the qualification agree the education received during the process is as important as the positive career implications earning a warfare pin can have.

"In earning my ESWS pin I have obtained a vast amount of knowledge in the different departments on the Reagan," said Information Systems Technician 3rd Class Carrie Bodie. "I have gained a great appreciation of what this ship capable of. I feel more of an ownership in the ship after earning my pin."

The ESWS qualification program spun off the Surface Warfare Officer (SWO) qualification beginning in 1977, when the Surface Warfare Commanders approved the development of an enlisted version of the SWO pin. By the end of 1978, Chief of Naval Operations Admiral T. B. Hayward approved the ESWS qualification program.

*NOTE:
ESWS study classes are held every
Monday, Wednesday, and Friday at 9:00am
in the first class mess!*



THROUGH THE LENS





June Events:

SAN DIEGO COUNTY FAIR TRIP

June 15 \$10

COMMAND PICNIC BREAKERS BEACH

June 21

STARTING NEW AT GOLF TOURNAMENT (SNAG)

June 22 Free

SUMMER CONCERTS

June 16	Pitbull & Kesha	Sleep Train Amphitheatre	\$115, \$95
June 28	Beyonce	Staples Center in LA	\$116
June 29	Snoop Dog, Kendrick Lamar, Miguel, School Boy Q & J Cole	Staples Center in LA	\$95
June 30	R. Kelly, New Edition & The Jacksons	Staples Center in LA	\$95
July 2	Summerland featuring Everclear, Sponge, Filter & Live	Humphreys by the Bay	\$37.50
July 5	NKOTB, 98 Degrees & Boys to Men	Staples Center in LA	\$75
August 11	Luke Bryan	Sleep Train Amphitheatre	\$110, \$85
August 27	America's Most Wanted Festival 2013 featuring: Lil' Wayne, T.I., & more	Sleep Train Amphitheatre	\$125, \$95
September 13	Rascal Flatts	Sleep Train Amphitheatre	\$90, \$75



SAN DIEGO PADRE ALL HOME GAMES

Tickets are now on sale for all of the San Diego Padre home games. Various seats and tickets are available for each game. Ticket prices per game range from \$16.50, \$24.50, and \$52 (depending upon the seat). Stop by the ticket office to see where the seats are located.

June Schedule

15	San Diego Padres vs Arizona Cardinals	Opening pitch 7:10 PM
16	San Diego Padres vs Arizona Cardinals	Opening pitch 1:10 PM
20	San Diego Padres vs Los Angeles Dodgers	Opening pitch 7:10 PM
21	San Diego Padres vs Los Angeles Dodgers	Opening pitch 7:10 PM
22	San Diego Padres vs Los Angeles Dodgers	Opening pitch 4:15 PM
23	San Diego Padres vs Los Angeles Dodgers	Opening pitch 1:10 PM
24	San Diego Padres vs Philadelphia Phillies	Opening pitch 7:10 PM
25	San Diego Padres vs Philadelphia Phillies	Opening pitch 7:10 PM
26	San Diego Padres vs Philadelphia Phillies	Opening pitch 7:10 PM

MONEY BACK reimbursement info

Each month Sailors can get financial reimbursements for fitness and recreational events not already held by MWR. **Fitness:** Sailors can attend up to 2 fitness events and be reimbursed up to \$100 a month. **Recreation:** Sailors can attend as many recreation events as they want and will receive a 20 percent for each event up to \$50 a month.

PHYSICAL THERAPY CORNER

LT Tarrillion
HMI Pagan

ANKLE SPRAIN PREVENTION

Ankle sprain prevention starts with possessing good proprioception. Often referred to as the sixth sense, proprioception is the ability to sense movement within joints and joint position. Good proprioception relates closely to good balance and provides us with body awareness. For example, when a ship shifts suddenly and you are able to reflexively correct your stance to avoid falling you are relying on your proprioceptive abilities. Restoring good proprioception is an important part of finishing rehabilitation for ankle sprains but optimizing it now with the exercises featured below is an excellent strategy for avoiding them.



SINGLE LEG STANCE ON COMPLIANT SURFACE

Step onto ball, stand erect and tighten abdominals, lift one leg and balance with arms at sides. Work up to 3 sets of 30 seconds on each side. To decrease the challenge start barefoot standing on a hard surface. To increase the challenge practice single leg standing on the compliant surface with your eyes closed.



SINGLE LEG HEEL RAISE

Stand erect and tighten abdominals. Without using your hands for balance, lift one leg off the ground and rise up onto the toes of your stance leg, fully contracting the calf muscles. Work up to 25 repetitions and repeat with the opposite leg.



SINGLE LEG SQUAT

Start in a single leg stance position and squat to 45 degrees on the stance leg being careful not to let the knee cross over the toes. Perform 3 sets of 10 repetitions on each side. To decrease challenge perform single leg squat with back against a wall for support.



SINGLE LEG DEAD LIFT

Start in a double leg stance position holding dumbbells at sides. Bend forward at the waist while extending one leg behind until upper body is parallel to the floor. Reverse the movement by contracting glutes and raising torso back to upright position. Perform 3 sets of 10 repetitions on each side.



SINGLE LEG FRONT WOOD CHOPPER

Assume a 1/4 squat in a single leg position and tighten your abdominals. Hold a dumbbell or medicine ball with both hands in front of hips. Keeping your arms straight, slowly stand up and raise the weight directly overhead with shoulders in full flexion. Perform 3 sets of 10 repetitions on each side.



SINGLE LEG REVERSE DIAGONAL WOOD CHOPPER

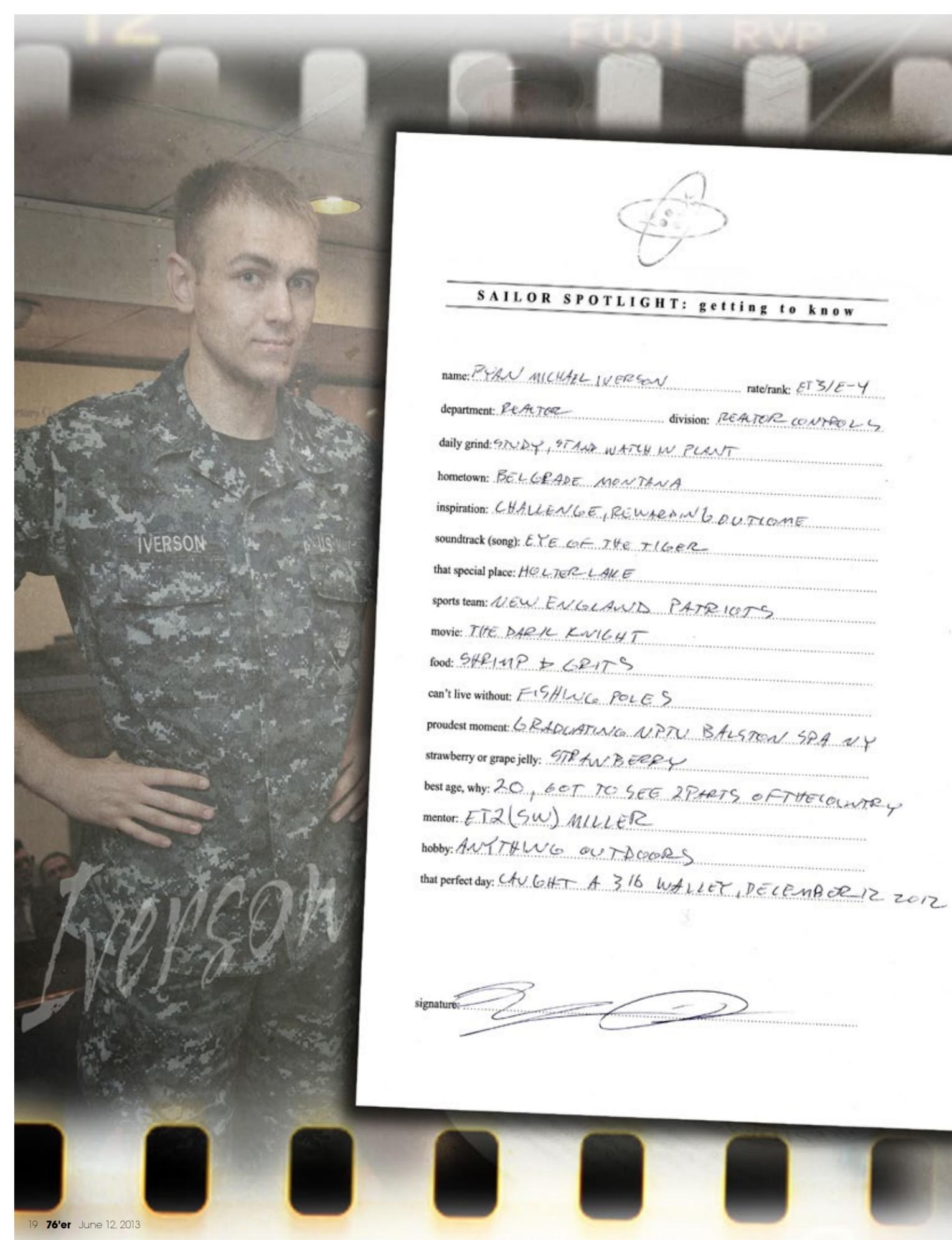
Assume a 1/4 squat in a single leg position and tighten your abdominals. Hold a dumbbell or medicine ball with both hands below your opposing hip. Keeping your arms relatively straight, slowly stand up and raise the weight in an upward direction across your body above your same side shoulder. Perform 3 sets of 10 repetitions on each side.

SHIPBOARD GYMS - IN PORT

Gym hours are staffed by MWR watches from: 0500-0800 and 1600-1900 M-F as well as 0900-1300 Saturday. Gym are closed 2100-0500 Monday-Saturday and all day Sunday per MWR Instruction.

SHIPBOARD GYMS - UNDERWAY

Gyms will be open nearly 24 hours a day, seven days a week. There will be three MWR gym watch periods Monday-Saturday, none Sundays. 0500-0800 • 1200-1500 • 1900-2100 • Khaki Hours 1400-1600.



SAILOR SPOTLIGHT: getting to know

name: RYAN MICHAEL IVERSON rate/rank: ET3/E-4
department: REACTOR division: REACTOR CONTROLS
daily grind: STUDY, STAY WAKE IN PLANT
hometown: BELGRADE MONTANA
inspiration: CHALLENGE, REWARDING OUTCOME
soundtrack (song): EYE OF THE TIGER
that special place: HOLTER LAKE
sports team: NEW ENGLAND PATRIOTS
movie: THE DARK KNIGHT
food: SHRIMP & CRISPS
can't live without: FISHING POLES
proudest moment: GRADUATING NPTU BALSTON SPA NY
strawberry or grape jelly: STRAWBERRY
best age, why: 20, GOT TO SEE 2 PARTS OF THE COUNTRY
mentor: ET2(SW) MILLER
hobby: ANYTHING OUTDOORS
that perfect day: CAUGHT A 3 LB WALLEY, DECEMBER 12 2012

signature: 

BATTLE OF MIDWAY

MIDWAY ATOLL
PACIFIC OCEAN
4-7 JUNE 1942



The Battle of Midway was the most important naval battle of the Pacific Campaign of World War II inflicting irreparable damage on the Japanese fleet. Most significantly, American codebreakers were able to determine the date and location of the attack, enabling the forewarned U.S. Navy to set up an ambush of its own. Four Japanese aircraft carriers - Akagi, Kaga, Soryu and Hiryu, all part of the six carrier force to launch the attack on Pearl Harbor six months earlier - and a heavy cruiser were sunk at a cost of one American aircraft carrier and a destroyer. Japan's shipbuilding and pilot training programs were unable to keep pace in replacing their losses while the U.S. steadily increased its output in both areas.

Although Midway was the Allies' first major victory against the Japanese, it did not radically change the course of the war; instead it was the cumulative effects of the battle of Coral Sea and Midway which reduced Japan's ability to undertake major offensives. Midway paved the way for the landings on Guadalcanal, and the prolonged attrition of the Solomon Islands campaign, both of which finally allowed the Allies to take the strategic initiative and swing onto the offensive for the rest of the Pacific War.





Runny Nose

Dogs have a wet nose to collect more of the tiny droplets of smelling chemicals in the air. Dog nose prints are as unique as human finger prints and can be used to identify them.

Did you know: the Greyhound, the fastest dog, can run at speeds of 45 mph while the average dog can run 19 mph.

Wet Paws

The phrase "raining cats and dogs" originated in seventeenth-century England. During heavy rainstorms, many homeless animals would drown and float down the streets, giving the appearance that it had actually rained cats and dogs.



That Sinking Feeling

In 1325, the Aztecs built their capital city, known as Tenochtitlan, on an island in the middle of Lake Texcoco, in the Valley of Mexico – on top of an underground reservoir of water. After conquering the Aztecs in 1521 and changing the name of the capital to Mexico City, Spanish colonizers continued using the underground reservoir, drained by wells for residents. As of 2010, Mexico City has been sinking at the rate of six to eight inches a year.

Not The Same

During World War II the Oscar Award given out by the American Academy of Motion Picture Arts and Sciences was made of wood because most common metals were very scarce.



Giraffe Facts

Humans and giraffes both have seven vertebrae bones in the neck. It's not unusual for a mammal to have seven vertebra bones in the neck but it's interesting that the long neck of a full grown giraffe has the same amount. Did you know: giraffes can go without water longer than a camel.

Pimping Burgers

In 1972, when McDonald's opened one of its fast-food restaurants on the Champs-Elysees in Paris, the name for the Big Mac was translated into French as Gran Mac. In French, gran mac means "master pimp."



Getting Warmer

For a butterfly to fly it must have a body temperature of no less than 86 degrees fahrenheit or 30 degrees celsius. Did you know: a butterfly tastes things with it's feet or tarsi.

Wrong Way

On 16 July 1938, pilot Douglas Corrigan took off in an airplane to fly solo nonstop from New York to Los Angeles. Twenty-six hours later, he had landed in Dublin, Ireland. Corrigan explained that he had followed the wrong end of his compass needle and, flying through fog and heavy cloud cover, could not identify any landmarks.



Money Well Spent

During the space race in the 1960s, NASA spent \$1 million to develop a ballpoint pen that would write in zero gravity. The Soviet Union solved the same problem by giving their cosmonauts pencils.



How High?

The flea can jump up to 200 times its own height. This is equivalent to a man jumping the Empire State Building in New York City.



White House Down

Capitol Policeman John Cale has just been denied his dream job with the Secret Service protecting President James Sawyer. Not wanting to let down his little girl with the news, he takes her on a tour of the White House when the complex is overtaken by a heavily armed paramilitary group. Now, with the nation's government falling into chaos and time running out, it's up to Cale to save the president, his daughter, and the country.

Director: Roland Emmerich
Writer: James Vanderbilt (screenplay)
Stars: Channing Tatum, Jamie Foxx, Maggie Gyllenhaal
Genres: Action, Drama, Thriller



The Internship

Billy and Nick are salesmen whose careers have been torpedoed by the digital world. Trying to prove they are not obsolete, they defy the odds by talking their way into a coveted internship at Google, along with a battalion of brilliant college students. But, gaining entrance to this utopia is only half the battle. Now they must compete with a group of the nation's most elite, tech-savvy geniuses to prove that necessity really is the mother of re-invention.

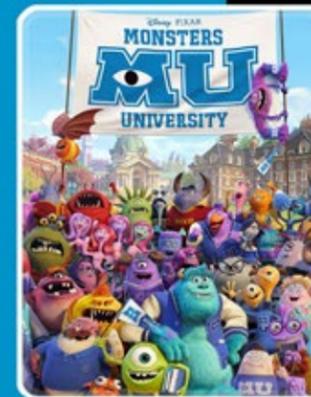
Director: Shawn Levy
Writers: Vince Vaughn (screenplay), Jared Stern (screenplay)
Stars: Rose Byrne, Chuti Tiou, Owen Wilson, Vince Vaughn
Genre: Comedy



Man of Steel

A young boy learns that he has extraordinary powers and is not of this Earth. As a young man, he journeys to discover where he came from and what he was sent here to do. But the hero in him must emerge if he is to save the world from annihilation and become the symbol of hope for all mankind.

Director: Zack Snyder
Writers: David S. Goyer (screenplay), David S. Goyer (story)
Stars: Henry Cavill, Amy Adams, Russell Crowe
Genres: Action, Adventure, Fantasy



Monsters University

Mike Wazowski and James P. Sullivan are an inseparable pair, but that wasn't always the case. From the moment these two mismatched monsters met they couldn't stand each other. "Monsters University" unlocks the door to how Mike and Sulley overcame their differences and became the best of friends.

Director: Dan Scanlon
Writers: Robert L. Baird (screenplay), Robert L. Baird (story)
Stars: John Krasinski, Steve Buscemi, John Goodman
Genres: Animation, Adventure, Comedy



WARRIOR

E ★ T ★ H ★ O ★ S

“If you have a positive attitude and constantly strive to give your best effort, eventually you will overcome your immediate problems and find you are ready for greater challenges”

PAT RILEY

PROFESSIONAL BASKETBALL EXECUTIVE



USS RONALD REAGAN

SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.