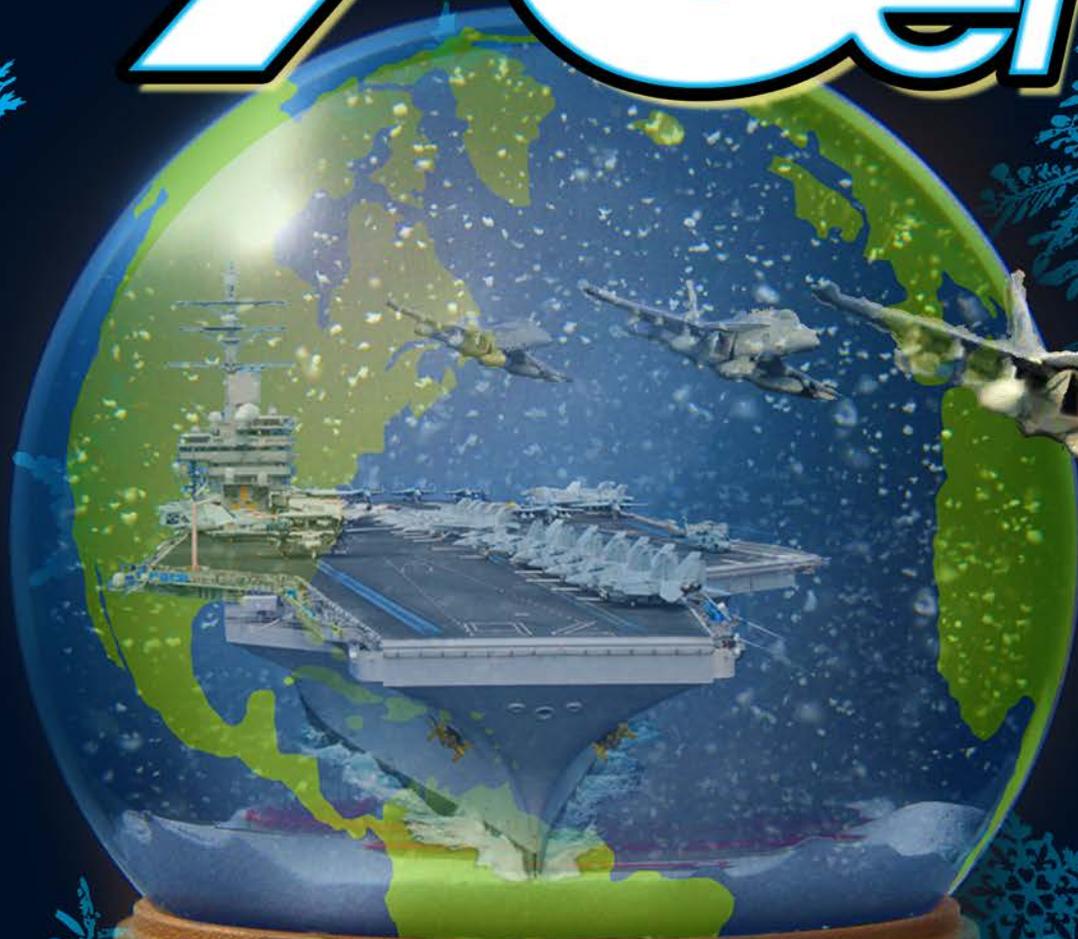


NAVAL MEDIA AWARD WINNER

# The 76er



PEACE THROUGH STRENGTH



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# Ronald Reagan Celebrates Black History Month



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Front Cover Photo Illustration by MC3 Beverly J. Lesonik



# CHIEF OF NAVAL PERSONNEL VISITS AMERICA'S FLAGSHIP

Story by MC3 Cody Hendrix

Chief of Naval Personnel (CNP) Vice Adm. Bill Moran and Fleet Master Chief April Beldo visited the U.S. Navy's only forward deployed aircraft carrier USS Ronald Reagan (CVN 76), Jan. 11.

Moran, the Navy's top personnel officer, made his first visit to Ronald Reagan after a recent hull swap with the Nimitz-class aircraft carrier USS George Washington (CVN 73).

"Where you just moved to, in this part of the world, is the most important mission the U.S. Navy has today," said Moran. "It is front and center and face to face with a potential adversary. It's important to make sure they understand us and to make sure we understand them. I'm really proud of what the USS Ronald Reagan represents."

During his visit, Moran toured the ship and sat down with enlisted Sailors to discuss various topics over lunch, including changes to the physical fitness assessment and Career Management System/Interactive Detailing (CMS/ID).

"It was refreshing to sit down with Vice Adm. Moran," said Boatswain's Mate 2nd Class Corey Black, from Kansas City, Missouri. "He was straight to the point and didn't provide all that extra fluff that a lot of higher ups are known for."





Moran and Beldo also held all hands calls with officers, chief petty officers, and junior Sailors throughout the day, touching on personnel policies that affect Sailors fleet wide.

“We heard plenty of things that we need to improve on to take care of our Sailors,” said Moran. “We’ve got our work cut out for us. We’ve worked hard to make sure we’ve done as much as we can, as well as we can, but we know that we haven’t done everything perfect. There’s more work to be done.”

Moran’s visit to Reagan was one of many visits to various commands throughout the Pacific this month to meet with Sailors and discuss the policies that affect them. ■



# SHIBUYA

## Bright Lights and Busy Signals or Leaves and Breezes?

Story and photos by MC3 Beverly J. Lesonik

Whether you have been in Japan for 12 years or have newly arrived as part of the Reagan “original” crew, there are many “must see” locations throughout Japan that I find to be well within distance and financial considerations. One such destination I visited is the bustling city of Shibuya, a land named after the samurai general Shibuya, who owned the land in this area during the Heian and Muromachi eras (794-1573). Shibuya comes from the word “shibu” (渋) and “ya” (谷), which literally translates “bitter valley”.

However, in the 21st century, you may find this major ward in urban Tokyo to be anything but bitter. Shibuya is known as one of the fashion centers of Japan, particularly for young

people, and is considered a major center for nightlife.

After leaving the stresses of ship life behind, I made my way to one of Tokyo’s busiest railway stations, Shibuya Station, where the fun began and where Japanese culture came alive. At the beginning of my Shibuya experience, one of my first sights was the scramble. Said to be the world’s busiest intersection, with sometimes more than 1,000 pedestrians during one light change, I saw every size, shape, age and lifestyle of Japanese society, as well as people from throughout the world.

What were they all doing there? Shibuya is one of Tokyo’s most colorful and busy districts, packed with shopping, dining and

nightclubs serving swarms of visitors. It is also the center for youth style and culture, and its streets are the birthplace to many of Japan's clothing, fashion and entertainment trends. You might even recognize it from movies such as "Lost in Translation," "The Fast and the Furious: Tokyo Drift" and "Resident Evil: Afterlife and Retribution."

One of the most unique sights was a crowd of people taking pictures with the statue of Hachiko the dog. You may recognize the story of the dog who, throughout his owner's life, greeted him each day at the one and only Shibuya station as he was returning from work. As you may know, when Hachiko's owner died, he still waited for him each day at the train station for nine years, nine months and 15 days, despite his owner never coming.

The statue, commemorating Hachiko's loyalty, was built in April 1934, where Hachiko was even present at the unveiling. To this day, many people bring out their selfie sticks and get their duck face on to join in the commemoration of the world's most loyal dog.

After taking my own selfie, I did some shopping and ate myself sick before I took the opportunity to relax at the Meiji shrine, located next to the JR Yamanote Line's busy Harajuku station. The spacious shrine grounds offered paths that were great for a peaceful stroll. I took part in typical Shinto activities, such as making offerings at the main hall, buying charms and amulets and writing out my wish on a small, wooden plaque.

Meiji shrine is dedicated to the first emperor of modern Japan, Emperor Meiji, and his consort, empress Shoken in 1920. The shrine itself is composed of two major areas: The Naien is the inner precinct, which is centered on the shrine buildings and includes a treasure museum that houses articles of the Emperor and Empress. The Gaien is the outer precinct, which includes the Meiji Memorial Picture Gallery that houses a collection of 80 large murals illustrative of the events in the lives of the Emperor

and his consort.

Meiji Shrine is located in a forest that covers an area of 170 acres and consists of 120,000 trees of 365 different species. Entry into the shrine grounds is marked by a massive torii gate, after which the sights and sounds of the busy city are replaced by the tranquil forest.

Whether the rhythm of bright lights and busy signals is the tempo you walk to, or you are like me and are calmed by the sound of leaves and breezes, Shibuya encompasses it all. Do what I do and make less stress and exploration your lifestyle, put money on your train card, and set out on what could be your first of many daily adventures. ■





# JANUARY





# RYFDNF







# CFAY Seahawks Brazilian Jiu-Jitsu Club Improves Lives

*Story and photos by MC3 James Lee*

Sailors and family members of the U.S. Navy's only forward-deployed aircraft carrier USS Ronald Reagan (CVN 76) have free access to a sport that can help them get in shape, meet new people, learn life skills and deal with the stresses of forward-deployed life.

The Seahawks Brazilian Jiu-Jitsu Team is a Morale, Welfare and Recreation (MWR) sponsored martial arts club that has an open door policy and is beginner friendly.

"Anyone can do jiu-jitsu, whether you're a high school star athlete or someone that has never played sports in your life," said Kyle Rhodus, Yokosuka base fleet readiness director and head instructor of the Seahawks. "Once you learn and trust in your techniques, your self-esteem will go up. You'll start out struggling like everyone does, then eventually you'll get better and your confidence will go through the roof."

Rhodus said the Seahawks support Reagan Sailors and have always welcomed them into their community.

"We had a big welcome back class for the Reagan when she first pulled into Yokosuka," said Rhodus. "We had over 20 students from the Reagan coming in and out of class, so hopefully they'll take their experience here back to the ship and tell their shipmates."

According to Rhodes, jiu-jitsu is the best self-defense method for females because in a situation where a female is attacked, it is likely going to end up on the ground.

"In jiu-jitsu, you'll learn the basic skills of self-defense within your first few months of training," said Rhodes. "There are between 10 and 15 girls that come on a regular basis if you're worried about training with a bunch of guys."

Larry Criner, military retiree and



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**"Once you learn and trust in your techniques, your self-esteem will go up."**

*—Kyle Rhodus*

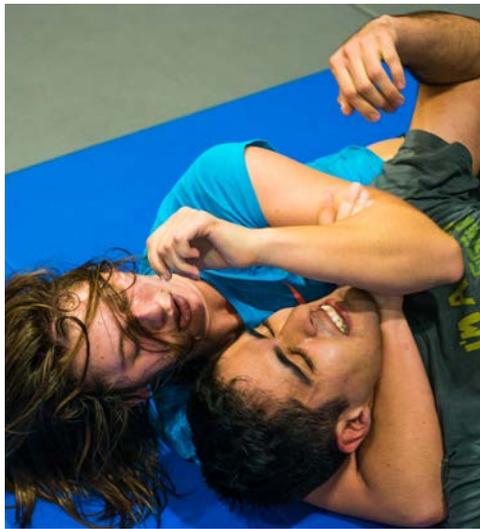
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owner of Rolling Bones Gear, is a 56-year-old Seahawks jiu-jitsu competitor. He says he is in love with the sport and the people who participate in it.

"The training and the guys are excellent," said Criner. "The team has grown to over 60 members and it's awesome. We love it when everybody goes to compete together."

Criner said the opportunity to compete is what attracted him to jiu-jitsu. He enjoys rolling hard at





get started in the sport.

“People come in and ask if I have an extra gi,” said Criner. “I’m glad to provide that service because it gets guys rolling right away. I sell it to club members at a discounted price.”

According to Information Systems Technician 1st Class Jeremy Daniels, from Lincoln, Nebraska, one of the reasons he trains is to build his character.

“I used to be kind of a hothead,” said Daniels. “Not that I got into physical altercations, but I wasn’t against the idea. Now there’s no reason to try to fight on the street because I come in here and blow off stress.”

Wes Crew, a Department of Defense contractor from San Diego, says he trains for the psychological benefits the sport provides.

“Jiu-jitsu taught me how to be calm under pressure and to be able to think when I’m tired,” said Crew. “It’s also a huge therapeutic relief to get out aggression.”

Crew said people should come train because it can build their character and make them feel like part of the team.

“People who have been around the game for a long time have a certain amount of respect for everyone,” said Crew. “This is a combat sport and a martial art, but it’s amazing how you meet the nicest people in jiu-jitsu and martial arts in general. It’s what impresses me the most.”

The Seahawks hold free class on Tuesdays and Thursdays from 5:15-6:30 p.m. at the Hawk’s Nest Training Center above United Service Organizations (USO).

“You can do more than you think you can,” said Criner. “Life is a verb, get out there and have one. All you’ve got to do is just come out here. The team will motivate you to do the rest.” ■

tournaments and seeing where he stacks up.

“Let me find a 21 or 22 year old tell me, ‘I’m too tired to go to the gym,’” said Criner. “There’s no excuse, zero. If I can drag my old butt up them steps, crawl out here on the mat and give you a good hour and a half to two hours, anybody can do it.”

Criner said he started Rolling Bones Gear, a martial arts apparel company that designs gis, the uniform worn during jiu-jitsu training, to help people

# SAILOR SPOTLIGHT

## Hollywood Clips



**SAILOR SPOTLIGHT: getting to know**

name: CHRISTIAN GRIFFITH rate/rank: SHSN

department: SUPPLY division: S-5

daily grind: SHIPBOARD BARBER

hometown: ST. LOUIS MISSOURI

inspiration: TO COMPLETE MY EDUCATION. ALSO BECOME A WRITER

soundtrack (song): "DANCE GAVIN DANCE-(Self-Preparation)"

that special place: Barracks room

sports team: LA RAMS

movie: "Howls Moving Castle"

food: Kamb. Kebab

can't live without: Music

proudest moment: Graduating High school

dream job: Best selling writer

best age, why?: 22, because I'm still alive

hobby: Playing 2K16 and Black Ops 3

mentor: SH3 Johnson

the perfect day: Getting off work on time



**Wednesday, March 9**

**Hakone Highlights Tour**

\$76 Adult, \$64 Junior (12 -17), \$49 Youth (6-11), \$27 Child (4-5), \$19 Infant

- 0645 Depart from Berth #12
- 0930 Arrive Hakone Open-Air Museum
- 1100 Lunch Buffet
- 1200 Depart Hakone Open-Air Museum
- 1230 Arrive Hakone Shrine
- 1315 Depart Hakone Shrine
- 1340 Arrive Togendai Pier
- 1350 Depart Togedai Pier by leisure boat across Lake Ashi
- 1420 Arrive Hakone-machi Pier/Walk to Hakone Sekisho
- 1600 Depart Hakone-machi Pier
- 1900 Arrive Berth #12



**Wednesday, March 16**

**Snow Monkey Park & Matsumoto Castle**

\$69 Adult, \$55 Junior (12-14), \$47 Youth (5-11), \$31 Child

- 0500 Depart from Berth #12
- 0930 Arrive Matsumoto Castle
- 1100 Depart Matsumoto Castle
- 1230 Arrive Shinshu Fruits Park/lunch
- 1315 Depart Shinshu Fruits Park
- 1345 Arrive Snow Monkey Park/walk about 30~40 minutes to the park
- 1630 Depart Snow Monkey Park
- 2200 Arrive Berth #12



**Wednesday, March 23**

**Tokyo Highlights**

\$27 Adult, \$18 Junior (6-14), \$13 Child

- 0800 Depart from Berth #12
- 0930 Arrive Meiji Shrine
- 1045 Depart Meiji Shrine
- 1115 Arrive Tokyo Tower and lunch
- 1330 Depart Tokyo Tower
- 1400 Arrive Asakusa Nakamise Shopping Street
- 1600 Depart Asakusa Nakamise Shopping Street
- 1730 Arrive Berth #12



# WARRIOR ETHOS



PEACE THROUGH STRENGTH  
CVN

“The successful warrior is the average man,  
with laser-like focus.”

-Bruce Lee



USS RONALD REAGAN  
SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.