

National Smile Month
British Dental Health Foundation

Teeth4Life

BRUSH YOUR TEETH TWICE A DAY WITH FLUORIDE TOOTHPASTE

CUT DOWN ON HOW OFTEN YOU HAVE SUGARY FOODS AND DRINKS

Navy Gets Closer to PFA Documentation for Fitness Reports

By Navy Personnel Command Public Affairs

The Navy is moving forward on procedures for documenting physical fitness assessments (PFA) in upcoming performance reports according to NAVADMIN 193/10.

These business rules are part of changes to Navy Fitness Reports and are the result of feedback from selections boards.

The new message reinforces the requirement for commands to maintain data in the Physical Readiness Information Maintenance Systems (PRIMS) and provides selection boards with accurate information regarding a member's PFA performance.

For performance reports with an end date of Aug. 1 or later, commands will enter a one-letter PFA code in Block 20 for each cycle completed. The following are the PFA codes:

P – Passed both the physical readiness test (PRT) and body composition assessment (BCA).

F – Overall PFA failure.

M – Medically waived from entire PFA.

W – Passed BCA but medically waived from one or more PRT events.

B – Passed BCA but was authorized non-participation in the PRT for other than medical reasons.

N – No PFA conducted during reporting period.

There are qualifiers for some codes. Reference the NAVADMIN for a detailed explanation.

This policy change requires software modification to the NAVFIT98A program and E7-E9 Evaluation. The software installation is scheduled to start Aug. 1.

Smile! It's National Smile Month

Story by MC3 (SW) Mack Jamieson
5 Star Writer

The month of June is National Smile Month and with a little over a month left on the 2010 deployment, Sailors aboard Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) (IKE) have a lot to smile about.

National Smile Month is sponsored by Oral Health America and promotes healthy oral hygiene habits, which benefit overall health and quality of life.

IKE Dental Hygienist, Hospital Corpsman 2nd Class Ruth Gastreich, said a nice smile has many benefits including a positive impact on overall health.

"Periodontal disease has been linked to heart disease," said Gastreich. "Practicing the proper hygiene habits necessary to keep a healthy, beautiful smile helps keep your whole body healthy."

Hospital Corpman 3rd Class Jessica Perez said a nice smile is important because of the non-

verbal messages it sends.

"A nice smile is the first thing I notice in someone I'm meeting for the first time," said Perez. "It tells me that they care about themselves enough to take care of themselves."

This is backed up by a recent survey conducted by the American Dental Association in conjunction with Crest and Oral-B that showed Americans, both male and female, chose the smile as the most attractive physical feature.

Gastreich said the most important part of keeping a healthy smile is maintaining healthy habits day-in and day-out.

"You should be brushing and flossing at least two times a day, if not three," said Gastreich. "Mouthwash is also a great way to combat gum disease and tooth decay."

If brushing isn't an option, said Gastreich, eat an apple.

"An apple's fibers are actually really good for cleaning your teeth if you aren't able to brush them," said Gastreich.

IKE's Dental Division also offers some services that can help

Sailors keep a healthy smile.

"We offer two types of cleaning," said Gastreich. "We have a waiting list, but you can still sign up. We will also be offering whitening again after we return to homeport."

Perez said the fluoride treatments provided during cleaning help keep your teeth strong and resistant to cavities.

There are also a few cavity causers IKE Sailors should stay away from, said Gastreich.

"Red bull and Monsters are really bad for your teeth," said Gastreich. "If you have to drink them, you should brush immediately afterwards to get all that sugar off of your teeth."

Oral Health America backs this up on their website, where they recommend brushing twice or more a day, visiting the dentist as often as recommended and cutting down on sugary drinks and foods.

The bottom line, said Gastreich, is a nice, healthy smile that everyone can achieve with just a little effort.

That's a message IKE Sailors can really sink their teeth into.



Weekly Safety Update With Angus

Heeeelohh IKE-5 Star Team! Angus here wit your weekly safety update. I can't wait ta tell ya what kinda week we had. Let's take a look see here at just a hand-full:

- 1) A shipmate slipped on a wet deck and fell, breaking his fibula
- 2) A shipmate tripped over a knee knocker and fell, possibly fracturing his wrist
- 3) A shipmate struck his head on the underside of a hatch set for mod zebra
- 4) A shipmate was cut on his forehead when a paint roller was thrown at his location
- 5) A shipmate working on an aircraft without PPE and had metal shavings fall into his eye

And the list goes on to 22 injuries for the week. Blimey! What the heck is going on out there, huh? You cannnnn't doooo thaaaaat IKE/5-Star Team! You gotta wear yer personal protective equipment when working in and around material that can blow into your eyes and mouth.. Ya got ta look around at yer surroundings to be sure that yer not gonna slip or trip when yer tryin' ta' navigate the ship! Holy Smokes! Are yer even payin' attention ta what I've been tellin' ya'? Nooooooo! Ike, Yer' better than that! Remember, ya need ta PAUSE, PREDICT and PREVENT in order ta see the dawn! See ya next week, IKE 5-Star Team!



PROFILE



Navy Diver

ND2(SW) JEREMY SIMPSON

Department/Division:
CSG8 / EOD

Hometown:
Broken Bow, Okla.

Time in the Navy:
5 Years

Goals:
Become a Master Diver
Break the 300ft Depth at sea

Achievements:
ESWS / EAWS



“

I am a salvage diver whose job is to keep water ways clear of obstructions and help maintain economic movement through world ports and harbors. I knowingly put myself in harms way when diving the tugs or pilot boats as the ship pulls in and out of ports.

HOOYAH DEEP SEA!

”



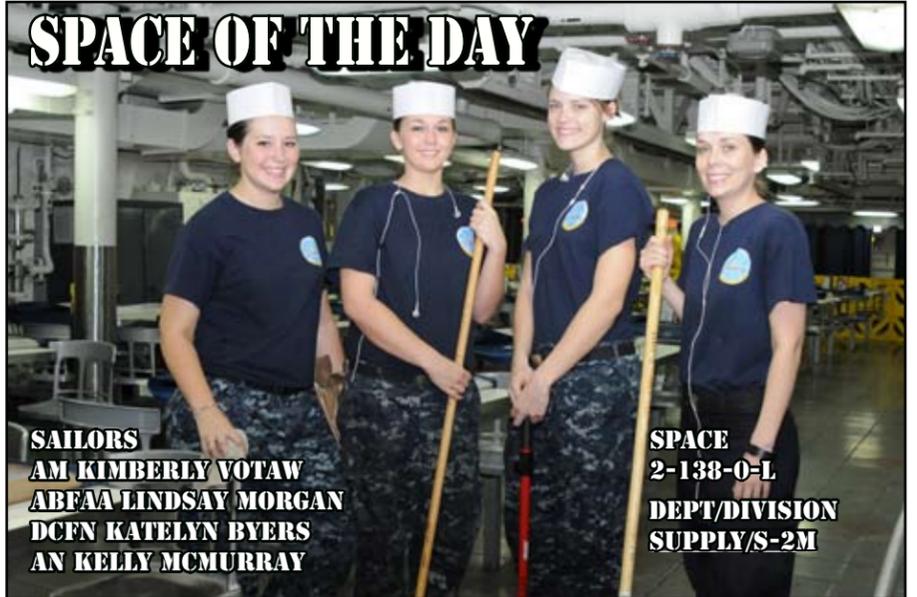
ANNOUNCEMENTS/MOVIES



RACK OF THE DAY

**SAILOR
MMFN ANDREW MULLENBACH**

**DEPT/DIVISION
ENGINEERING/A-DIV**



SPACE OF THE DAY

**SAILORS
AM KIMBERLY VOTAW
ABFAM LINDSAY MORGAN
DCFN KATELYN BYERS
AN KELLY MCMURRAY**

**SPACE
2-138-0-L
DEPT/DIVISION
SUPPLY/S-2M**

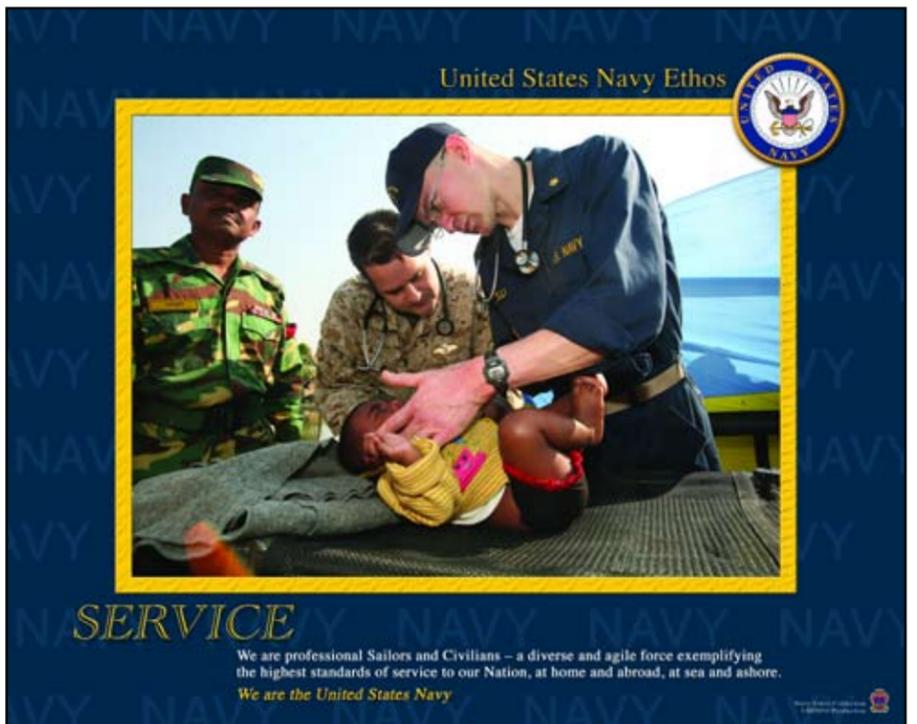
June's Leadership Development Committee Essay Contest

Topic: Describe an instance where you were forced to choose between a convenient lie and telling the truth. Did it prove more beneficial to tell the truth and show integrity or tell the lie? Why or why not?



Limit: 500 words maximum Due by: 20 June 2010 Submit to: XO's Admin

Prizes: 1st Place (96 hr special liberty)
2nd Place (48 hr special liberty)
3rd Place (24 hr special liberty)



SERVICE

We are professional Sailors and Civilians – a diverse and agile force exemplifying the highest standards of service to our Nation, at home and abroad, at sea and ashore.

We are the United States Navy

Health Promotion Note

Muscular strength and endurance exercises are important for many reasons, including improved ability to perform everyday tasks, prevention of low back pain and muscle injuries, enhanced personal appearance, maintenance of good posture, increased bone mass, and for some people, improved sports performance.



2010 Tiger Cruise

\$50 Registration Fee

Sign Up Deadline: 19 Jun 2010

**Ticket On Sale
on the Aft Mess Decks**

Time: 0900 - 2100

***Must Use Navy Cash Card**



Commanding Officer:
CAPT Dee L. Mewbourne
Public Affairs Officer:
LCDR Tommy Crosby
Assistant Public Affairs Officer:
LT John Supple
Visual Information Officer:
LT JG Benjamin Addison
Media Department LCPO:
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WEDNESDAY'S IKE MOVIE SCHEDULE

Channel 5

8:30 a.m. The Bank Job
10:30 a.m. Snatch
12:30 p.m. Crank
3 p.m. Crank High Voltage
5:30 p.m. Death Race
7:30 p.m. IKE News
8 p.m. The Bank Job
10 p.m. Snatch
12 a.m. Crank
2 a.m. Crank High Voltage
4 a.m. Death Race

Channel 6

8:30 a.m. Couple's Retreat
10:30 a.m. Four Christmases
12:30 p.m. Old School
3 p.m. The Break Up
5:30 p.m. Fred Clause
7:30 p.m. IKE News
8 p.m. Couple's Retreat
10 p.m. Four Christmases
12 a.m. Old School
2 a.m. The Break Up
4 a.m. Fred Clause

Channel 7

8:30 a.m. Fun With Dick and Jane
10:30 a.m. Horton Hears a Who!
12:30 p.m. The Number 23
3 p.m. Yes Man
5:30 p.m. The Grinch
7:30 p.m. IKE News
8 p.m. Rack of the Day Pick
10 p.m. Horton Hears a Who!
12 a.m. The Number 23
2 a.m. Yes Man
4 a.m. The Grinch

Channel 8

8:30 a.m. The Case for Opsec
10:30 a.m. 3M: Doors, Hazmat, and EEED
12:30 p.m. Every Fifteen Minutes
3 p.m. SAVI: Putting the Pieces Together
5:30 p.m. RSEP: US Strategy in Middle East
7:30 p.m. IKE News
8 p.m. The Case for Opsec
10 p.m. 3M: Doors, Hazmat, and EEED
12 a.m. Every Fifteen Minutes
2 a.m. SAVI: Putting the Pieces Together
4 a.m. RSEP: US Strategy in Middle East