



Bones PT for Duty-Free

By Lt. j.g. Karin Roberts
VFA-103 Public Affairs Officer

Sailors from Strike Fighter Squadron (VFA) 103 participated in a physical training competition July 3, to cap off a cruise-long contest for a duty-free port call in the Mediterranean.

Every shop in the squadron showed up in the ship's forecabin and forward cardio gym to battle it out and be crowned winner of the "Bones Fitness Competition." The competition included maxing out on push-ups and sit-ups in a two-minute period and then finishing up with a 12-minute treadmill run.

The performance of the day went to Aviation Ordnanceman Airman Daniel Montoya who ran an impressive 2.03 miles in the allotted time.

"The motivation and camaraderie were inspiring," said Lt. Aaron "Ocho" Ochalek, an official scorekeeper.

Not only were the competitors amped up, but each shop had a strong support system present as well. There was high energy and, of course, some friendly ribbing as the Sailors sweated it out head-to-head.

VFA 103's Executive Officer, Cmdr. Rick "Slash" Crecelius

said, "I thought it was a great exercise in team-building and a good-spirited competition that helps build the esprit de corps of the squadron."

The "Bones Fitness Competition" began six months ago with each shop in the squadron competing as a team. Points were logged daily, based on miles covered and time spent in the gym. Each month, the victorious shop received a movie night in the Ready Room, complete with snacks and sodas provided by the Officers' Mess.

Participation has been extremely impressive and rarely can one go into any of the gyms without running into a fellow Jolly Roger.

VFA 103 Command Fitness Leader, Lt. Tim "Dewey" Sprague said he is very happy with the turnout at the competitions and the hard work put in by the Sailors over the last six months.

"I'm pleased with the amount of extra effort our troopers have made, especially during a busy deployment," said Sprague. "Our final BCA (body composition assessment) results displayed how much work everyone has put into maintaining physical fitness. I'm looking forward to the same amount of energy upon our return



Sailors from Strike Fighter Squadron (VFA) 103 competed for the most push-ups and sit-ups and the best run time during their "Bones Fitness Competition" July 3. (Photo supplied by VFA-103)

home, where we will execute our first PRT (physical readiness test) in a two-year period."

The squadron's AME Shop, who had been defending their title for four out of six months, walked away the champions, with a very exceptional display

of athleticism.

"I'm proud of the guys in the shop. Half of us are taking Turkey off and half will have duty-free in Italy. Hard work pays off," said Aviation Structural Mechanic (Safety Equipment) 2nd Class Juan Olivarez,

AME shop leading petty officer, who impressed all attendees and judges with 134 push-ups in two minutes.

Rounding out the competition was the ADMIN Shop in second place and the Line Shack in third.

Keeping Your Head Above Water

By April Phillips
Naval Safety Center Public Affairs

One fringe benefit of joining one of the sea services is that by virtue of the fact ships float, Sailors and Marines are usually stationed close to the water. One young Sailor recently decided to dive into the crystal clear waters off the coast of Japan. It was a beautiful day and he was confident about his abilities. A strong wave changed all that in seconds. He suffered a spinal contusion after being slammed onto the ocean floor. The spinal cord injury caused bleeding in the spinal column that produced pressure and killed neurons.

"He's paralyzed right now, and we don't know if he's going to recover," said John Williams, the recreation

and off-duty safety coordinator at the Naval Safety Center.

"Swimming is the leading recreational killer of military personnel," he continued. "In total off-duty mishaps, it's only surpassed by traffic accidents."

Sailors and Marines who aren't aware of the water depth or underwater hazards are at added risk. While all the hazards of swimming can't be eliminated, there are smart decisions Sailors and Marines can make to minimize the danger. One of the most important, Williams said, is to always swim with a buddy.

"Don't ever go to the beach by yourself and always be familiarized with the area you're going to," he said.

He recommended taking advantage of the information Morale, Welfare

and Recreation (MWR) has to offer.

"MWR has specifics on the beaches within a base complex and within the local area. They'll also know any beaches that are off-limits due to excessive dangers."

If, in spite of proper planning and precaution, a Sailor or Marine finds him or herself in danger in the water, there are time-critical decisions that can save the day.

"Stop struggling!" Williams said is the best advice for a swimmer caught in dangerous rip tide currents. "Swim parallel to the shore until the tug dissipates. If you try to swim against the rip tide, you are swimming against nature. You will get tired and drown."

Another important rule is never to swim under the influence of alcohol.

"Most of the time, alcohol is a

contributing factor in drowning mishaps," Williams said.

A trip to the ocean, lake or community pool is meant to be a good time and there are many resources available to help swimmers stay safe in the water.

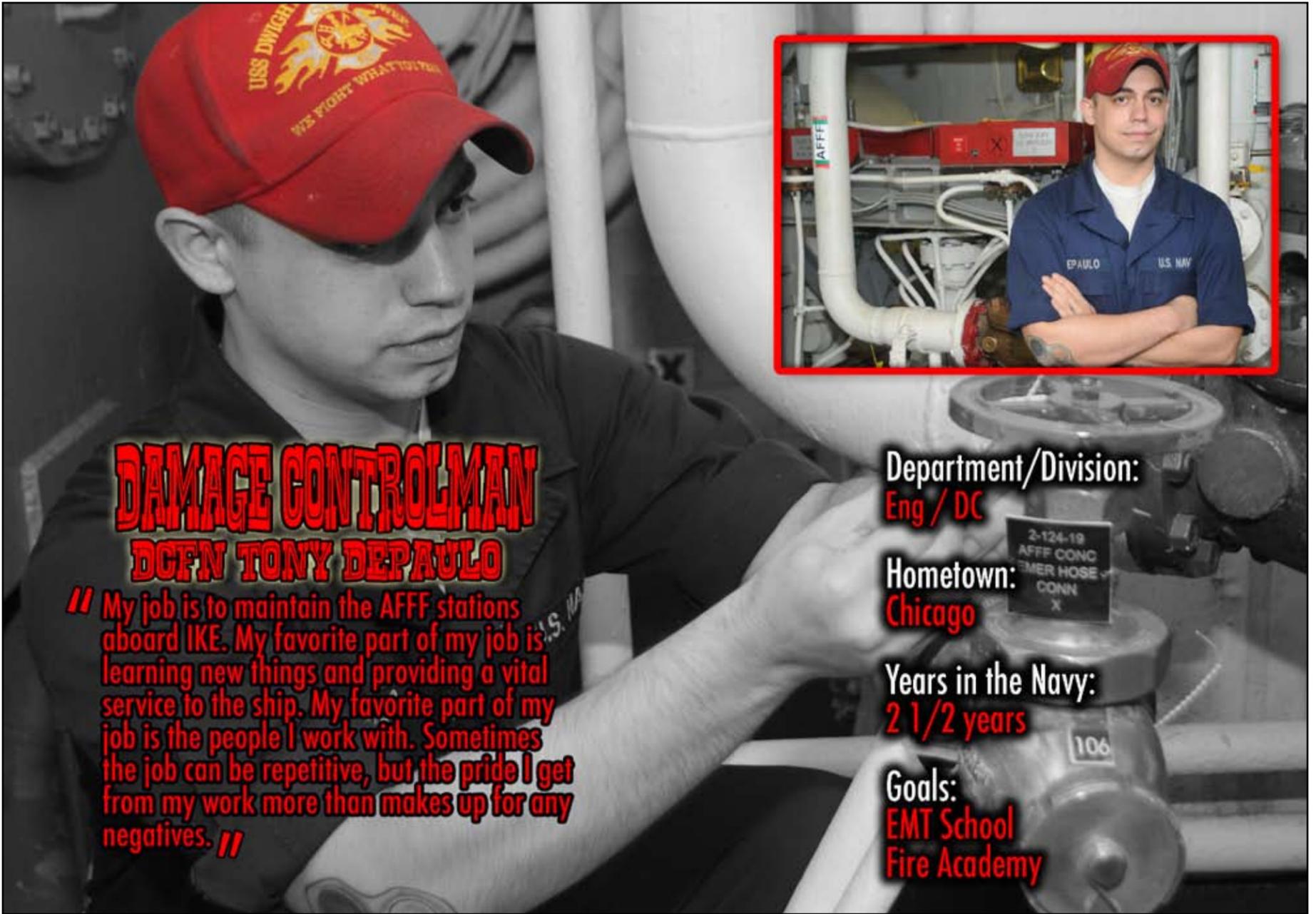
The American Red Cross has an excellent website covering a wide variety of water-safety tips. View their website at: <http://www.redcross.org/services/hss/tips/healthtips/safetywater.html>

For information on rip currents visit the National Weather Service's website at: <http://www.ripcurrents.noaa.gov/tips.shtml>

The Naval Safety Center website has additional safety information on a variety of water activities at: <http://safetycenter.navy.mil/toolbox/swimming/default.htm>.



PROFILE



DAMAGE CONTROLMAN DCFN TONY DEPAULO

// My job is to maintain the AFFF stations aboard IKE. My favorite part of my job is learning new things and providing a vital service to the ship. My favorite part of my job is the people I work with. Sometimes the job can be repetitive, but the pride I get from my work more than makes up for any negatives. //

Department/Division:

Eng / DC

Hometown:

Chicago

Years in the Navy:

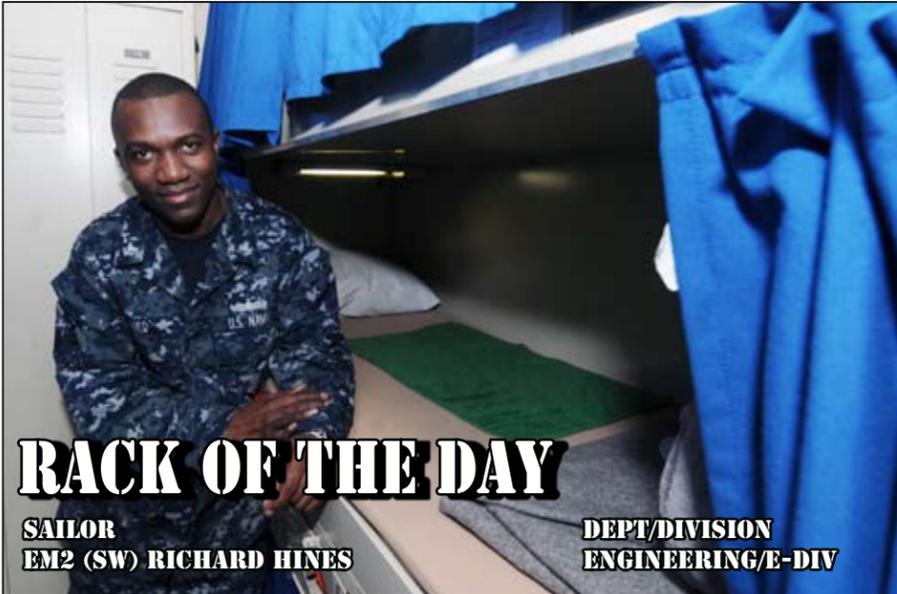
2 1/2 years

Goals:

**EMT School
Fire Academy**



ANNOUNCEMENTS/MOVIES



RACK OF THE DAY

SAILOR
EM2 (SW) RICHARD HINES

DEPT/DIVISION
ENGINEERING/E-DIV



SPACE OF THE DAY

SAILORS
BM3 (SW) ROBERT BRIDGEMAN
BMSN CHRIS EHLERS
BM3 (SW) WALLEY WEEKFALL

SPACE
3-255-1-L
DEPT/DIVISION
DECK/2ND



Information you need to know to "Avoid Floyd!"

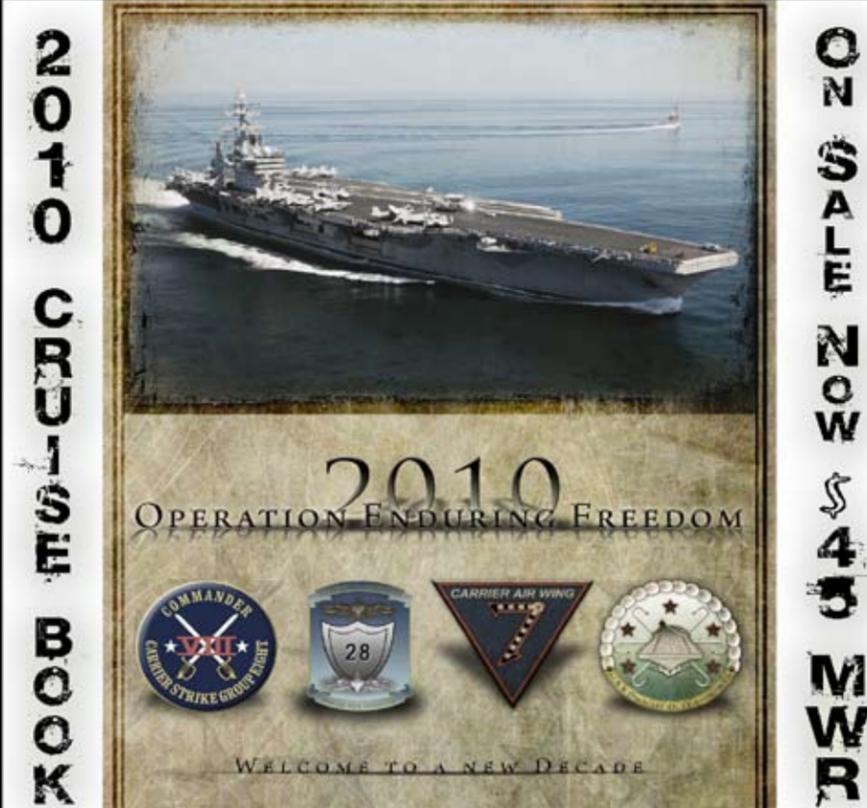
- **Sexual Harassment**
- Seniors who use sexual behavior to affect career, pay, or position of another member;
- Any member who makes unwelcome sexual comments, gestures, or contact;
- Seniors that create or tolerate a hostile, offensive, or intimidating environment (on or off ship).



Responsible Use Begins With U

Don't Drink & Drive

DAPA Note
Are you Invincible? Just because you don't look or act drunk, doesn't mean you are OK to drive. Many alcohol-impaired drivers do not look or feel drunk in the traditional way. Studies have shown that a BAC as low as .02 interferes with your ability behind the wheel and makes it more likely you'll have a motor vehicle accident. The probability of a crash begins to increase significantly at .05 BAC and climbs rapidly after about .08 BAC.



2010 OPERATION ENDURING FREEDOM

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MC1(SW) Amy Kirk

Staff Writers/Layout:
MC2(SW/AW) Jesse Dick
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TUESDAY'S IKE MOVIE SCHEDULE

Channel 5	Channel 6	Channel 7	Channel 8
9 a.m. <i>Half Light</i>	9 a.m. <i>Everybodys Fine</i>	9 a.m. <i>Crank High Voltage</i>	9 a.m. <i>NCIS Brief</i>
11 a.m. <i>Freedom Writers</i>	11 a.m. <i>Madea Goes to Jail</i>	11 a.m. <i>Blades of Glory</i>	11 a.m. <i>XO, DCAG, CMC Port Brief</i>
1 p.m. <i>The Guardian</i>	1 p.m. <i>The Good German</i>	1 p.m. <i>Because I Said So</i>	1 p.m. <i>Cultural Brief</i>
3:30 p.m. <i>Fracture</i>	3:30 p.m. <i>Kill Bill Vol. 1</i>	3:30 p.m. <i>Illegal Tender</i>	3:30 p.m. <i>NCIS Brief</i>
5:30 p.m. <i>Half Light</i>	5:30 p.m. <i>Everybodys Fine</i>	5:30 p.m. <i>Crank High Voltage</i>	5:30 p.m. <i>XO, DCAG, CMC Port Brief</i>
8 p.m. <i>Freedom Writers</i>	8 p.m. <i>Madea Goes to Jail</i>	8 p.m. <i>Blades of Glory</i>	8 p.m. <i>Cultural Brief</i>