

THE GREAT Communicator

USS RONALD REAGAN'S INFORMATION PORTAL

August 26, 2009

T-Minus
10 Weeks
to PFA...



Leadership



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“ Information is the oxygen of the modern age. It seeps through the walls topped by barbed wire, it wafts across the electrified borders. ”

-Ronald Reagan

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FEATURES

PT, Good for You, Good for Me 3
The official message is out: Ronald Reagan has less than 10 weeks to get in shape.

A Dollop of DAPA. 4
One chief is in charge of getting Ronald Reagan Sailors the help they need.

Working on the Pharm 5
HM2 Keila Joaquin is our resident expert on the pharmaceutical business.

Go for the Gold 6
Damage Control Olympians battled each other to find the ultimate repair locker.

Gooooaaal! 8
The best way to get what you want out of the Navy is to set a goal and make it happen.

"The Orphan" 8
Sometimes a late-summer cheesy horror film is just what the doctor ordered.

Cover Photo By
MCSN Oliver Cole

DEPARTMENTS

- 2 TIDD BITS
- 9 AROUND THE FLEET
- 10 SHOW TIME
- 11 SUDOKU
- 13 SAILOR OF THE DAY



I don't know if any of you caught this, but apparently I am bad luck for the Giants. In my last column, I praised them for winning game one with the Colorado Rockies. Naturally, the Giants lost the next three games.

Well, laugh it up all you Rockies fans out there, go ahead, this one is on me. My heart is already broken after watching the walk-off grand slam in the 14th of the series finale. I know there is a lot of baseball left to be played, but it's hard to be optimistic right now.

I hope you enjoyed that small window into my soul. Yeah, I live and die by the Giants. Yeah, I bleed orange and black. All that jazz.

It may be hard for me to believe, but life will go on.

Yes, the world keeps on turning. Time is a funny thing, and proof of that came with the official announcement of our upcoming Physical Fitness Assessment (PFA).

MC3 David Brandenburg, G-Unit's resident gym rat, spoke with Fit Boss Luke "Fitty" Lockwood about what every Sailor can do to make sure they're good to go for the next PFA.

The Sailors who participated in Friday's DC Olympics already have a head start on getting ready for the next

PFA. As promised in Sunday's issue, we have complete coverage of the event. MCSA Amanda Ray spoke with the organizers and participants to find out how the fierce competition went down.

And if one of the competitors had taken a spill and injured themselves during the event, Ronald Reagan has just the person to take care of them. HM2 Keila Joaquin, our only certified



pharmacy technician, knows exactly what medical science can offer to alleviate any discomfort. MCSN Oliver Cole spoke with Joaquin about the pride she has for helping her fellow Sailors.

Even though we can't talk about specific dates, it's no secret on the mess decks that we're on the lighter side of deployment. People are smiling more, sleeping better and laughing a little louder. While it may seem a way off, our next port should be awesome and isn't too far on the other side of the horizon. Positivity is contagious these days.

Contributors

MC2 Aaron Holt

Holt is a Rancho Cucamonga, Calif., native. He originally joined the Navy as a journalist and graduated from the Defense Information School in Fort Meade, Md. Now aboard Reagan, he can be found in the Print Shop.

MC3 (SW) David Brandenburg

Brandenburg is a native of Grand Junction, Colo. This is his 2nd deployment since joining the Navy, his previous ship was the amphibious assault ship USS Tarawa (LHA 1). He spends most of his time studying to become a personal trainer and photographer.

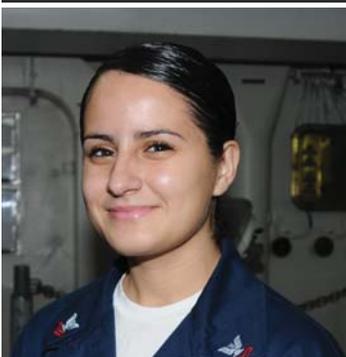
MC3 Jason Baird

Baird is halfway through his five year enlistment. He spent last year on Diego Garcia shooting video and relaxing on the beach. This is his first deployment aboard Ronald Reagan and it's everything he ever imagined and more. Baird brings a new dimension of graphic design and video talent.

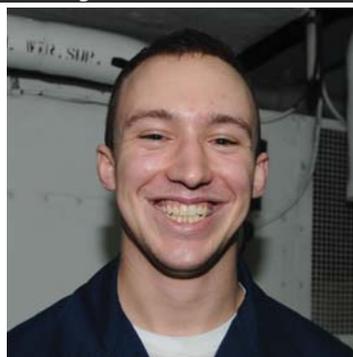
MCSN Lex Wenberg

Wenberg studies philosophy, film, and electronic entertainment. He likes to argue about ideas, watch movies, and play video games. His heroes are Charles Bukowski, Robert Anton Wilson, and Hunter S. Thompson. Dislikes: bigotry, greed, judgementalism.

Street Beat: Who is your favorite U.S. president?



HM2 Monique Stafson
"Richard Nixon. A lot can be learned from his mistakes."



ABHAN William Smith
"Abraham Lincoln. He saved a country divided."



YN3 Trystan Hill
"Teddy Roosevelt, he created the National Park system."



CS1 Carlton Kirkwood
"Franklin Roosevelt, our only four-term president."



Reaching for that “Outstanding”

The countdown begins for the upcoming Physical Fitness Assessment.

Story By
MC3 (SW) David Brandenburg

Photo By
MCSN (SW/AW) Oliver Cole

With the announcement of the Physical Fitness Assessment (PFA) official 10-week notice, the scramble to become physically ready has begun.

For most Sailors, fitness is a part of their daily lives, so becoming prepared is something that is worked on year round, not just at the last minute. Some Sailors, however, do not work out year round and tend to wait until the last few weeks to begin preparing.

There are many ways to prepare for the sit-up, push-up and 1.5-mile run that makes up the PFA. Everyone prepares in their own way, but how do you know what you are doing

is going to be effective?

“Practice the test,” said Fit Boss, Luke Lockwood. “Sailors who may have some trouble with the run, or any aspect of the test, need to focus on that portion. If you need to work on the run, I suggest running the actual test every other day for at least two weeks and that should get you to where you need to be.”

Setting goals can be helpful in preparing for the PFA, especially for those looking to go above and beyond what’s required.

“I’m just keeping it simple, push-ups, sit-ups and running,” said Damage Controlman Fireman Adam Hardy. “I would like to stay about ‘excellent’

for my score this PFA cycle.”

Everyone, from the youngest Sailors to the more seasoned veterans, have a different fitness level and background. Proper form and execution play a huge role, as well as knowing your body’s limits.

“I’m continuing with my CrossFit training, which consists of a lot of metabolic conditioning, weight lifting, body-weight exercises as well as running three days per week,” said Information Systems Technician 2nd Class (SW) Stephanie Carr. “I’m trying to get that Outstanding High; it’s been Outstanding Medium for the past two years, so that’s my goal for

this PFA.”

“You’ve got to work out a little bit every day, that’s my philosophy,” said Command Master Chief (AW/SW/SS) Mark Rudes. “I’m a big fan of the rowing machine and just working on the basic core exercises with sit-ups, push-ups and running for cardio.”

Ronald Reagan takes pride in providing the best possible environment to surpass the standards of the PFA. With five gyms and various cardio machines in any space with enough room, Ronald Reagan takes a firm stand on physical fitness.

“I try to get out every day to check the equipment, so every Sailor on board has an

Our Clean and Sober Resource

The command Drug and Alcohol Prevention Advisor is here for us.

Story & Photo By
MC2 Aaron Holt

Tucked away in a room the size of a closet is a man who is extremely important to this ship. The fact is that people, Sailors, civilians or otherwise find themselves in trouble with substance abuse. It is this man's job to screen Sailors who have been referred to him for drug or alcohol problems, and meet with Sailors in an aftercare program. He turns around lives. He is Chief Aviation Boatswain's Mate (handling) (AW/SW) Paul Grisham, Ronald Reagan's drug and alcohol prevention advisor (DAPA).

The command DAPA's role, first and foremost, is be an aide to any Sailors who need him, before or after an incident occurs.

One of the most common misconceptions Grisham deals

with is that he is a mandatory part of punitive measures, but he urges Sailors to realize that he can help with preventative maintenance, not just repair.

Unfortunately, most don't find their way to him until it's too late. Often, that is while he is advising the commanding officer during captain's mast on a Sailor who is going up for a drug or alcohol related incident.

"Once an individual is identified by an incident referral, command referral or self referral, it is my job to get the DAPA screening complete. Then I refer the individual to the substance abuse rehabilitation program (SARP) coordinator where they will be screened for what form of treatment is needed to help the individual," said Grisham.

"Also, I meet with Sailors on a weekly basis who are enrolled in a one-year aftercare program and we talk about how they are doing and what they are doing to occupy their time to keep them away from the urge to drink."

Advising the commanding officer is a very visible and important part of his job. Luckily when he's not at a captain's mast, his daily job is not too difficult.

"I make myself available for check-ins, check-outs and for aftercare individuals to stop in and talk with me," said Grisham.

The one thing that makes any job worthwhile is the rewards one gets from it.

"Knowing I was able to help someone who wanted to change their way of life,

sending someone to treatment and they learn how to make it through the day without the use of alcohol makes my job worthwhile," said Grisham.

"I enjoy helping individuals get the help they need when they want it," he added.

Reaping the rewards after dealing with the difficulties makes the rewards that much sweeter.

"Most of the time Sailors don't want the treatment but are required to attend. It takes someone who wants to change to actually change," said Grisham.

Grisham also tries to offer a proactive approach to preventing Sailors from finding themselves in trouble, though, like anything else, this too has it's difficulties.

"It's also tough trying to get

DAPA cont. on Pg. 12





She's got your fix:

Everything From Ambien to Zoloft

Story & Photo By
MCSN Oliver Cole

Being the only one aboard ship that knows how to do a job is a double-edged sword. It's great to get the respect and feel like an integral part of the team, but whenever your expertise is required, you have to work; regardless of if it's three in the morning. Such is the life of Reagan's Rx Tech—our pharmacy tech.

She's the only one of her kind aboard Ronald Reagan and most people only see her through a small window. She stands just less than 5 feet, 3 inches tall, but her warm, friendly smile helps patients start to heal even before they ingest their meds. Hospital Corpsman 2nd Class (SW) Keila Joaquin is a rare breed

of pharmacy technician.

Joaquin is a hospital corpsman, specially-trained (C school) as a pharmacy tech to run Ronald Reagan's pharmacy.

Being the only pharmacy tech on the ship, Joaquin is always on call and she is always multitasking.

"It's a pretty big responsibility," said Lt. Maria Edusada, the ship's medical administrative officer. "It's almost a 24/7 job."

"I deal with everything from medication to immunization and anesthesia," said Joaquin. "If it's a drug, I'm behind it."

There are more than 350 different types of medications in Reagan's pharmacy,

everything from antibiotics to cardiac drugs to more everyday treatments, like foot powder and sunscreen. Joaquin is an expert in all of these, and the Health Services Department has complete confidence in her knowledge.

"Joaquin is the subject matter expert on pharmaceuticals on board," said Edusada.

She doesn't diagnose Sailors, but she does offer them immediate peace of mind with her thorough knowledge of medication.

"It eases the burden of going through sick call," said Edusada. "She says, 'Take these medications, in a couple of days if you're worse

come back.' If you don't need to come back then I guess she cured you."

Although Joaquin is the sole pharmacy tech aboard, she exhibits teamwork to improve her department's ability to care for patients.

"It's my job to train everyone in the department," said Joaquin. "To do this job safely, you have to take the necessary precautions. You need the right patient, the right drug, the right route, the right quantity and the right dosage. It has to be done like this every time."

The importance of her job could definitely be stressful, but Joaquin's training helps her overcome that.

PHARMACY TECH cont. on Pg. 12

More Than a Game

Story & Photos By
MCSA Amanda Ray

Sailors were rushing around the hangar bay frantically pulling on firefighting suits, boots and helmets. They rushed by, carrying a stretcher to a dummy lying facedown on the ground. They immediately put the dummy on the stretcher and bandaged its leg. All over the ship, Sailors are constantly practicing for potential emergencies and are told, 'Practice makes perfect!'

Sailors are given the opportunity to practice during GQ, but during the DC Olympics, the time pressure is more like what Sailors would experience during a real emergency.

"The DC Olympics are part of a process where Sailors receive real-life training scenarios in order to handle actual casualties and respond appropriately to shipboard emergencies," said Kelley. "The training allows damage control teams only five minutes to respond to any emergency, which helps crew members stay efficient with their skills."

To help Sailors perfect their skills, repair lockers competed against each other in the Damage Control (DC) Olympics held Saturday in Hangar Bay 2.

"All 10 repair lockers competed in more than five rapid-response events, which demonstrated Sailors' skill and knowledge in

damage control," said Master Chief Damage Controlman (AW/SW) John Kelley. "Not only were the Sailors put to the test physically and mentally as individuals, but they also had to flex their strength as a team."

Sailors participated in team events such as an Self-Contained Breathing Apparatus self controlled relay, where groups from different repair lockers raced each other to put on their firefighting equipment and get to the finish line as a team.

There was a 'Lost on Reagan' investigation race to find a space on the ship, which is similar to what investigators do during general quarters (GQ).

There was also a plotting drill to plot the damage located around the ship, and a stretcher-bearer relay to locate the dummy, bandage his leg and carry him to safety.

Repair Locker 4 took first place with a total of 41 points. Repair Locker 2 came in second place with 37 points. And Repair Locker 1A took third place with 33 points.

"I think the DC Olympics were fun and a great learning experience," said Aviation Electrician Technician Airman Donald Leroy Goodman, who participated in the stretcher-bearer relay.

After seeing how well Saturday's event went, the Olympics are going to become a quarterly event,

Kelley said. Sailors can expect to have a couple during our Planned Incremental Availability as well.

"DC Olympics are held Navywide but haven't been held aboard for a few years," said Chief Hull Technician (AW/SW/DV) Jacob Dutchover. "It's a great training tool. Sailors will learn some things from this that we don't normally do during GQ."

Having the Olympics also helps build team relations within repair lockers. Every event involves teams of Sailors working together for a common goal: to save the ship.

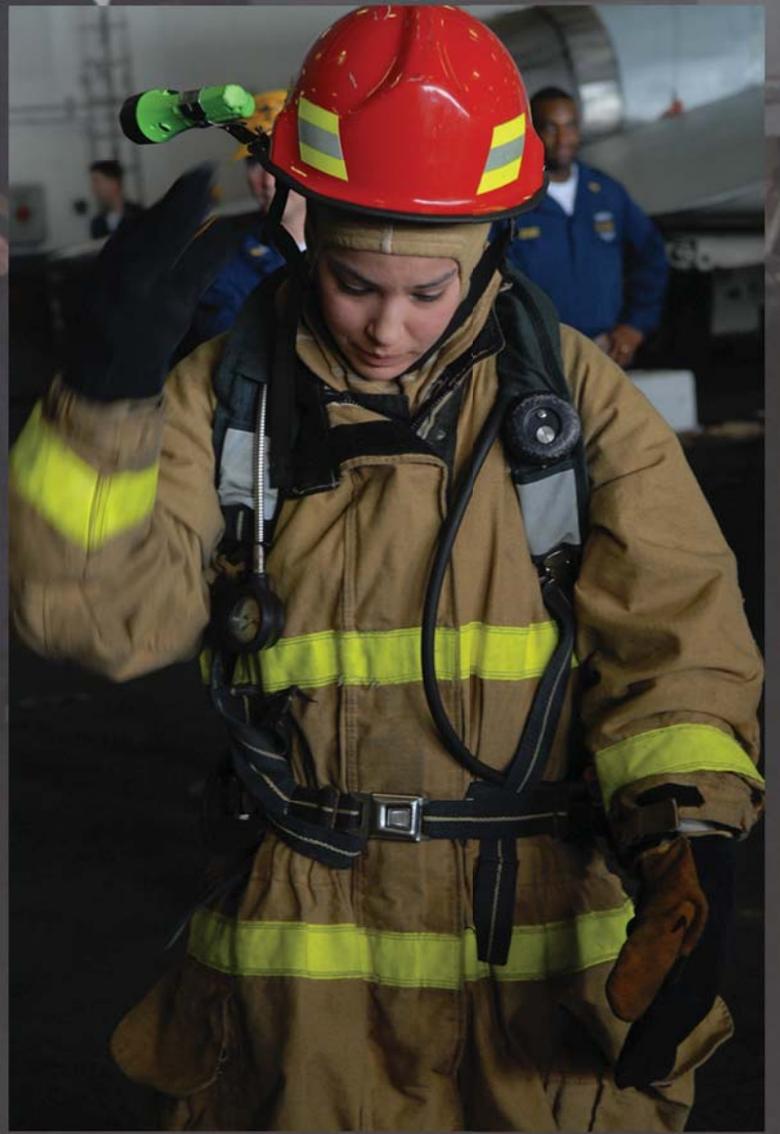
The DC Olympics are about competition with our shipmates for response time and efficiency," said Kelley. "During a real casualty, that's what determines the difference between life and death."

Sailors who perform well raise the bar for themselves, helping them continue to improve.

"I think the DC Olympics is a great thing. It showcases talents and what they have learned and put it to the test," said Chief Machinery Repairman (AW/SW) Brian Heath.

Shipboard DC is not just for the damage controlmen. In an emergency, everyone aboard needs to know what to do to save the ship and each other. DC Olympics helps everyone to do just that.

"Every Sailor is a firefighter," said Kelley. "One team, one fight."



Features

Looking out for #1:

Setting Goals Can Go a Long Way

Story By
MC3 Jason Baird

Chances are most Sailors have had goals at some point in their lives. Whether or not they got what they wanted may have had something to do with how realistic a goal it was and if they had short-term goals in place to achieve it.

According to Chief Navy Counselor (AW/SW) Fonda Wilson, command career counselor, having goals can be invaluable to Sailors looking to improve their situation, whether it's financial, advancing in the Navy, or making sure they have a successful transition

to civilian life. Wilson said there's a difference between people who set goals and people who don't.

"People who don't set goals don't accomplish anything," she said. "They come to work every day, they do what they're told, which isn't a bad thing, but they have no personal initiative to take anything away from their years in the Navy."

Goal-minded people are on the other side of that fence.

"A lot of successful people say that the reason they're successful is because they

set goals and are focused on them," she said.

All Ronald Reagan Sailors can set goals determining what they want to get out of their time stationed here, whether it's leaving as an E-5, getting warfare qualified or focusing on getting a college education.

These are what Wilson calls long-term goals. But Sailors can have short-term goals as well, which are goals that can help them achieve their long-term goals.

"Short-term goals are

stepping stones to long-term goals," Wilson said. "I would say short-term goals are between six months to a year. It's something you can complete right now; and once you've got something accomplished, it gives you courage and motivation to keep going forward."

Interior Communications Electrician 3rd Class Amanda Beck, site technician, said her long-term goal is getting her bachelor's degree. To do that, she has a short-term goal of taking classes when she's back in San Diego.

GOALS cont. on Pg. 12

Reel Time

Bad Things Come in Small Packages

"The Orphan" proves it pays to do research before you invest in someone.

Story By
MCSN Lex Wenberg

Sometimes, a person just has to buy some popcorn, sit down and watch a terrible horror movie.

Now, I'm not expecting much from a late-summer horror flick, certainly not as much as I'd expect from a big-budget mid-summer blockbuster. I do expect for there to be a shrill, whining violin that slowly ramps up in pitch until the sound is borderline unbearable and then to be startled once that violin hits fortissimo (the top of the crescendo). I expect for there to be screaming and shocking violence. I expect all of these things, knowing that I will probably be disappointed on at least a couple points. However, sometimes, sometimes, you just get more than your money's worth. (Minus the popcorn. That stuff's bad for you, and expensive).

We all know there are movies that tell really cool stories for the first three quarters, then, at the end,

filmmakers treat the movie like a designated driver who turned out to be sneaking shots the whole night, and then crashes your car; such as the movies "Knowing" and "The Day The Earth Stood Still."

The movie "The Orphan" is the opposite. It's the designated driver who looks like a party animal and who everyone is unsure about. Then that designated driver turns out to be a real champ, picking up the Denny's bill at the end of the night, walking each person to their door, and then offers to do it again next time.

Starting out with some decent actors: Peter Saarsgard from "Garden State" and "Jarhead," and Vera Farmiga from "The Departed" and "The Manchurian Candidate," this film really sets up a pretty realistic family.

Then, the movie trudges along like a drunk in the bitter-cold wind

of wintertime in Russia. It covers all the basic points you would expect from a normal, average thriller, but without any real energy. There are some pretty interesting scenes with the family's children, but that's not really enough to keep it exciting.

The premise of the movie is that something awful happened to a family of five, and they lost a child. Now the couple is looking to adopt. The couple, after a disturbing orphanage scene that reminded me how awful orphans must feel every time a couple visits the orphanage and doesn't pick them, settles on an eccentric girl, a transfer from an orphanage in Russia, who is a genius painter and dresses funny.

However, since you've seen the creepy child on the movie poster, and the movie is called "The Orphan," the viewer knows that the adoption is going to be a travesty. Either the new

"THE ORPHAN" cont. on Pg. 12



THE FLEET

USS Thach Helps Protect Iraqi Assets

By MC2 (AW) Joseph Buliavac



AT SEA ABOARD USS THACH IN THE NORTH ARABIAN GULF – The guided-missile frigate USS Thach (FFG 43) is providing a vital security presence in the North Arabian Gulf, helping to protect Iraq’s vital infrastructure since arriving on station in mid-July.

Thach is assigned to Commander, Task Group Iraqi Maritime (CTG-IM) as a picket ship to provide security for the Al Basrah Oil Terminal (ABOT).

“Some of the unique capabilities that Thach provides is a flight deck and two helicopters, which we can use for logistics, surveillance and for response to contingencies,” said Capt. Pete Driscoll, commander of CTG-IM.

The ABOT is an Iraqi oil

distribution facility that is the source of a significant percentage of the country’s gross domestic product (GDP).

“We make sure that oil flows from the platform to ensure Iraq’s economy continues to improve and flourish,” said Thach’s commanding officer, Cmdr. David Haas. “If that stops, up to 80 percent of their GDP would go away, and we can not allow that to happen.”

Task Group Iraqi Maritime operates in the Northern Arabian Gulf and is primarily responsible for defending critical Iraqi infrastructure located in the area, as well as protecting the sovereignty of Iraqi waters.

“We have sufficient capabilities out here to do the mission, but the Thach

certainly enhances what we can do in several areas,” said Driscoll. “It provides us with flexibility, and it provides us a visible deterrent as well.”

Thach and the task group are also training Iraqi forces in the area on maritime security operations (MSO).

“The big mission here is to defend and deter against attack but also to transition control of the defense of the ABOT back to Iraqi control,” said Haas. “We do that by training their navy and marine corps on point defense and picket defense.”

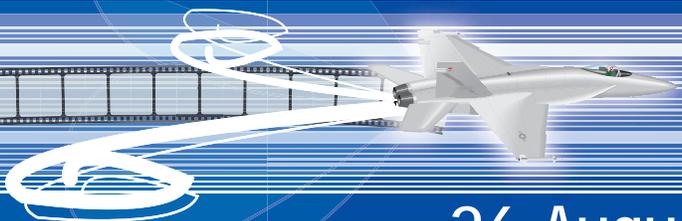
Thach’s inherent visit, board, search and seizure (VBSS) capabilities are also another key to the ship’s ability to support the task force and help defend the ABOT.

“We conduct security

sweeps of any vessels going into the ABOT,” said Lt. j.g. Julio Alarcon, a member of Thach’s VBSS teams. “We check for any contraband, weapons and explosives that might be on board.”

Thach’s presence and the increased maritime security it provides is the relationships it builds with the locals, which helps increase knowledge of the pattern of life and the maritime picture in the Northern Arabian Gulf.

“Our VBSS teams will do interaction patrols with local fishermen, developing good will and rapport with the locals,” said Haas. “We ask them about conditions at sea for them and their difficulties, any criminal activity, piracy or any other nations that are harassing them.”



Channel Time

26 August 2009

CH 2

0830-1320: 2010-2210:
V for Vendetta 300

1320-1630: 2210-0730:
Transporter Below The Enemy 2

1630-2010:
Illegal Tender

CH 3

0830-1320: 2010-2210:
Pirates of the Caribbean Gone Baby Gone

1320-1630: 2210-0730:
Shutter The Descent

1630-2010:
The Day the Earth Stood Still

CH 4

0830-1320: 2010-2210:
The Express Hustle and Flow

1320-1630: 2210-0730:
Bride Wars Waitress

1630-2010:
Beverly Hills Cop

CH 5

0830-1320: 2010-2210:
Chronicles of Narnia Sweeney Todd

1320-1630: 2210-0730:
Superhero Movie The Bucket List

1630-2010:
Cheaper By the Dozen 2

27 August 2009

CH 2

0830-1240: 1750-2140:
Mission Impossible Broken Arrow

1240-1750: 2140-0730:
The Departed The Greatest Game Ever Played

CH 3

0830-1240: 1750-2140:
Doomsday 1408

1240-1750: 2140-0730:
Transformers The Incredible Hulk

CH 4

0830-1240: 1750-2140:
The Break-Up Dreamer

1240-1750: 2140-0730:
Sex and the City Akeelah and the Bee

CH 5

0830-1240: 1750-2140:
Forgetting Sarah Marshall Because I Said So

1240-1750: 2140-0730:
Nick & Norah's Infinite Playlist High School Musical 3

28 August 2009

CH 2

0730-1000: 1510-1720:
Close Encounters of the 3rd Kind Indiana Jones

1000-1310: 1720-1930:
jaws Indiana Jones 4

1310-1510: 1930-2300:
War of the World The Covenant

CH 3

0730-1010: 1820-2210:
Cast Away Death Race

1010-1420: 2210-0730:
Traitor The Bourne Identity

1420-1820:
United 93

CH 4

0730-1010: 1820-2210:
Blood Diamond The Astronaut Farmer

1010-1420: 2210-0730:
Definitely, Maybe Burn After Reading

1420-1820:
The Family Stone

CH 5

0730-1010: 1820-2210:
Harry Potter and the Sorcerer's Stone Enchanted

1010-1420: 2210-0730:
Wedding Crashers Bridge to Terabithia

1420-1820:
Meet the Parents

29 August 2009

CH 2

0830-1240: 2100-2240:
RocknRolla Dead Silence

1240-1650: 2240-0730:
Smokin' Aces Bangkok Dangerous

1650-2100:
Transporter 3

CH 3

0830-1240: 2100-2240:
The Mummy 4 Austin Powers

1240-1650: 2240-0730:
Deception Wing Commander

1650-2100:
Mirrors

CH 4

0830-1240: 2100-2240:
A Good Year Yours, Mine and Ours

1240-1650: 2240-0730:
Ocean's 13 In the Land of Women

1650-2100:
The Devil Wears Prada

CH 5

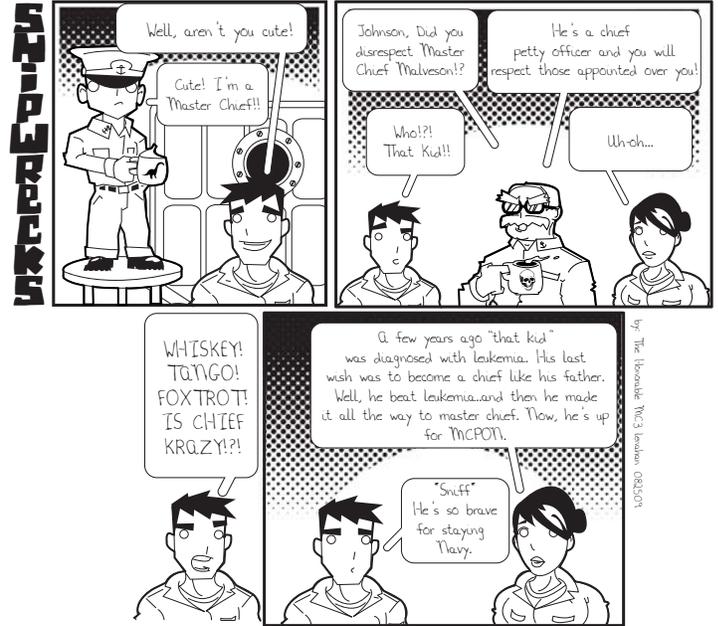
0830-1240: 2100-2240:
The Pursuit of Happiness Idiocracy

1240-1650: 2240-0730:
Stomp the Yard The Rocker

1650-2100:
Fool's Gold

Sudoku

		6	3			5	2	
2					4			9
9		4		7	8			
4	7	9	1					
				4				
					2	6	4	7
			7	1		4		8
3			8					5
	6	8			5	9		



PREVIOUS ANSWERS

9	1	7	8	5	4	2	6	3
5	3	4	6	9	2	1	8	7
8	2	6	1	3	7	5	9	4
6	7	1	9	8	5	3	4	2
3	4	5	7	2	6	9	1	8
2	9	8	4	1	3	6	7	5
1	5	9	3	7	8	4	2	6
7	6	2	5	4	1	8	3	9
4	8	3	2	6	9	7	5	1

Ease Up To Port

PERSIAN GULF
(August 17, 2009)
- The Cyclone-class coastal patrol ship USS Typhoon (PC 5) pulls alongside the Oliver Hazard Perry-class frigate USS Thach (FFG 43) for a fueling at sea (FAS). This event marks the first time Thach has performed a FAS with a coastal patrol ship. Photo by MC2 Joseph Buliavac



PFA

Continued from pg. 3

opportunity to do well in the PFA,” said Rudes. “We, as a command, don’t want any Sailor to fail or have any excuse for not getting in a little exercise time.”

The PFA consists of two vital parts, one, the physical portion (i.e. run, push-ups, and sit-ups) and two, the weight portion. Sailors who fail either part fail the PFA. All Sailors must fall within their respective age and weight group as well as their age and weight body composition assessment (BCA) if needed to be tape-measured.

With the PFA coming up quickly, Sailors should make sure they are making their way to the gym to keep within their fitness standards. The resources are readily available for every Sailor to excel.

DAPA

Continued from pg. 4

the new 5-1-1 cards, so I can make them available to Sailors prior to our return. And getting Sailors to the DAPA Training Course so they can fill in as departmental DAPAs,” added Grisham.”

With his hard work, dedication and a little bit of teamwork, Grisham helps Sailors kick their alcohol or drug problem.

“All of the departmental DAPA’s are a huge reason for my success. Without them, it would be tough to give everyone the attention they need,” said Grisham.

“Also the two SARP counselors on board, Damage Controlman 1st Class (SW) Phillip Estrada and Aircrew Survival Equipmentman 1st Class (AW/SW) Javier Duran, make it possible to schedule everyone for their treatment periods and conduct group sessions weekly to help individuals realize they are not the only ones who have had problems with alcohol and talk about their day to day activities,” added Grisham.

Despite the difficulties of Grisham’s job, it’s the chance to make a difference in a Sailor’s life that makes it worthwhile.

PHARMACY TECH

Continued from pg. 5

“If I give a patient something they are allergic to, they could die,” said Joaquin. “It could also cause serious adverse effects. If I give someone the wrong instructions the same things could happen.”

Attention to detail goes a long way for Joaquin as a pharmacy tech. She takes pride in her job and does it well. Joaquin has what it takes to be great at her job.

“Joaquin is very passionate about her

job,” said Edusada. “She is very systematic, and likes everything in order. That’s very important for a pharmacy technician. You can’t be mixing drugs. She knows her pharmacy, she knows her drugs.”

It can be stressful, though, knowing she is as needed as she is.

“I have to eat when and where I can,” said Joaquin. “Because people need my help so often, they even come up, talk to me about their medication when I’m in the chow hall! It’s tough to find even 15 minutes for chow sometimes.”

“We should all find out what HM2’s secret is,” said Aviation Support Equipment Technician 1st Class (SW/AW) Kristy Santiago, a mentor of Joaquin’s. “I greatly admire that she can handle that level of responsibility and make it look easy. Her work ethic and strength embody the Navy core values, and she is also one of the most positive Sailors I have ever met.”

Praise like that from her mentor and the unique trust she holds in Health Services and with her shipmates’ care make Joaquin smile.

“I love my job,” said Joaquin. “I’m in the customer service business and I get to help people. People might think my job is easy when the window’s open; I just count pills and put them in bottles. But that’s my chill time! That’s when I can talk to people, interact and just be still for a while. The rest of the time, I’m running all around to storerooms, making sure everything’s accounted for.”

As busy as she is, it may seem that Joaquin has no time to relax or take off stress. Joaquin is an important asset to the crew and always gives her all to her job every day. Her performance must be flawless. Supplying the entire ship with an accurate dosage of medicine they require is essential to mission readiness. But she handles this pressure with a smile on her face.

GOALS

Continued from pg. 8

She offered this insight on what it’s like to have a goal in mind.

Beck said finishing her enlistment so she can go to school full-time and get her bachelor’s degree will be “my ice-cold beer at the end of the day.”

But don’t get carried away when setting goals. Wilson said goals should be attainable and measurable. For example, a seaman apprentice deciding to make chief in four years just isn’t possible. Goals should also be flexible so there’s an option to change them if necessary.

Wilson explained that it really doesn’t matter if Sailors’ goals are geared toward a

career in the Navy or in the civilian world, what’s important is that they stay focused on them, which isn’t always easy.

“A lot of times, people get busy on the ship and they lose focus of why they joined and what their goals were when they joined. I always tell people to write down their long and short-term goals and post them someplace noticeable so that every day you’re looking at them.”

It basically boils down to something really simple: Sailors who practice setting realistic goals and staying focused on them are starting down a road that leads to the reward of knowing they accomplished what they set out to do.

“THE ORPHAN”

Continued from pg. 8

family addition is going to be a monster, or she’s going to be mistaken as a monster. Those are very common themes, a la “The Good Son,” and the movie “Quiet.”

The people I went to see “The Orphan” with, both a male and a female, were grabbing my arms toward the end, though, in fear. The suspense really begins to come together in the third act, and the ending explodes in plot twist mastery.

Each scene was shot very plainly. Normally, a thriller has mood lighting that lends to the creepiness. In this film, everything looked very neutral, and natural, making the characters’ actions that much more of a surprise.

The performances were flawless, especially the children who dealt with some pretty heavy material for their ages. I found myself believing the story and dialogue completely because of their seamless performances.

The villain in the story seemed very clumsy though, killing people, or otherwise exposing his or herself, which left decent-sized plot-holes, but anyone willing to watch a late-summer horror film these days probably doesn’t have any difficulty suspending disbelief.

Psychologically, this movie plays with a lot of our personal fears and suspicions, including whether alcoholics can ever truly recover, how well do we trust what children say, even our own, and how do we cope with grief?

Trust being the central theme to the film, this movie delivered way more than it promised. I trust writers David Johnson (screenplay) and Alex Mace (story), and the director Jaume Collet-Serra, (House of Wax) with my future money, even if I don’t see a preview. Like responsible designated drivers, I know these people will get me home safely.

SOD

SAILOR OF THE DAY



August 24, 2009

Name: EMFA Gregory Simpson

Dept/Div: Eng/E

Job Title: Craftsman

Where are you from?

Queens, N.Y.

Why did you join the Navy?

For school opportunity.

How did you feel when you found out you were chosen for SOD?

I was excited

Who do you hold responsible for your success?

E Division

Since reporting, what has been your favorite place to visit?

My favorite place was Singapore.

What piece of advice would you pass on to others?

Pay attention and follow direction.

August 25, 2009

Name: ET2 Benjamin Perrine

Dept/Div: RX/RC

Job Title: RC Maintenance Tech and RX Operator

Where are you from?

Curtice, Ohio

Why did you join the Navy?

To further my career.

How did you feel when you found out you were chosen for SOD?

I felt excited.

Who do you hold responsible for your success?

My mom and dad.

Since reporting, what has been your favorite place to visit?

Dubai, who knows what can happen in the sandbox.

What piece of advice would you pass on to others?

Say your prayers, eat your vitamins and workout, BROTHER!!!



August 26, 2009

Name: ADAN Jonathan Biles

Dept/Div: VFA 22/Powerplants

Job Title: Aviation Machinist Mate

Where are you from?

Columbus, Ohio

Why did you join the Navy?

To better myself.

How did you feel when you found out you were chosen for SOD?

I was honored and proud.

Who do you hold responsible for your success?

My mother, wife, family and coworkers

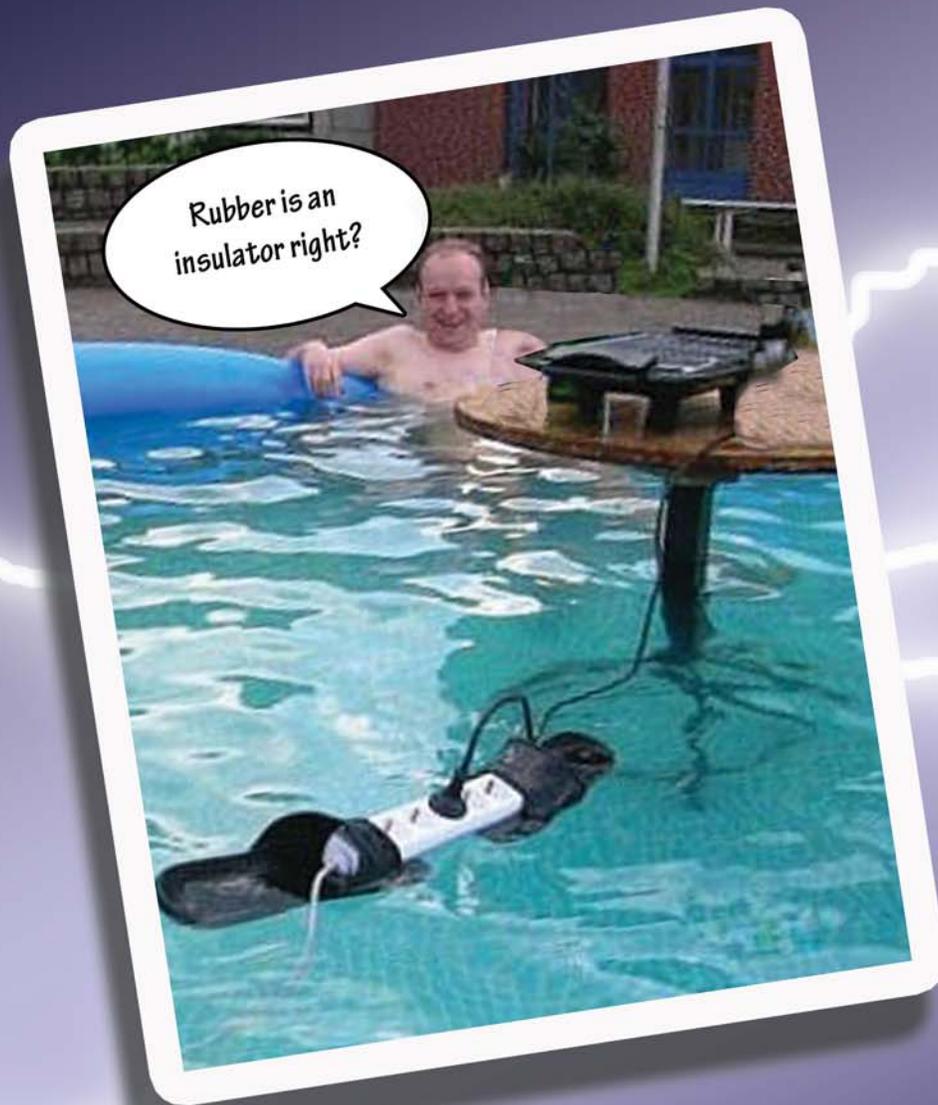
Since reporting, what has been your favorite place to visit?

My favorite place was Singapore.

What piece of advice would you pass on to others?

Hard work pays off, don't give up!





Speaking of electrical safety...
Are all of your personal electric devices safety checked?