

THE GREAT Communicator

USS RONALD REAGAN'S INFORMATION PORTAL

July 15, 2009

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**MANAGING EDITOR
MC2 Brandie Wills**

**PHOTO EDITOR
MC2 Joseph Buliavac**

**ASST. EDITOR
MCSN Alex Tidd**

“

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

CONTACT

MC2 (AW) Brandie Wills
J-6505
willsbrandie@cvn76.navy.mil
or
#_THEGREATCOMMUNICATOR

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Cover Photo By
MC2 (AW) Joe Buliavac

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What a day Monday was. I know it's two days later, but it seems like the excitement has only just started to calm.

I found the Chairman of the Joint Chiefs of Staff Adm. Mike Mullen's speech to be inspiring and gratifying, and definitely appreciated the visit. And that he took so much of his time to shake hands, take photos and hand out challenge coins to any Sailor who approached him, that was simply impressive. MC1 Frank Neely has more on the admiral's visit.

And then, of course, there were the admiral's fellow travelers. As a sports fan, meeting football Hall of Fame coach

Don Shula was a serious thrill for me, as was meeting former Buccaneers and Falcons running back Warrick Dunn.

Of course, it's safe to say that seeing a gorgeous girl like Leanne Tweeden brightened up all the guys' day. And the females weren't left out either, as managing editor MC2 Brandie Wills assured me that Bradley Cooper and Warrick Dunn were both easy on the eyes. Everybody got a little eye candy.

But while all the external talent visiting us was quite a thrill, now that they're gone, our home-grown talent

will be taking over. MCSN Lex Wenberg witnessed and wrote about the auditions for this year's Ronald Reagan Talent Show, and all signs point to an entertaining and competitive event.

While most everyone in the Navy agrees upon the importance of staying physically fit, some Sailors find working within the confines of the gym to be on the dull side. AC3 Jesse Battaglia has



the answer for those Sailors looking for a new and different work out, with a story about the new martial arts program held three times a week.

But for Sailors who still prefer more conventional methods of staying fit, MC2 Jim Verton spoke with the Fit Boss to find out about some new programs designed to make working out as painless as possible. This is Verton's first story here and we're all excited.

Yeah, it's Wednesday. So what. Have a good rest of the week, everyone, and I'll talk to you on Sunday.

Contributors

MC1 (SW/AW) Frank Neely

Neely has been in the Navy for nearly 12 years. Originally a JO before the MC rating merger, he now serves as Ronald Reagan Strike Group's assistant public affairs officer. He considers himself to be an intellectual and is constantly in deep thought

MC2 (AW) Benjamin Lewis

Lewis is a Tarkio, Mont., native who has produced over five independent feature films. He can be found in SITE TV where he continues his work as a videographer, producing commercials, Daily News Updates and is a member of the Captain's Call Team.

MC2 Jim Verton

Verton is from Rochester, N.Y. At his last command he used his ability to be a positive link between the U.S. Navy and the country of Japan. Verton is a life-long fan of the Buffalo Bills football team, has had a guitar in his hand's since kindergarten and is a legendary uncle to two nephews and three nieces.

MCSN Lex Wenberg

Lex T. 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: What book would you add to the CNO's reading list?



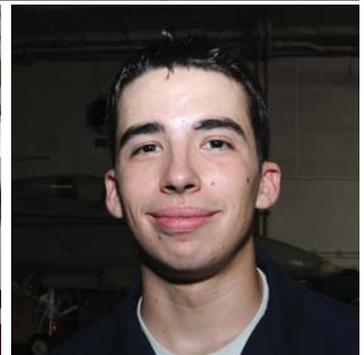
Cmdr. Eric Cunha
"Anything similar to Starship Troopers."



PSSN Ronald Byarugaba
"The World is Flat by Thomas Friedman."



AOAA Tiffany Hicks
"The Harry Potter series."



ADAN Wayne Kirkfield
"The short stories of Edgar Allen Poe."



Center Stage:

Reagan Talent Makes its Case

Story & Photo By
MCSN Lex Wenberg

The microphone was on, and whistling with feedback. Flash photography caused the Sailor to cover her eyes, but the music started just the same. She struggled down the butterflies in her stomach and began to sing.

The pressure was on, and this was only the audition!

The First Class Association (FCA) will host a talent show with participants from all over the ship. But before the contestants were selected to perform in front of the rest of the crew, they had to enter a gauntlet: The Audition.

Comprised of select members of the FCA, the audition panel was as much like the American Idol judge panel as they could manage. They couldn't give their opinion directly to the performers, but their comments between contestants were straight out of the show.

The panel of volunteers was selected by the officers of the FCA for their fairness and discerning tastes.

"I'm not there to pick favorites or hold anyone's hand," said Boatswain's Mate 1st Class (SW/AW) Ryan Myers. "I'm there to assist in making the talent show as entertaining and

tasteful as possible."

The entrants were varied, from a capella groups, bands, and even a staged drama act. The diversity was well received on the part of the panel.

"Each entry brought something different to the table, each bringing their own approaches and characteristics," said Myers.

Despite the fairness of the judges, it's not difficult to imagine the pressure of their gaze as each Sailor performed.

"I was a little nervous at first but I got over it," said Electronics Technician 3rd Class Jasmine Moran,

a talent show hopeful. "I am absolutely excited to perform at the talent show. I've never performed for a big crowd so it's a new adventure for me."

The panel did their best to make sure that everyone who tried out felt comfortable so they could give their best performance.

"I wanted the Sailors auditioning to feel at ease and not be too nervous and for the judges to be open-minded to all types of talents," said Aerographer's Mate 1st Class (SW/AW) Kenneth Constantine, president of the FCA. "That's why I selected a

Well Rounded Opportunities...

Ronald Reagan's Fit Boss offers tips to keep Sailors active.

Story & Photo By
MC2 Jim Verton

As deployment drags on and operations increase, it can be very easy to grow accustomed to a routine where looking good and feeling good seem to take back-seat priority to the mission at hand.

"There is always time to work out," said Fit Boss Luke Lockwood. With three main gyms and various locations around the ship accommodated with exercise equipment, there is plenty of opportunity to keep up with your fitness, added Lockwood.

In addition to the

numerous workout facilities, there is also a wide variety of programs designed to make getting fit and staying fit very recreational. The ship's intranet site (Gippernet) has a complete listing of classes offered to help keep Sailors in ship-shape.

The ship not only sponsors various fitness classes such as a flexibility class, circuit training class, and spin class, it is also home to sports teams like USS Ronald Reagan 76ers basketball team and Revolution soccer team.

The soccer team is always

looking for new players, according to Ronald Reagan Revolution player Gunner's Mate 3rd Class Jacqueline Carrizosa. All sports teams aboard the ship are given the rare opportunity to compete against teams that call our liberty ports home.

But to make staying and keeping in shape consistently fun, it helps to try new things and enjoy a variety of activities, said Lockwood. A future addition to the ship's selection of fitness programs will be a Pilate's class, to be held three times a week.

"Pilates not only works on your strength and endurance, it goes a little deeper and works your core muscles, your spirit and your mind," said Cryptological Technician (Technical) 2nd Class (SW/AW) Ashley Anderson. Anderson will be teaching the new Pilates class starting July 20.

Handling the weight and strength of your own body during a Pilates session can sometimes be more difficult than a heavy weight routine, Anderson explained. "Pilates is a low intensity, efficient use of all movement," she

FITNESS cont. on Pg. 12



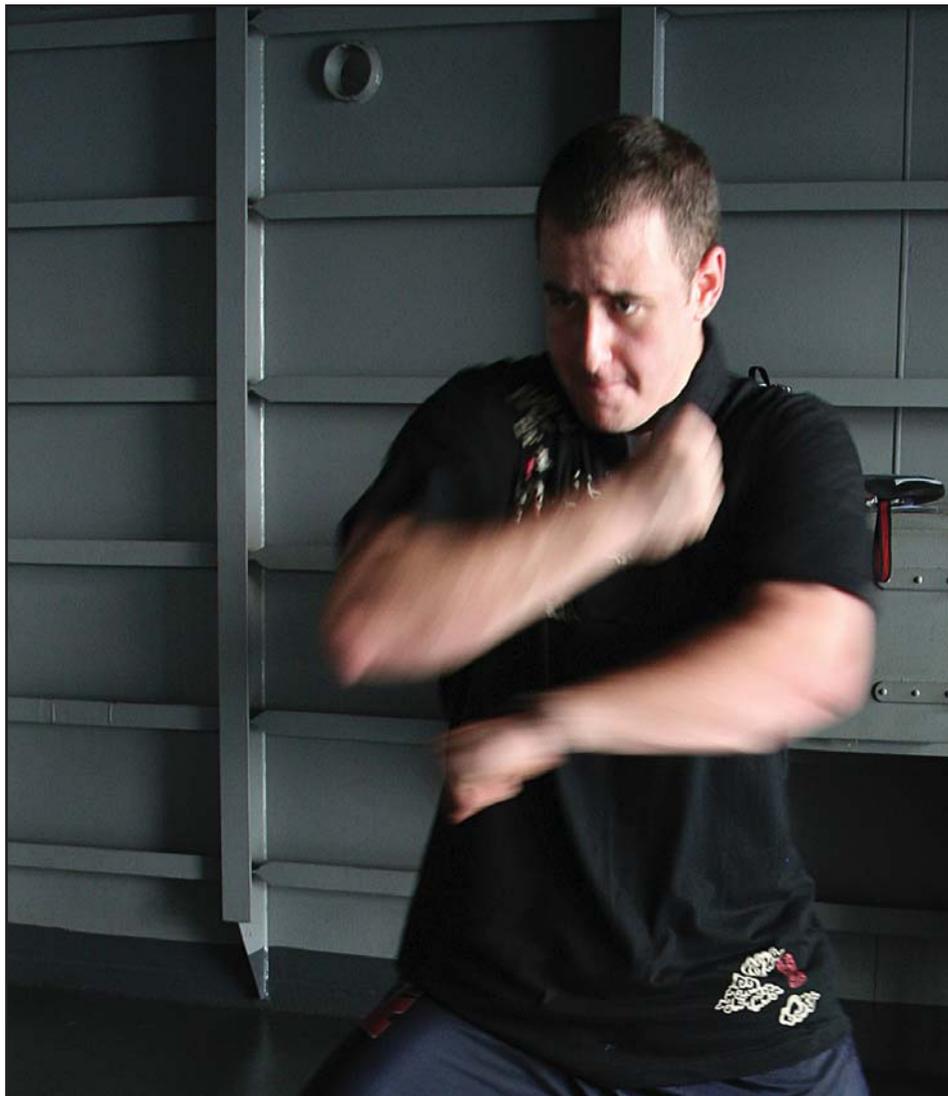
Chuck Norris, Eat Your Heart Out

Reagan's own Taekwondo Black Belt is ready to pass on his abilities.

Story & Photo By
MC3 Aaron Stevens

Prior to joining the Navy and for the past nine years, Air Traffic Controller 3rd Class (AW) Jesse Battaglia has been training in Taekwondo. Now stationed aboard USS Ronald Reagan, he's offering a Taekwondo class to anyone willing to train.

"I started it because when I look around the ship, I see that many physical training programs are miserable," said Battaglia, a Taekwondo 2nd degree black belt and three-time New York State Champion. "I decided I wanted to teach again and at the same time, I felt it would be best for the ship to have a program that might catch interest and people can volunteer to do to get in shape. There's just something about martial arts that catches my interest. The grace, serenity and the power behind it; I just find it to be very mystical."



Battaglia taught Taekwondo for five years as a civilian before enlisting in the Navy. He stopped teaching only two days prior to shipping out to boot camp.

For the Sailors currently taking his class, throwing punches and kicks is an alternative and fun way to keep in shape.

"We have to do PT," said Cryptologic Technician (Technical) 1st Class (SW/AW) Geoffrey Taylor. "There are a lot of different choices on Reagan in what people can do. I prefer to do a sport rather than just a workout and I like fighting sports. One of the things I like about being on a big deck is that there are so many choices and so many different things you can get involved in. Just having a martial arts class on board a ship is pretty neat."

Taylor has trained in three of Battaglia's classes. He said his favorite part of his one-hour sessions is the intense leg-strengthening exercises. He said because they hurt, he's knows the exercises are working.

Although he's been involved with martial arts throughout his life, Taylor said he needs to brush up and re-learn because he's taken a break from martial arts for so long.

"I've taken Taekwondo and Kempo," said Taylor. "Probably the one I've enjoyed most is Judo because it involves grappling and throwing. I've switched around so much I've never gotten a yellow belt in anything."

Others in the class also have a background in martial arts, but have had to stop for various reasons. Postal Clerk 1st Class (SW/AW) Cornelius Burr

Big Time Visitors

Story By
MC1 (SW/AW) Frank Neely

The Chairman of the Joint Chiefs of Staff, Adm. Michael Mullen, embarked Ronald Reagan Monday to visit and observe day-to-day operations supporting Operation Enduring Freedom in Afghanistan.

During the one-day visit, Mullen met with Sailors in hangar bay 2 to express how proud he was of their performance, and said what a privilege it was to be aboard the carrier and how much he enjoyed coming back into his element.

“You’re out here on point, putting your lives on the line, and you make a job that’s inherently dangerous look easy,” said Mullen. “Thank you for what you do.”

The chairman also reenlisted 11 Sailors during his visit.

“This is about starting a new chapter in my life, and to have the Chairman of the Joint Chiefs of Staff reenlist me is just the icing on the cake,” said Aviation Boatswain’s Mate (fuels) 3rd Class (AW/SW) Heather Milligan.

“It’s something I’ll be able to look back on and think what an amazing moment it was,” said Milligan.

This is Milligan’s fourth deployment aboard Ronald Reagan, and she added that she’s interested in becoming an officer in the future.

“I feel like there’s still so much I can accomplish in the Navy,” said Milligan. “I love my job, and I know what I’m doing while I’m at sea is making a difference.”

Additionally, several celebrities sponsored by the United Service Organizations (USO) traveled with Mullen to visit Ronald Reagan Sailors, including actors Bradley Cooper and D.B. Sweeney, NFL Hall of Fame coach Don Shula, NFL running back Warrick Dunn, and model and media correspondent Leeann Tweeden.

“I think it’s great anytime celebrities visit the ship,” said Boatswain’s Mate 1st Class (SW/AW) Noel Barker. “It’s not that often people get the opportunity to meet celebrities; that lifts the morale of the crew.”

The celebrities also took pictures with Sailors and signed autographs.

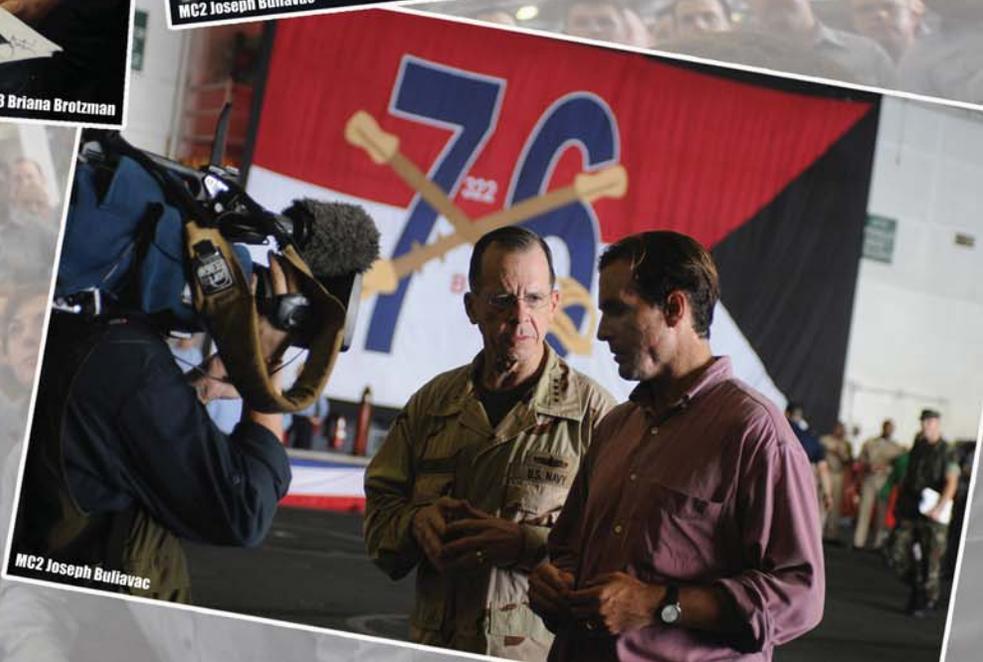
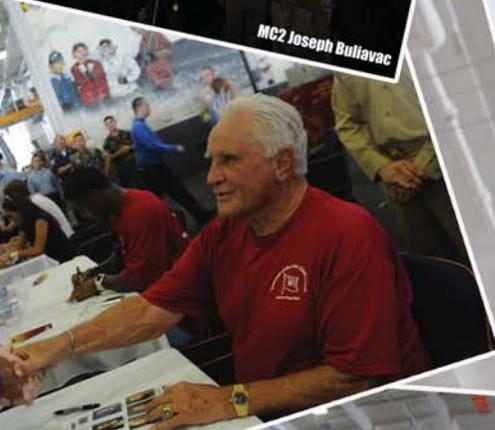
“I just saw ‘Wedding Crashers’ with Bradley Cooper, so I wanted to meet him the most,” said Aviation Maintenance Administrationman 2nd Class (AW) Mercedes Ortega. “To top it off, he was great and very genuine.”

“I just feel privileged, because they have a busy schedule, so for them to come out shows they really care about what we’re doing here,” said Ortega.



MC3 Chelsea Kennedy





Building Leaders of Tomorrow

Story By
MC2 (AW) Benjamin Lewis

The Navy tries to instill many characteristics into each Sailor throughout their career. Honor, Courage and Commitment come to mind and not far behind is leadership. Leadership is full of fun words to have in your vocabulary such as guidance, direction, control, management, supervision and organization.

Just because a Sailor is in a leadership position doesn't make that person a good leader. Learning to become a good leader comes from various places:

daily experiences, observing other good leaders and even courses offered by the Navy.

USS Ronald Reagan is giving Sailors the tools they need to become better leaders through the Petty Officer Selectee Leadership Course. This course is replacing the Leadership Continuum course that often conflicted with deployment schedules. Last week was the first time Ronald Reagan held the Petty Officer Selectee Leadership Course for newly advanced E-6s. Sailors who make E-5 off the

Sept. exam will also take this course.

Senior Chief Navy Counselor (SW/AW) Robert Calloway, the command's career counselor, said the Leadership Continuum course was replaced and is now performed aboard because a lot of commands were unable to get people there.

"We had a lot of people requesting waivers for not making or not attending the Leadership Continuum. So the leadership focus group came in to change that and

put that responsibility on the commands to conduct those leadership courses," said Calloway.

Among the topics covered are professionalism, conflict management, diversity, job performance, motivation, mentorship and deckplate leadership.

Aviation Maintenance Administrationman 1st Class (AW) Christina Peterson said she felt like she learned a lot from the classes.

"We're getting guidance on how to treat our subordinates, how to give

LEADERS cont. on Pg. 12

Reel Time

Male Bonding is No Easy Task

Paul Rudd and Jason Segel pack uneasy comedy into "I Love You, Man."

Story By
MCSA Amanda Ray

What would it be like to be a guy without friends? "I Love You, Man" is a romantic comedy from John Hamburg ("Along Came Polly," co-writer of "Meet The Parents," "Meet The Fockers," and "Zoolander") starring Paul Rudd from "Knocked Up" and "Role Models" and Jason Segel from "Forgetting Sarah Marshall."

Rudd plays Peter Klaven, a successful real estate broker from Los Angeles who is known as "a girlfriend guy." His whole life he never had any close guy friends and devoted all of his time to the females around him. Klaven is the kind of guy who gossips with the women at work around the water cooler. His only guy friend is a metro-sexual workaholic who plasters his own face on bus stop benches and urinal cakes in hopes of boosting his image.

Klaven proposes to the woman of his dreams, Zooey (Radisha Jones from "The Office") and while planning their wedding, slowly comes to the realization that he has no best man while his fiancé has eight bridesmaids. What is a guy to do? Klaven sets out to find a man-friend in time for his upcoming wedding and quickly realizes how difficult that task is. Klaven's younger, gay brother tries to give advice and Klaven finds himself going on bizarre and awkward man-dates set up by his mother and gay brother. And when I say awkward, I mean awkward.

During one of Klaven's open houses he inadvertently runs into Sydney Fife (Segel) who is about the same age as Klaven but acts more like a wild and outgoing college student. They immediately hit it off. The more they

hang out together watching movies and enjoying jam sessions on Fife's guitars and piano, the more their relationship grows stronger and the more addicted Klaven becomes to "guy time." He starts to blow off meaningful Sunday HBO nights with his fiancé and staying out late during the week. Soon he's trying to figure out how to juggle being a man-friend and a soon-to-be-husband.

Fife has his own problems. While he's always done whatever he wants, partied with the guys and played the field, Fife becomes more and more lonely as he watches his friends grow up and start their own lives.

This movie has a great and believable story line and is accompanied by a superb cast of actors with quick and witty dialogue to make this one of the funniest

MALE BONDING cont. on Pg. 12



THE FLEET

Chief's Culture of Fitness Outweighs Competition

By Mass Communication Specialist 2nd Class
John Wallace Ciccarelli Jr

PEARL HARBOR (NNS) – After more than a decade committed to bodybuilding, a chief petty officer assigned to Navy Recruiting District, Los Angeles has taken Navy fitness to the professional level.

Chief Mineman (SW) Kevin D. Sperling won the overall title as the Hawaiian Islands Bodybuilding & Figure Champion June 27. He claimed the title for the second time in three years after first winning in 2007.

"Winning Mr. Hawaii in 2007 opened the door for me to take part in several guest appearances both here in Hawaii and Japan," said Sperling. "Winning the title a second time this year has helped me solidify my life as a bodybuilder."

Sperling credits the Navy for being the backbone of his career.



"If I were not in the Navy, I doubt I would have ever had the discipline and commitment to compete," he said. "There have been times where there was a conflict with the ship's schedule and competing, but the Navy has always been my number one priority."

Sperling believes that Sailors who exercise regularly are more energetic and confident about their work, motivating them to make their health a priority.

"It's extremely important, especially for our younger Sailors," said Sperling. "It helps to strengthen core values, and it takes discipline and commitment, which are two vital keys to being successful at anything

you do in life."

Sperling, 37, has been a bodybuilding competitor since 1997. After receiving sponsorship contracts, he said pressure mounted for him to train and maintain a specific body type.

"I now had someone expecting me to maintain a certain look and compete at a different level. That's when I realized that this was more than just a hobby."

"At every command I've been stationed at, I've been able to help Sailors get within Navy physical readiness standards," he said. "There has been nothing more gratifying than seeing someone reaching their goals with my help. It gives me great pride"

Corpsman Earns Second Consecutive Gold Medal

By MC3 Jake Berenguer, Naval Medical Center San Diego

SAN DIEGO (NNS) – A Naval Medical Center San Diego (NMCS) laboratory technician earned gold at the 2009 Armed Forces Basketball Tournament May 10-18.

When Hospital Corpsman 3rd Class Lisa A. Brown is not preparing samples for testing in NMCS's Surgical Pathology Department, she stays fit by shooting hoops, running with a weight vest and lifting weights. Her ability to skilfully play either forward or center makes her a versatile and formidable player on the All Navy Women's Basketball Team, according to team captain, Coast Guard Yeoman 3rd Class Syreeta Kemp.

"She is really dedicated and puts all of her heart into her sport. She gives all she has on the court and does whatever it takes for the

team to win," said Kemp.

Off the court Brown works just as hard, according to her Leading Petty Officer, Hospital Corpsman 1st Class Maime English.

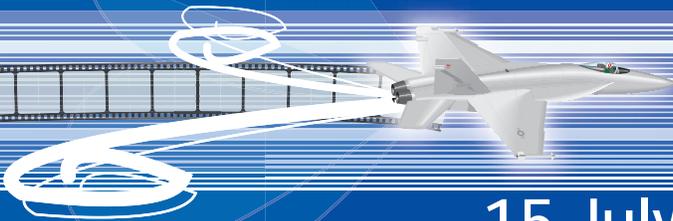
"Brown takes pride in her work and has a lot of potential in and out of the Navy. She is well rounded and talented. She has accomplished a lot in her first tour of the Navy from striking to be a corpsman on an aircraft carrier to working in the specialized field of surgical pathology. Brown's dedication to her sport is an example to all of us by reminding us to think outside the box and strive for excellence professionally and personally," said English.

Brown's participation on the All Navy

Basketball Team contributed to Navy's two consecutive gold medals.

She has played since she was 10 years old on her middle school team. Brown was the captain of her high school team and planned on playing in college; however, her dream of playing college basketball was crushed when she tore her meniscus during her senior year.

"I decided that since I couldn't get a scholarship for college, I should look at my other options. I joined the Navy shortly after graduation, and with enough time and therapy, my leg healed well enough that I was comfortable playing again. I just started hitting the court and never looked back," said Brown.



Show Time

15 July 2009

CH 2

0830-1300: Domino
2020-2210: Hancock
1300-1610: The Man
1610-2020: 300

CH 3

0830-1300: Alien
2020-2210: Final Destination
1300-1610: Red Eye
2210-0730: Nightmare on Elm Street
1610-2020: Back to the Future

CH 4

0830-1300: Mask of Zorro
2020-2210: Over Her Dead Body
1300-1610: Mad Money
1610-2020: Fireproof

CH 5

0830-1300: Mission Impossible 2
2020-2210: The Waterboy
2210-0730: Beowulf
1300-1610: College Road Trip
1610-2020: Bobby

16 July 2009

CH 2

0830-1200: The Fighting Seabees
1940-2240: Shoot 'Em Up
2240-0730: Fast and Furious 4
1200-1550: Perfect Stranger
1550-1940: The Sentinel

CH 3

0830-1200: My Bloody Valentine
1940-2240: Cloverfield
2240-0730: War of the Worlds
1200-1550: Bug
1550-1940: Lakeview Terrace

CH 4

0830-1200: The Perfect Man
1940-2240: March of the Penguins
1200-1550: Take the Lead
2240-0730: The Secret Life of Bees
1550-1940: Casanova

CH 5

0830-1200: Hotel for Dogs
1940-2240: The Simpsons Movie
1200-1550: Pineapple Express
2240-0730: You Don't Mess With the Zohan
1550-1940: Madea's Family Reunion

17 July 2009

CH 2

0830-1200: Lara Croft: Tomb Raider
2020-2250: Vantage Point
1200-1630: Conan the Barbarian
2250-0730: Jumper
1630-2020: Never Back Down

CH 3

0830-1200: Death Race
2020-2250: See No Evil
1200-1630: Deja Vu
2250-0730: Prom Night
1630-2020: House of Wax

CH 4

0830-1200: In the Land of Women
2020-2250: Once
1200-1630: Pride and Prejudice
2250-0730: Waiting
1630-2020: The Devil Wears Prada

CH 5

0830-1200: Drillbit Taylor
2020-2250: Valiant
1200-1630: The Legend of Zorro
2250-0730: Austin Powers 3: Goldmember
1630-2020: Marley and Me

18 July 2009

CH 2

0830-1220: Lucky Number Slevin
2000-2250: Crank
1220-1550: Death Sentence
2250-0730: Quantum of Solace
1550-2000: Rescue Dawn

CH 3

0830-1220: Lady in the Water
2000-2250: The Strangers
1220-1550: Wicker Man
2250-0730: The Invasion
1550-2000: Hannibal Rising

CH 4

0830-1220: 27 Dresses
2000-2250: John Tucker Must Die
1220-1550: Step Up
2250-0730: Sunshine Cleaning
1550-2000: Flash of Genius

CH 5

0830-1220: Tropic Thunder
2000-2250: Date Movie
1220-1550: Stick It
2250-0730: Coraline
1550-2000: Swing Vote

Sudoku

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

SEA DOGS



PREVIOUS ANSWERS

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

Keepin' it shiny

ABHAN Cordero Cruz, a native of Edinburg, Texas, polishes a piece of brass in the hangar bay. Polishing brass and general maintenance help prevent corrosion, machinery failure and ensures Ronald Reagan is functional for many years to come. Photo by MC3 (SW/AW) Torrey Lee



TALENT

Continued from pg. 3

diverse group of fellow First Classes for the selection panel.”

“I personally believe that it takes guts to get up in front of your peers just to speak,” said Constantine. “I respect anyone who has the guts to perform in front of nearly 6,000 Sailors and I’m sure the crew respects and appreciates them as well.”

The acts came in one at a time to perform in private for the FCA members, resulting in more professionalism.

“I did like the fact that it was one act at a time,” said Storekeeper Seaman Nicole Atkins, a talent show hopeful. “I would not have been comfortable being judged by familiar peers, it would have been easier for favoritism to be an issue, and this was not the case during the audition.”

The talent show will be held July 24, and will be judged by a member of each rank’s association. The Bluejackets, 3&2 Association, FCA, Chief’s Mess, Mustangs, and officers will each offer one member in the interest of fairness, said Yeoman 1st Class (SW/AW) Ben Campbell, who is responsible for organizing the talent show.

“There’s a lot of talent that hasn’t been discovered on this ship,” said Campbell. “This is one of the events that show what our people are made of.”

Once the gauntlet has been passed, all that’s left is a gathering of the performers’ peers. Hundreds, perhaps thousands of them. No sweat, right?

FITNESS

Continued from pg. 4

stated. “One of the great things about it is that anyone can do it,” she said, adding that “if you think Pilates is just for girls, come try it.”

Lockwood suggests that the optimum time to get in a good, effective workout is first thing in the morning, “That way

you’ve got your work out in and you aren’t worrying all day about ‘when can I get my workout in?’” There are no benefits or downsides of early morning workout routines, he added.

Lockwood suggests checking out official Navy website www.nmcpfc.med.navy.mil offers information on the Navy Medical Department’s Ship Shape program. It offers encouraging advice about healthy living and weight management.

MARTIAL ARTS

Continued from pg. 5

stopped because he had to transfer commands.

“I did martial arts for a year while stationed in Japan in Yokosuka and Atsugi,” said Burr. “The background was Aikido and I did that for a while. I enjoyed it. It’s a fun way to exercise and it’s better than the norm.”

Burr recently attended his first class and plans to keep attending for the duration of the deployment.

“I thought it was just something I would like to get involved in,” said Burr. “It’s a fun way to exercise and it keeps my attention. It’s an energy burst and release that you don’t get throughout the day. You have days you just want to scream sometimes, so this class is that time to release it and let it all out.”

Burr said he believes the class is a positive way to reduce stress and is good for mental health. He and Taylor said there are many things Battaglia can teach them. For Battaglia, sharing something so important in his life is an opportunity to contribute to the crew.

Battaglia said after taking his classes, he expects each of his students to be able to defend themselves from any situation that escalates to the point where self defense is an only option, but also have enough knowledge and mental stability to de-escalate a situation to a point where there is no conflict.

Battaglia offers Taekwondo Monday, Wednesday and Saturday at 0900 and 1600. He also is holding classes on

no-fly days at midnight. When Ronald Reagan returns to San Diego, Battaglia said he plans to keep teaching Taekwondo to the students who were involved in it underway.

“Martial arts are very important to me,” said Battaglia. “The discipline, control and emotional and physical stability are very important. I feel that those are all key elements to a person’s life.”

LEADERS

Continued from pg. 8

them training, how to write up evals and what they expect on evals,” said Peterson. “We learned about diversity and how to put our troops together and how to teach them and learn from them.”

With this being the first time these courses have been preformed this way, Calloway said things are going well.

“They [class attendees] are responding very well,” said Calloway. “I it was a very focused group and had a lot of good answers to keep the class lively.”

“What we learned in class is what I’ll be able to take back to my work center,” said Peterson, “We learned everything to prepare us for making E-7.”

With this new course, Ronald Reagan will be molding new leaders for the better. With improved leaders comes a better work environment and more willing Sailors.

MALE BONDING

Continued from pg. 8

movies this year. This original comedy focuses on male relationships, which few movies touch on nowadays, and is executed perfectly.

Rudd has always been a great supporting actor but really proves in “I Love You, Man” that he can not only hold his own, but thrive in the lead role. Segel once again proves that he is someone to be reckoned with, and personally I can’t wait to see what he does next.

SOD

SAILOR OF THE DAY



July 14, 2009

Name: MC3 Briana Brotzman
Dept/Div: Graphics Media
Job Title: Mass Communication Specilaist

Where are you from?
Howard, Penn.

Why did you join the Navy?
I didn't want to change my health insurance provider.

How did you feel when you found out you were chosen for SOD?
I was excited.

Who do you hold responsible for your success?

MC2 Buliavac, MC1 Melendez, all photo lab personnel, and most importantly, MCSN Tidd.

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?

A routine dressing-down is a regular part of military growth. Get used to it now!

July 14, 2009

Name: PSSN Michael Warren
Dept/Div: VFA-22
Job Title: Personnel Specialist

Where are you from?

Winter Haven, Fla.

Why did you join the Navy?

To accelerate my life.

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

I think I wet myself.

Who do you hold responsible for your success?

My coworkers.

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

I've only been to Singapore.

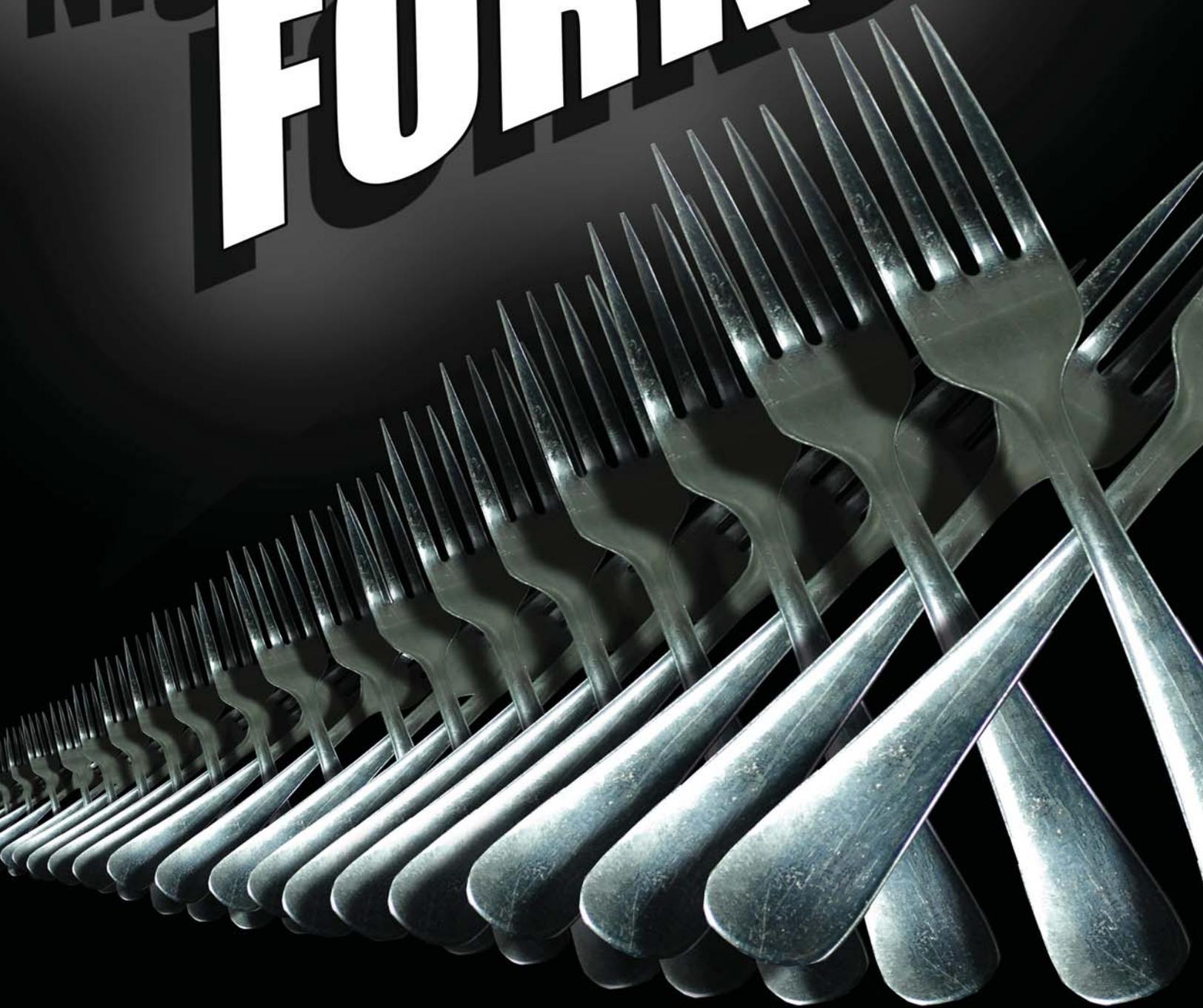
What piece of advice would you pass on to others?

Be like Nike, "Just do it."



**They didn't just grow a pair of legs and walk away
...or did they?**

Night of the Living FORKS!



Please return all forks to the Mess Decks.