

# THE GREAT Communicator

USS RONALD REAGAN'S INFORMATION PORTAL

May 31, 2009



**Back In  
the  
Fight**

# 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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Cover Photo By  
MC3 Briana Brotzman



Wowzers, Scooby, it's the end of May and we are outta here. Here being San Diego, of course. I hope everyone enjoyed their leave and the company of friends and loved ones back home, and, if nothing else, enjoyed a little peace of mind.

But who is to say you aren't surrounded by friends while we're underway? Yes, we have to get into a deployment state of mind and put on our game faces, but that doesn't mean we are without friends and shipmates to lean on.

So when we inevitably hit a rough spot, remember that talking it out is a simple solution.

If a personal friend isn't available to help us out, we should remember that representatives from the Command Religious Ministries Department (CRMD) are always available. MCSN Lex Wenberg had a conversation with the new command chaplain, Cmdr. John Denton, to find out what CRMD is up to these days.

Mental health is important; arguably as important as physical health. To that end, Reagan's Health Services department held a health fair on the pier May 21st to provide information about physical therapy and other relatively unknown services they offer. MC3 Aaron Stevens spoke with members of Health Services to get the

low-down on what is available to us.

Before we left Thursday, Ronald Reagan played host to a very special guest. We've entertained our fair share of distinguished visitors before, but perhaps none so impressive as Vice President Joe Biden. I was fortunate enough to get to ask him a few questions during his visit in the aft galley, and found out how much he enjoyed meeting and visiting members of our crew.



With entertainment in mind, MC3 Briana Brotzman went to see the latest installment in the Terminator movie series. She left still seeking entertainment. This week's Reel Time chronicles the plot holes and poor acting of Terminator: Salvation.

Four days down, who knows how many to go. Things are rolling, or should I say floating along nicely so far, so let's hope such trends continue. Operation Enduring Freedom is on the horizon, which means it's warm-up time: time to put our game faces on.

## Contributors

### *MC3 Briana Brotzman*

Broetzman is a Pennsylvania native. She was the top graduate of her MC "A" school class, and is currently working in the Photo Lab. "I don't think I know as much as I thought I did," said Broetzman upon arrival.

### *MC3 Aaron Stevens*

Stevens is an East Palestine, Ohio native. He was trained as a photographer's mate before merging into the mass communication specialist rating. He served two years in Sasebo, Japan working at the AFN broadcasting station learning skills in radio and producing hundreds of video news stories.

### *MCSN Alexander Tidd*

Tidd is a San Francisco native who joined the Reagan last July. A quick learner and valuable asset to the print shop, Tidd enjoys long boarding and following Major League Baseball with a vigor not seen since the world was introduced to a young Will Clark.

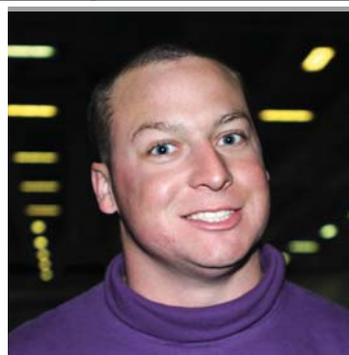
### *MCSN Ronald Barr*

Barr is a Boulder City, Nev., native who joined the Navy as one of the first official mass communication specialists. Barr, a member of the Reagan hockey team, can be found hard at work in the Print Shop and is also in charge of the Ronald Reagan and Public Affairs websites.

## Street Beat: Who do you want to win the NBA Finals?



AM3 (AW) Ron Quintano  
"Lakers."



ABFAN Tim Wendel  
"Lakers."



AME1 (AW) Sancho Calimquin  
"Lakers."



ABH3 (AW) Leonard Turner  
"Cleveland."



# Reagan Says Farewell to SD

Story By  
MCSN Ronald Barr

"It's a big day for these Sailors and their families, it's a big day for the Navy and it's a big day for our country," said Rear Admiral Scott Hebner, Commander, Carrier Strike Group 7.

Ronald Reagan departed San Diego May 28 on deployment to the 7th and 5th fleet areas of responsibility along with the rest off USS Ronald Reagan Carrier Strike Group.

The strike group includes Ronald Reagan and embarked Carrier Air Wing

Photo By  
MCSA Amanda Ray

(CVW) 14, guided-missile cruiser USS Chancellorsville (CG 62) and the ships of Destroyer Squadron (DESRON) 7. A platoon from Explosive Ordnance Disposal Mobile Unit (EODMU) 11 from Whidbey Island, Wash. will also be embarked aboard the carrier.

The flagship was delayed behind the rest of the strike group one day due to unexpected but necessary maintenance, which was bittersweet for most members of the crew.

"It was nice to get the extra hours at home with my husband, but at the same time, it was emotionally draining to have to say goodbye twice," said Operations Specialist 3rd Class Julie Beduhn. "But having dinner together for one more night was definitely a nice surprise," said Beduhn.

When the time did come for Reagan to leave San Diego, friends and family members of the Sailors on board bid them farewell from

the pier on Naval Air Station North Island.

"To all the Sailors, be safe and strong," said Pam Ortiz-Martin, the wife of a Reagan Sailor. "We are here to support you. It's a tough job and we are proud of you," said Ortiz-Martin.

This will mark the fourth deployment for USS Ronald Reagan, and Reagan's high standards of performance have not gone unrecognized. Reagan recently received its second Battle "E" award for being the most combat

DEPLOYMENT cont. on Pg. 12

# Vice President and Wife Visit Reagan

## *Spend time with crew, learn about military lifestyle.*

Story By  
MCSN Alex Tidd

Photo By  
MCSA Amanda Ray

Vice President Joe Biden and his wife, Dr. Jill Biden, visited USS Ronald Reagan May 14 as part of a familiarization tour of naval facilities in the San Diego area.

During his visit the Vice President addressed the crew of Ronald Reagan and later shared lunch with Ronald Reagan crewmembers.

The Vice President held high praise for Reagan.

“USS Ronald Reagan has

proven agile, capable in a variety of missions every time it is deployed,” said the Vice President during his speech. “A grateful nation is in your debt.”

Much to the delight of the crew, the Vice President sat down for lunch with Reagan Sailors in the aft mess decks following his speech.

“It’s exciting; a once in a lifetime experience,” said Aviation Boatswain’s Mate (Equipment) Airman

Elizabeth Irby, a Sailor assigned to food service. “I was speechless when he sat down with us. He was intriguing and inspirational.”

Machinist’s Mate Fireman Alecia Guerrero said, “Having the Vice President visit is something I wouldn’t get to do in any other job. It is nice to hear his support for the military and for the Reagan in particular.”

Vice President Biden and

his wife were just as happy as the crew for the visit, pausing to take hundreds of photos with crewmembers.

“Eating with the crew has been great,” said the Vice President. “I travel all around the world, to Kosovo, Iraq and anywhere else to visit members of the armed forces. Everyone says we are a nation at war, but we are really an Army and Navy at war. I hope you realize we all support you.”





## Complete Take Over! Reagan Night at Petco Park

Story By MGSN Alex Tidd      Photo By MC3 (AW) Benjamin Brossard

Sailors from USS Ronald Reagan watched the San Diego Padres take on the visiting Cincinnati Reds for Armed Forces Day at Petco Park May 16.

The night game had a decidedly Reagan theme, with USS Ronald Reagan's color guard presenting the colors, Aviation Ordnanceman 3rd Class Elise Clover singing the national anthem and Aviation Boatswain's Mate (Handling) 1st Class Jose Arroyo, Reagan's Sailor of the Year, throwing out the first pitch.

"Being on the field of a Major League ballpark was incredible," said Arroyo. "And getting to throw the first pitch was icing on the cake."

After the pre-game festivities were done, the Padres started the game the same way they would eventually end it – with a bang. Leadoff hitter and right-fielder Brian Giles smashed a solo homer to right field for his second home run of the season.

The game ultimately proved to be a marathon, going 16 strong innings to a total of five hours, fourteen minutes of baseball. Catcher Nick Hundley, who caught all 16 innings, sealed the win for the Padres with a two-out drive into the upper deck in left field.

"The game-winning home run made it a perfect night," said Aviation Boatswain's Mate (Fuel) Airman Travis

Mendoza. "It was a long one, but we stuck it out and it was well worth it."

The Padres had plenty of chances earlier in the game to win it though, going 0-for-11 with runners in scoring position. But the bullpen was able to pick up the hitters by pitching 10 and 1/3 scoreless innings, eventually getting the game to Hundley's smash in the 16th.

The Padres' great bullpen work was complemented by some outstanding defensive plays. Right-fielder Brian Giles ran down several long fly balls and center-fielder Jody Gerut made the play of the game when he saved a Cincinnati home run from going



# TIME TO GO



# ... TO WORK!



## USS RONALD REAGAN DEPARTS FOR '09 DEPLOYMENT



# Terminator or Terminated?

Story By  
MC3 Briana Brotzman

Terminator: Salvation did not save the Terminator series from what will hopefully be imminent destruction. From beginning to end it fails to deliver, bringing in an entirely new character to steal the limelight and then steadfastly refusing the audience enough information to get anything out of his performance. The plot was weak, the screenplay weaker, the actors detached

and the special effects recycled shamelessly from other movies. Overall, it is enough to possibly put an end to the Terminator series all together.

The movie begins on a dark note, with a criminal's execution and subsequent donation to science. It continues ominously through the devastation caused to the world by the machines. About 20 humans die

within the first 10 minutes, successfully expressing just how serious the situation is, but not capturing the suspense and constant chase of the other three films. Do not operate heavy machinery while watching this movie.

More humans die, and some kind of world-wide end-the-war solution turns up, so simple that the audience is left to wonder

what kind of morons these people are that they couldn't have figured it out earlier. The preview alludes to a deep conflict within the new main character, but the movie's flow can't seem to make up its mind as to whether or not he really is the main character.

This seems to be a fault created by the shoddiness of the screenplay, which barely supplies enough dialogue

TERMINATOR cont. on Pg. 12

## Features

# Key to Health: *Ronald Reagan Holds Health Fair Pierside to Promote Awareness*

Story By  
MC3 Aaron Stevens

USS Ronald Reagan's Health and Wellness Promotion Committee hosted a health fair on the ship's pier May, 21st.

The fair included stations for tobacco cessation, anger and stress management, nutrition counseling and weight loss programs; all designed to help deal with quality of life issues on board.

"Hopefully the Sailors get visibility," said Lt. Phillip May, the ship's physical therapist and medical division officer. "I don't want someone to come down four or five months from now and say 'Wow! I didn't know you guys did that here.' We want people to see us and know what we do, and know that we're here to provide these services to them

all the time."

Hospital Corpsman 3rd Class Josue Schwarz said the information put out is important for people who want to make a change in their lives and to learn how to get the support they need to do it.

"Most of the Sailors are young, so if you tell them while they're younger how to prevent things, it affects them when they're older," said Schwarz.

May said the fair was also designed so Sailors could get the help they need sooner by talking with educators and signing up for the programs at the fair. For example, time could have been saved by receiving information about physical therapy on the pier rather than by making an appointment with Lt. May, the only physical therapist on board.

"This is a low stress environment," said May. "It's kind of just [them] coming out and [I say] 'Hey, let me show you some exercises.' It's easier for us too as providers. I don't have to write a medical note for something at a health fair, and I can give them what they need."

Schwarz said he learned a lot from the fair, such as getting to sense what it's like to drive while impaired by alcohol, as demonstrated by a remote control car paired with goggles that simulate the effect of drunkenness; or learning about blood pressure and what the numbers mean on the machine. Schwarz also said the most interesting demonstration for him was the chance to hold a simulated five pounds of body

HEALTH cont. on Pg. 12



# THE FLEET

*In Distress:*

## USS Lake Champlain Rescues More Than 50 Mariners

From Commander, U.S. Naval Forces Central Command Public Affairs

GULF OF ADEN (NNS) – The San Diego based guided-missile cruiser USS Lake Champlain (CG 57) responded to a vessel in distress in the Gulf of Aden May 23, rescuing 52 men women and children who had been adrift in a small skiff for approximately seven days.

The crew of Lake Champlain's embarked SH-60B helicopter from Helicopter Anti-Submarine Squadron Light (HSL) 45 detachment Four, conducting a routine flight in the Gulf of Aden, spotted the skiff and upon seeing the mariners in distress, notified Lake Champlain. The ship, operating approximately 30 miles away, proceeded at maximum speed to assist the skiff.

Upon arrival, Lake Champlain's crew assessed the situation and began providing medical care to the mariners in distress. Seventeen personnel



were immediately transferred to Lake Champlain and treated for severe dehydration and other critical medical issues. The remainder of the personnel initially remained aboard the skiff and were provided with food and water until they were later brought aboard Lake Champlain.

"U.S. Naval forces have a longstanding tradition of helping mariners in distress," said Capt. Kevin P. Campbell, Lake Champlain's commanding officer. "It's fortunate that our helicopter was flying over the right place at the right time. I'm glad we were able to be of assistance and rescue these men, women and children. Our Chief Hospital Corpsman stated that had we not found them at the time we did, the pregnant woman (who was in her third trimester) may not have survived."

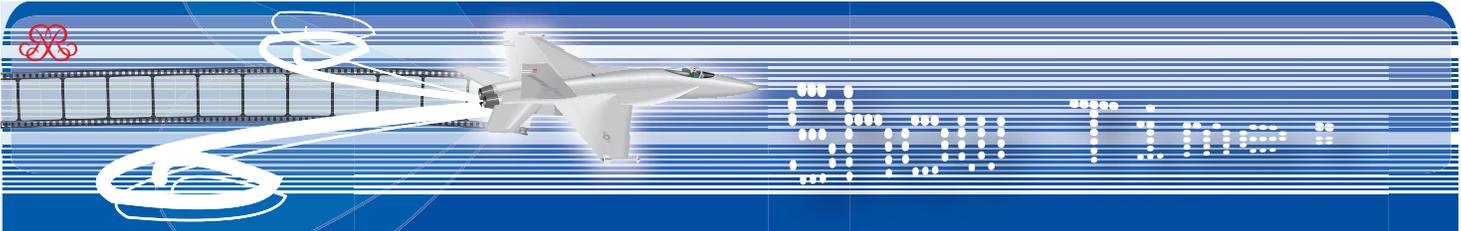
The skiff experienced engine problems, due to a bad fuel mixture, leaving it unable to operate at sea. A determination regarding the final disposition of the 52 personnel has not

yet been made.

"We were very fortunate to have come across these people in the state they were in," said the ship's Chaplain, Lt.j.g. Jarrod Johnson. "Seeing their condition really makes your heart go out to them. You can see the relief and hope in their eyes, and hear it in their conversation."

Lake Champlain, deployed as part of the USS Boxer Amphibious Ready Group, is operating as part of the Commander Task force (CTF) 51 and is deployed to the U.S. 5th Fleet area of operations to conduct maritime security operations (MSO). MSO helps develop security in the maritime environment.

From security arises stability that results in global economic prosperity. MSO complements the counterterrorism and security efforts of regional nations and seek to disrupt violent extremists' use of the maritime environment as a venue for attack or to transport personnel, weapons or other material.



# 31 May 09

CH 2	CH 3	CH 4	CH 5
0700-0900: 10,000 B.C	2000-2200: My Best Friend's Girl	0700-0900: The Bank Job	1630-1830: We Own The Night
0900-1030: Scorpion King	2200-0730: Transporter 3	0900-1100: 28 Days Later	1830-2000: Aeon Flux
1030-1230: The Mummy 3	1100-1230: The Amityville Horror	2000-2200: Beowulf	1100-1230: Ice Princess
1230-1545: King Kong	1230-1430: Mission Impossible	2200-0730: Legend of Zorro	1230-1430: The Nanny Diaries
1545-1830: Australia	1430-1630: Michael Clayton	1430-1630: Running With Scissors	2200-0730: Miracle at St. Anna
1830-2000 Nick&Norah's Infinite Playlist			0700-0900: World Trade Center
			1630-1830: Akeelah and the Bee
			0900-1100: 27 Dresses
			1830-2000: College Road Trip
			0900-1100: Wild Wild West
			1100-1230: Balls of Fury
			1230-1430: American Pie 2
			1430-1630: Stick It
			1630-1830: 40-Year-Old Virgin
			1830-2000: Accepted
			2000-2200: Dukes of Hazzard
			2200-0730: Tenacious D

# 1 June 09

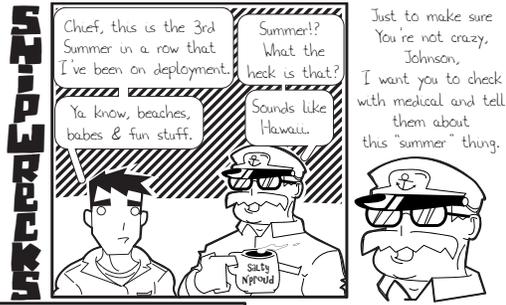
CH 2	CH 3	CH 4	CH 5
0830-1010: Shadows of the Sun	1745-2000: Casino Royale	0830-1010: Hitman	0830-1010: Cheaper By The Dozen Two
1010-1150: Something New	2000-2200: Lord of War	1010-1150: Eastern Promises	1010-1150: The Fog
1150-1330: Max Payne	2200-0730: Tomb Raider	1150-1330: Hotel For Dogs	1150-1330: In the Land of Women
1330-1530: All the King's Men	1150-1330: The Golden Compass	1330-1530: Blade	1330-1530: Charlie and the Chocolate Factory
1530-1745: Tora Tora Toral	1330-1530: The Black Dahlia	1530-1745: Independence Day	1530-1745: Kingdom of Heaven
	1745-2000: Cinderella Man		
	2000-2200: Scream 2		
	1010-1150: Crash		
	2200-0730: Run, Fat Boy, Run		
	1745-2000: Clear and Present Danger		
	2000-2200: Sisterhood Pants 2		
	2200-0730: School For Scoundrels		
	1010-1150: The Fog		
	1150-1330: Open Season		
	1745-2000: The Departed		
	2000-2200: Swing Vote		
	2200-0730: Open Season		

# 2 June 09

CH 2	CH 3	CH 4	CH 5
0830-1015: Hitchhikers Guide	2050-2210: Nightmare before Christmas	0830-1015: Just My Luck	0830-1015: Kiss Kiss Bang Bang
1015-1210: The Women	2210-0730: War	1015-1210: Elizabeth	1015-1210: Leatherheads
1210-1355: Ghost Town	1015-1210: Basic Instinct 2	1210-1355: The Grudge 2	1210-1355: XXX: State of the Union
1355-1540: Rocky Balboa	1210-1355: A Sound of Thunder	1355-1540: The Weather Man	1355-1540: The Last Legion
1540-1805: Into the Wild	1540-1805: Spider Man 3	1540-1805: Star Wars: Episode 3	1540-1805: Batman Begins
1805-2050: Babel	1805-2050: Blood Diamond		
	2050-2210: SuperCross		
	2210-0730: What Happens in Vegas		
	1015-1210: Basic Instinct 2		
	1210-1355: A Sound of Thunder		
	1540-1805: Spider Man 3		
	1805-2050: Blood Diamond		
	2050-2210: Garfield: A Tale of Two Kitties		
	2210-0730: Keeping up with the Steins		
	1015-1210: Leatherheads		
	1210-1355: XXX: State of the Union		
	1355-1540: The Last Legion		
	1540-1805: Batman Begins		
	1805-2050: Armageddon		
	2050-2210: Valiant		
	2210-0730: Sky High		

# Sudoku

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



Just to make sure you're not crazy, Johnson, I want you to check with medical and tell them about this "summer" thing.



moments later...



Sir, we have a problem, the mind control for destroying "Summer" in the thoughts of Sailors only works on the older generations. The younger ones are too strong to forget. I will proceed with the back up plan: "Destroy Christmas and New Years in the minds of all Naval personnel!" We WILL have year long deployments yet!

## PREVIOUS ANSWERS

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

## Back In The Swing Of Things

ABH1 Israel Prewitt shouts a direction as ABH3 Keith Esquivel uses hand signals to direct an aircraft on the flight deck of USS Ronald Reagan. Handlers use hand signals to convey messages during flight operations because of the high level of noise. Photo By MC3 (AW) Torrey W. Lee.



## DEPLOYMENT

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**Continued from pg. 3**

efficient carrier in the Pacific fleet.

"The thing that makes USS Ronald Reagan so special is the crew," said Capt. K.J. Norton, Commanding Officer, USS Ronald Reagan.

In its last deployment, Ronald Reagan Carrier Strike Group performed a humanitarian assistance mission, supporting the armed forces of the Philippines by delivering more than 519,000 lbs. of fresh water, rice and medical supplies to those affected by Typhoon Fengshen. Additionally CVW-14, staging from Ronald Reagan in the Gulf of Oman, flew more than 1,150 combat sorties in support of coalition troops in Afghanistan.

The squadrons of CVW-14 include the "Redcocks" of Strike Fighter Squadron (VFA) 22, the "Fist of the Fleet" of VFA-25, the "Stingers" of VFA-113, the "Black Eagles" of Airborne Early Warning Squadron (VAW) 113, the "Cougars" of Tactical Electronic Warfare Squadron (VAQ) 139, the "Providers" of Carrier Logistics Support (VRC) 30 and the "Black Knights" of Helicopter Anti-Submarine Squadron (HS) 4.

I'm very proud of these Sailors and their families," said Hebner. "It's one of the toughest days for any Sailor's family, the day they sail over the horizon.

## REAGAN NIGHT

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**Continued from pg. 5**

over the center-field fence.

"I thought that one was gone for sure," said Aviation Boatswain's Mate (Handling) 1st Class Michael Dominguez, Ronald Reagan's Sailor of the Quarter (SOQ). "If it was gone, that run would have won them the game," said Dominguez, who attended the game with his wife, Sophia, and his daughter, Arianna, as part of his prize

pack for winning SOQ.

When the game finally ended at 12:20 Sunday morning, the Sailors who remained were weary but satisfied. "It was a lot of fun," said Dominguez. "I'm trying to catch as many baseball games as possible before deployment and I'm grateful that team Reagan could throw a night like tonight together. It was a great time."

## TERMINATOR

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**Continued from pg. 8**

to move one scene to another. There are three movies, and an entire T.V.-show of material to build upon, but the screenwriter seemed only to be able to come up with filler for the lines and entire monologues that actually were taken directly from the other three movies.

The movie is so dark, with absolutely no levity at all, that there appeared to be no rising action, climax or falling action at all, just scene after scene of inexplicable depression.

It could potentially be responsible for the equally stimulating acting. Christian Bale's facial expression remains the same in every scene, angry and bitter. Perhaps he should have spent the energy on that instead of verbally accosting the director of photography on camera.

The human terminator abomination portrays about as much depth, moving from apathetic to angst-ridden without provocation, just like the characters in "The O.C.," the last horribly lacking project this director worked on. The actress who plays John Connor's wife is the worst by far, unable to match Claire Danes' performance and possibly confusing her role with that of one of the actual robots.

The special effects weren't enough

to save the movie. The most impressive robot in the entire movie is without a doubt the bastard child of Megatron and one of the body snatching ships from War of the Worlds, the remake. The sole rewarding image in the film is an afterthought at best, toward the end when you finally see the assembly line where Arnold Schwarzenegger's terminator is built.

While not the most unwatchable movie ever made, paying to see it on the big screen is a waste of time and money. You will not gasp, or cry, or shake your fist and exclaim anything at all.

You may feel like you're being put to sleep before surgery, or like you're watching too-short clips from better movies. You may want to write Christian Bale, and ask him if he and the crew filmed the movie over a weekend. Again, the movie is a total disappointment. Buy it only as part of the boxed set, so you can tell your friends you have them all and then just never watch the last and least of the four.

## HEALTH

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**Continued from pg. 8**

fat in his hand.

"I looked at the five pounds of fat and it's neat to see how much it is," said Schwarz. "Say you gain ten pounds, but to actually look at it, it's like 'Wow! that's quite a bit; that's amazing,' so that's the biggest thing I learned."

May said the fair was a prime opportunity to hit on some of the big issues, or to even solve them before they became one.

"The cliché is 'an ounce of prevention is worth a pound of cure,'" said May. "That is very much true; so come and see us if something hurts or you have questions on how to take care of yourself."

# SOD

## SAILOR OF THE DAY



May 28, 2009

Name: **ABF3 Antrone Mcleod**  
Dept/Div: **Air/V4**  
Job Title: **Aviation Boatswain's Mate (Fuels)**  
Where are you from?  
**Sunter, South Carolina.**  
Why did you join the Navy?  
**To make my mother proud and to be a positive person for my daughter.**  
What did you do before you joined the Navy?  
**Before the Navy, I wasn't doing anything positive.**  
How did you feel when you found out you were chosen for SOD?  
**I was shocked.**  
Who do you hold responsible for your success?  
**First the Lord, because he allows me to see this day and secondly the people I work with.**  
Since reporting, what has been your favorite place to visit?  
**My favorite place was Dubai.**  
What piece of advice would you pass on to others?  
**Things can be tough sometimes, but stay motivated.**

May 29, 2009

Name: **AOAN Luis A. Vega**  
Dept/Div: **Weapons/G1**  
Job Title: **G1 Hangar Deck**  
Where are you from?  
**Toa Baja, Puerto Rico.**  
Why did you join the Navy?  
**To see the world.**  
What did you do before you joined the Navy?  
**I was a supervisor for Sam's Club.**  
How did you feel when you found out you were chosen for SOD?  
**I felt happy.**  
Who do you hold responsible for your success?  
**My mother.**  
Since reporting, what has been your favorite place to visit?  
**My favorite place was Australia.**  
What piece of advice would you pass on to others?  
**Hard work pays off.**



May 30, 2009

Name: **YN3 Willie Campbell**  
Dept/Div: **Air/V5**  
Job Title: **Air Dept. Yeoman**  
Where are you from?  
**San Diego, Calif.**  
Why did you join the Navy?  
**I wanted to start a career.**  
What did you do before you joined the Navy?  
**I was a car salesman.**  
How did you feel when you found out you were chosen for SOD?  
**I felt honored.**  
Who do you hold responsible for your success?  
**Air department.**  
Since reporting, what has been your favorite place to visit?  
**My favorite place was Guam.**  
What piece of advice would you pass on to others?  
**Work hard, it always pays off!**



# SPIN GLASS



02-128-T-L

MONDAY - SATURDAY

6 DIFFERENT INSTRUCTORS

FIRST COME

FIRST SERVED BASIS ONLY

MORE INFO:

CONTACT THE FIT BOSS