

THE GREAT Commemorative

USS RONALD REAGAN'S INFORMATION PORTAL



**RRSG
Honors
Heroes**

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

A Tale of Two Eras 3

Polynesian Sailors dedicated to preserving their ancient methods visit Ronald Reagan.

Getting Ronald Reagan in Shape 4

The Biggest Loser competition returns to Ronald Reagan.

Flying High 5

ET3 Sarah Marts earns her due as Air Traffic Control Technician of the Year.

Ceremony aboard Thach 6

RRSG comes together aboard USS Thach to honor heroes.

United Through Reading? 8

The United Through Reading program kicked off this week to connect Sailors with home.

DEPARTMENTS

2 EDITOR'S DESK

9 AROUND THE FLEET

10 SHOW TIME

11 SUDOKU

13 SAILOR OF THE DAY

Cover Photo By
MC2 (AW) Joe Buliavac



Wednesday already. I'm still having a hard time dealing with the time warp Ronald Reagan recently passed through. It's a breach of the space-time continuum, I tell you. Is there a doctor in the house?

But really, I put my head down for one second and when I look up, we're two weeks from Singapore. Let the count down begin! TGC faithful can expect several articles documenting what to expect before we arrive and all that happens during our first port visit.

But that is enough about the future, let's talk about now. Ronald Reagan recently hosted members of the Polynesian Voyaging Society to compare and contrast how the techniques for crossing the seven seas have changed over the centuries. MC1 Frank Neely has the scoop.

Making his TGC debut in this issue is AZ3 Eric Stieglitz, who spoke with the Fit Boss and others about the return of the Biggest Loser competition and how it motivates Sailors to live a better life. A large part of being mission ready is being physically fit and healthy, and the Biggest Loser program is designed to do just that.

Another Ronald Reagan success story that deserves to be told is that of ET3 Sarah Marts from Combat Systems' CS-6

division. MC3 Aaron Stevens has the story about what she did to earn the prestigious title of Air Traffic Control Technician of the Year for the Pacific Fleet.

Last week TGC featured a tribute to the Battle of Midway and in this issue we follow that up with coverage of the burial at sea held aboard USS Thach (FFG 43). Cmdr. (Ret.) Dale "Abe" Simmons was committed to the sea Tuesday. Simmons



was a wingman of the ship's namesake and is widely regarded as a hero.

The United Through Reading program kicked off Monday with the CMDCM starring in the inaugural recording. MC3 David Brandenburg spoke with UTR reps to find out how the rest of us can follow in the CMDCM's footsteps.

Today is not only the hump day for the week, but the hump day leading to Singapore! Let's keep busting our butts to get ready for the fight, but remember that a little respite isn't too far off.

Contributors

MC1 (SW/AW) Frank Neely

Neely is a Houston native who has been in the Navy for nearly 12 years. He was originally a journalist before the MC rating merger and now serves as Ronald Reagan's Assistant Public Affairs Officer. He considers himself to be an intellectual and is always in deep thought.

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

AZ3 (SW/AW) Eric Stieglitz

Stieglitz is a Lakeland Community College graduate and Cleveland, Ohio native. In his third deployment with USS Ronald Reagan, he truly enjoys working part time for Graphics Media. Playing the electric guitar is his favorite after-hours activity.

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.

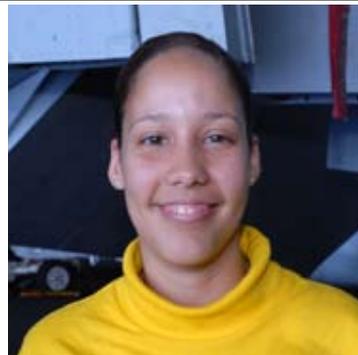
Street Beat: What movie would you like to see on SITE TV?



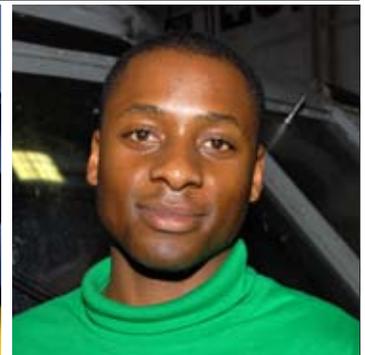
AM3 Nathan Fabbi
"The new Transformers movie."



QMCM Scott Summerour
"Terminator 4."



ABH3 Loraine Medina
"Pootytang!"



AT1 Aehuyler Williams
"Transporter 3."



Old World Meets High Tech

Polynesian Voyaging Society visits Ronald Reagan.

Story By
MC1 (SW/AW) Frank Neely

Photo By
MC3 (AW) Chelsea Kennedy

Sailors aboard USS Ronald Reagan use some of the most advanced technology available to navigate the ship thousands of miles where her presence is needed.

However, long before modern technology was available to provide Sailors with this capability, the ancient Polynesians proved they could also travel vast distances, but without the help of navigation instruments. To prove this, the Polynesian Voyaging Society (PVS) was established in 1973, and their mission is to research and carry on the traditions of ancient Polynesian

voyaging methods. These methods include using the stars, weather and surroundings to navigate.

The organization is based out of Honolulu, and recently when Reagan passed the Hawaiian Islands, several members of PVS embarked the ship to learn about the Sailors and mechanisms used to navigate today's technologically advanced aircraft carrier.

"This was an awesome opportunity, because it's incredible to get both sides of the spectrum of navigation," said Kaiulani Murphy, navigator for PVS. "I now have a better

understanding and respect for what Sailors are doing for us and our nation."

PVS members also learned about the enormous amount of teamwork required to navigate 97,000 tons of moving steel, a theme common in Polynesian voyaging as well.

"There are more similarities, even though we're working on a smaller scale and Ronald Reagan is so high-tech," said Kalani. "Our canoe only has a crew of 12 people, but like the Navy, it still takes a lot of commitment. We have to work together, because if we didn't, our voyage

wouldn't be successful."

Additionally, PVS members met with Reagan Sailors who were native to Hawaii, and some were familiar with the work of PVS.

"It makes me feel proud of what PVS is doing," said Aviation Support Equipment Technician 2nd Class (SW/AW) Yancy Zuniga, native of Puna, Hawaii. "Thanks to the PVS, they preserve a culture of Hawaii that might one day be lost. A way of navigating without modern instruments, just like what the ancient Polynesians did when they first set voyage and landed on the

Lose Weight on Deployment

The Biggest Loser Competition returns to Ronald Reagan.

Story and Photo By
AZ3 (SW/AW) Eric Stieglitz

For Sailors looking to lose a few pounds this deployment, the ship is hosting the Biggest Loser Competition, a weight loss contest for the air wing and ship's company. During the first week of our deployment, the contest began with preliminary weigh-ins, held by Luke Lockwood, the ship's Fit Boss.

"Approximately 40 crew members have already signed up for

the competition," said Lockwood.

Weigh-ins will continue every Friday in the month of June and will continue through the first week of each month thereafter.

Lockwood, who has teamed up with Lt. Phillip May, the ship's physical therapist, has been coordinating nutrition classes, a gym orientation and personalized advice for

the competitors.

"I want the biggest loser competition to be an educational experience," said May. The first nutrition class and gym orientation will both be held June 20. It is highly recommended by May that all competitors take advantage of the class, but it is not mandatory for the competition. If space allows, other Sailors not in the competition will be allowed to attend the class

for their own benefit. The classes will teach healthy eating habits and powerful exercise tips that will put the most serious Biggest Loser competitors over the top.

One of the primary reasons the competition is beneficial for the crew is that it provides a way for people to get together in a contest to improve their life style in a fun way. The Biggest Loser Competition allows people to start exercising and dieting

LOSER cont. on Pg. 12





Reagan Sailors Adding to Trophy Cabinet

Story and Photo By
MC3 Aaron Stevens

One of the last situations a pilot wants to be in is one where he's flying home and finds out he can't land because there's something wrong with the equipment on the ground. Lucky for pilots who land on USS Ronald Reagan's flight deck, Electronics Technician 3rd Class (SW/AW) Sarah Marts always keeps the air traffic controller's systems maintained to help the birds land safely.

One of the systems Marts maintains is the SPN-46 radar system, she performs preventative and corrective maintenance as needed.

"I enjoy my job," said Marts, who works the night shift for Combat Systems Department CS-6. "I enjoy what I get out of it and knowing that what I'm doing is causing good things."

Marts' peers said she is a role model for others in her shop and aboard the

ship because of the focus she commits to her job.

"When you're working in an air traffic control type of environment, they look to the equipment and depend on it," said Chief Electronics Technician (SW/AW) Clarissa Patton, the leading chief petty officer for CS-6 Navigation and Radar Division. "When you have a technician that can sit there with confidence that says, 'I know my equipment is well maintained; it's accurate and you can trust it,' they trust you as a technician. It makes all the difference. Confidence is the key to success."

Many feel it's that confidence, her spunky personality and dedication to her job that earned Marts the Commander, Naval Air Forces' (COMNAVAIRFOR) award for Air Traffic Control Technician of the Year, making her numero uno in

the Pacific Fleet.

"I was ecstatic," said Marts. "I went to my chief's office and I said 'Chief, did I really win the award?' She said 'Yes, here's the paper to show you've won. I told my mom and my family is proud of me.'"

Although her peers say Marts was humble when she found out she won, her shipmates couldn't help but celebrate her success.

"I'm so happy that she won," said Patton. "I wanted to cry. I'm like a proud mom. To be able to see one of my technicians on such a large scale, we're talking Navy wide scale, I'm very proud."

The Sailors who work with Marts said even though she is shining brighter than polished Navy brass now, it wasn't always her case.



RRSG Pays Homage to Forefathers

Story By
TGC Public Affairs Staff

The USS Ronald Reagan Carrier Strike Group paid homage to veterans of the Battle of Midway and WWII in a special burial at sea ceremony June 6 in the Central Pacific.

The crew of the guided missile frigate USS Thach (FFG 43), a ship named after Battle of Midway hero Adm. Jimmy Thach, performed a burial at sea for Cmdr. (Ret.) Dale "Abe" Simmons, one of Thachs' former wingmen.

"Reading about the heroic exploits of "Abe" Simmons gave me chills," said Cmdr. Dave Haas, Thach's commanding officer.

"Today, we honor a hero, and bury him at sea as he wished, said Haas. "But we also are saluting all of the veterans of Midway, one of the most strategic battles in Navy history. Heroes like our namesake, Admiral Jimmy Thach, changed the course of world history with their heroism, and it is an honor for our ship to bear his name and carry his legacy."

During the ceremony, Thach was the centerpiece of a formation of the ships of Destroyer Squadron (DESRON) 7, which included the guided missile destroyers USS Decatur (DDG 73), USS Howard (DDG 83) and USS Gridley (DDG 101). As the ships steamed into the sunset, Thach Sailors committed Cmdr. Simmons's ashes to the sea while F/A-18 strike fighters from Carrier Air Wing (CVW) 14 flew overhead in the missing man formation.

"As an aviator, it is humbling," said Cmdr. Richard Brophy, Commanding Officer of Strike Fighter Squadron (VFA) 115, and leader of the aerial formation.

"To honor a legend like Cmdr. Simmons in the same waters that witnessed one of our greatest victories is inspiring."

Aboard Thach, the crew solemnly reflected on their special connection to the heroes of yesterday.

"Midway was a victory of not only courage and determination, but also of ordinary Sailors, like all of us, doing extraordinary things," said Cmdr. Haas from the podium.

"This is what is supposed to happen," said Ship's Serviceman Seaman Recruit Kennan Workman of Thach's color guard. "We can't progress as a Navy without honoring those who fought before us."

The burial at sea aboard Thach culminated three days of Midway remembrance in the strike group. Aboard USS Ronald Reagan, Sailors watched movies on the 67th anniversary of the Battle of Midway June 4 and held a special sunset wreath laying June 5.

"The commitment and mettle of the American Sailor are unchanged," said Capt. K.J. Norton, Ronald Reagan's commanding officer. "Our core values of honor, courage and commitment are the same as they were 67 years ago."

"Don't lose sight of the fact that these are hallowed waters," added Capt. Thomas Lalor, Commander, CVW-14.

"We should be humbled to wear the uniform they wore. We should honor the sacrifices they made. We stand now on the shoulders of giants."





Sharing A Moment with Family

United Through Reading program keeps us connected.

Story By
MC3 (SW) David Brandenburg

Sailors stay busy with work and port visits while underway, but for families and children back home the experience may be different. For parents, brothers and sisters, even aunts and uncles, keeping the ties between their loved ones back home may be difficult. That's why the United Through Reading (UTR) program is offered aboard USS Ronald Reagan.

The nonprofit organization was founded in 1989 and continues to grow nationwide every year. The program strengthens the bonding experience between children and loved ones when Sailors read stories aloud they are recorded a recorded DVD.

Command Master Chief (AW/SW/SS) Mark Rudes kicked off the program

for Ronald Reagan June 8 by reading aloud for his daughter back home.

"My wife and I have read to our daughter since she was born and we have kind of framed her mind that reading is important," said Rudes. "With my being gone this program allows some stability in her life, and once in a while that DVD will come in the mail and she can pop it in and I will be reading to her and that makes a huge difference."

The program is not only offered aboard all Navy ships but also anywhere that Sailors could possibly be deployed, giving them the ability to stay in their children's lives from anywhere in the world.

For the volunteers who run the program there are many reasons why

they devote their time and energy to make sure families stay connected. For some, the program has a very personal impact.

"I'm a Navy brat and my father is now retired, but he actually did this when I was a child, and it had a big impact on the relationship I have with my father," said Information Systems Technician Seaman Christieanna Siatunuu. "The program helped me know that my dad was still there for me, and reading the books helped us keep in touch."

Volunteers work hard to make sure every video is successfully recorded, packaged and sent back to the Sailor's home in a timely matter. The program is open to all Sailors, whether they want to read or volunteer. Restrictions

Keeping Our Eyes on the Prize

Story By
MC3 Briana Brotzman

Every Sailor aboard Ronald Reagan remembers hearing President George W. Bush say, "We will not tire. We will not falter and we will not fail."

But during the course of any given day it can be easy to forget. Between doing the same jobs, standing in the same lines, seeing the same people and hearing the same jokes, it is easy to forget why we are here. Our purpose on this deployment is more imperative than even we know.

"We are standing the watch in Operation Enduring Freedom (OEF)," said Lt. Cmdr. Ronald Flanders, USS Ronald Reagan's public affairs officer.

Ronald Reagan will relieve USS Eisenhower, and in turn will be relieved by another aircraft carrier, said Flanders. Ronald Reagan will provide a United States Navy presence in its area

Photo By
MC2 (AW) Joe Buliavac

of operation. Our Sailors will be diplomats overseas, and will provide air support to Soldiers on the ground in Afghanistan.

"We have a commitment to the geographic areas we steam by," said Capt. K.J. Norton, Ronald Reagan's commanding officer.

As the anniversary of Ronald Reagan's humanitarian aid efforts in the Philippines approaches, the true scope of what aircraft carriers are capable of providing the world becomes clearer, says Norton. For one ship to be able to serve so many purposes is truly remarkable.

As a vessel for humanitarian aid, a means of close air support to Afghanistan and the mere awesome presence that 97,000 tons of steel represents patrolling the seas, Ronald Reagan is an invaluable

resource to the United States government and to our brothers and sisters in combat, said Flanders.

As the situation in Iraq improves, and stabilizes, the situation in Afghanistan has become the focus. The Taliban and Al Qaeda have made footholds in Afghanistan and Pakistan, and as the need for more troops increases, so does the necessity for constant carrier-based air support.

Ronald Reagan fights the same enemy who attacked American soil nearly eight years ago. Al Qaeda had already attacked the World Trade Center twice before finally bringing the twin towers to the ground in 2001.

Terrorism could no longer be fought quietly, said Flanders.

"These enemies will do anything to impose their view

of the world on others," says Flanders.

The September 11 terrorist attack received a world-wide military response. Nearly 3,000 casualties from over 90 different countries demand nothing less.

"Our new president seems fully committed to seeing it through," said Flanders.

The instability overseas demands Ronald Reagan's presence, even when it takes Sailors away from their friends and families, said Norton. This is Ronald Reagan's fourth deployment in four years because of this ship and its crews' superior performance, a performance that could not have been achieved without the crew's seamless teamwork.

"There is no such thing as menial work," said Norton. "Every Sailor on board contributes to the mission."





Star Time

11 June, 2009

CH 2		CH 3		CH 4		CH 5	
0830-1200: Happy Feet	1900-0730: True Lies	0830-1200: Next	1530-1900: Good Luck Chuck	0830-1200: Premonition	1530-1900: The Number 23	0830-1200: Rocky 3	1530-1900: Blind Dating
1200-1530: Flicka		1200-1530: Boy in the Striped Pajamas	1930-0730: Pirates of the Carribean 2	1200-1530: Land of the Dead	1900-0730: Letters From Iwo Jima	1200-1350: The Brothers Solomon	1900-0730: Walk the Line
1530-1900: Black Christmas							

12 June 2009

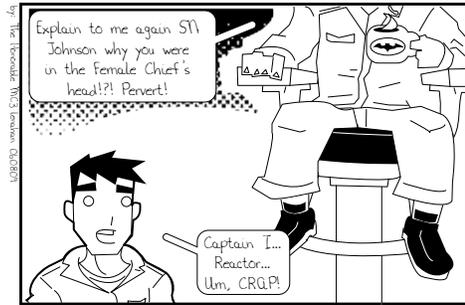
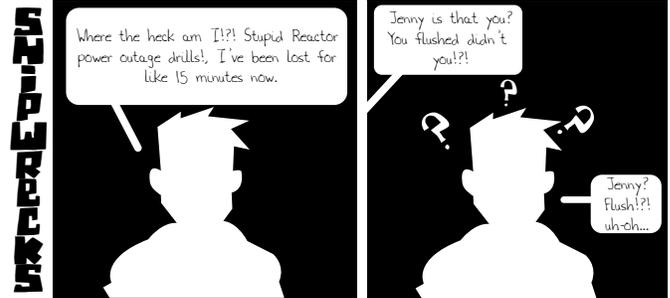
CH 2		CH 3		CH 4		CH 5	
0830-1200: The Wedding Singer	1650-2100: The Poltergeist	0830-1200: Herbie: Fully Loaded	1650-2100: Stomp the Yard	0830-1200: The Bourne Identity	1650-2100: Welcome Home Roscoe Jenkins	0830-1200: Bridge to Terabithia	1650-2100: The Greatest Game Ever Played
1200-1650: Pirates of the Carribean	2100-0730: Shine a Light	1200-1650: Clear and Present Danger	2100-0730: Twilight	1200-1650: Star Wars: Episode 3	2100-0730: Elizabeth town	1200-1650: Cast Away	2100-0730: Freedom Writers

13 June 2009

CH 2		CH 3		CH 4		CH 5	
0830-1200: Meet the Robinsons	1530-1900: Ice Princess	0830-1200: Austin Powers 2	1530-1900: Music & Lyrics	0830-1200: Seeker: The Dark Rising	1530-1900: The White Coats	0830-1200: Crossover	1530-1900: My Super Ex-Girlfriend
1200-1530: Kung Fu Hustle	1900-0730: The Island	1200-1530: Resident Evil: Extinction	1900-0730: Harry Potter: Order of the Phoenix	1200-1530: Turistas	1900-0730: Apocolypto	1200-1530: Burn After Reading	1900-0730: Defiance

Sudoku

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



PREVIOUS ANSWERS

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

All Hands Bury The Dead

The rifle detail led by ABE2 (AW) Edward Cisneros waits for the official party to arrive during a burial at sea ceremony aboard Ronald Reagan. The rifle detail shot a volley of three rounds before each urn was committed to the sea. Photo By MCSN Oliver Cole.



POLYNESIAN

Continued from pg. 3

shores of Hawaii, demonstrates the 'mana,' meaning strength, of Pacific Islanders."

The ship recently received its second Battle "E" award for being the most combat-efficient carrier in the Pacific fleet, a reflection also attributed to the teamwork of its Sailors.

"I think teamwork is very important no matter what vessel you are serving on because we all rely on each other one way or another," said Hospital Corpsman 3rd Class Erika Clawson, native of Aiea, Hawaii. "I would like PVS to know about our teamwork and how we all pull together for the mission and to get our job done. I would also like them to know how hard the Sailors aboard Ronald Reagan work, not just for us or the mission, but also for our families and America in general."

LOSER

Continued from pg. 4

the way they should.

"The competitors keep each other motivated. When proper diet and exercise become difficult, one might quit on his own," said May.

Aviation Support Equipment Technician 2nd Class (AW) Evangeline Brown, from Aircraft Intermediate Maintenance Department's (AIMD) IM-4 Division will compete in the Biggest Loser Competition for the second time. During USS Ronald Reagan's 2008 deployment, she won second place among the females, losing 29 pounds. In this year's competition she is participating to stay fit.

"The competition itself motivates me

to make the right choices, and that's something to strive for," said Brown.

Competing for the first time is Aviation Electronics Technician 3rd Class (AW) Armando Cardiel, another member of AIMD. "With the amount of dedication I have for working out, I am certain that I will win this competition," said Cardiel.

Cardiel currently weighs 205 pounds and his goal at the end of the competition is to weigh 168 pounds. He works out twice a day and has been waking up early in the morning to do cardio workouts, such as running, using the elliptical machine and going to the morning spin class. In the afternoon he does a core work out of pull-ups, push-ups, and abs. Cardiel said he is focused on making life change to lose weight.

"I got really heavy by eating a lot of meat and potatoes and lifting weights all the time and now I just want a sixpack," said Cardiel.

The crew member who loses the most weight by the final week of deployment will be the winner of the Biggest Loser competition and will receive a prize courtesy of the Morale, Welfare, and Recreation program.

MARTS

Continued from pg. 5

"She has admitted that she wasn't always the squared away, sharp Sailor that you see now," said Electronics Technician 1st Class (SW/AW) Claudia Lopez, CS6's leading petty officer. "You don't necessarily have to come into the Navy running. Some people crawl, some people fall. She stumbled and fell, and eventually she said 'You know what? It's time now; I've learned.' She picked herself up to become the stellar Sailor that everyone wants to be."

Marts said she contributes her success to her chain of command for

their solid direction and guidance early on in her career.

"They never gave up on me, no matter what I did wrong," said Marts. "They said 'We know you can do more; do this!' It wasn't always nice but it pushed me there."

Marts has branched out beyond her workspace. She contributes regularly to the 3 & 2 Association and is also a sponsor for a Sailor who will be coming aboard Reagan in the near future. Those who have known Marts for years see her continuing on to become one of the best leaders around.

Her shipmates said they are eagerly looking forward to her putting on second class petty officer. "

She's my right hand," said Electronics Technician 2nd Class (SW/AW) Todd Baker, CS6's work center supervisor. "She's currently my assistant work center supervisor, eventually taking over as work center supervisor. Because she's on the night shift, she handles the entire work center. She really knows what she's doing."

"I just want to keep her in my Navy," said Lopez. "With the equipment she maintains, she's like a doctor. She's the 'corpsman' of the air traffic control systems."

CONNECTED

Continued from pg. 8

this deployment on who can become a volunteer.

United Through Reading recording sessions will take place in NODE RM 13 which is located at 05-160-1-C. The program doesn't cost anything and mailing is free of charge. The books, however, need to be your own if you wish to send them home with the DVD. If you have any further questions or concerns regarding the program contact LT. Elizabeth Shamanow, USS Ronald Reagan's United Through Reading coordinator at J-5591.

SOD

SAILOR OF THE DAY



September 8, 2008

Name: *GM3 Jaqueline Nicole Carrizosa*
Dept/Div: *WEPS/W6-02*

Job Title: *RPPPO/CV SHARP/ISOPREP*
Where are you from?

Las Vegas, Nevada.

Why did you join the Navy?

To evolve as a person and to make money for college.

What did you do before you joined the Navy?

I was in high school and worked for a veterinarian hospital.

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

I was happy and proud.

Who do you hold responsible for your success?

I achieve for my mother.

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

Malaysia, because they had the best soccer team to play against.

What piece of advice would you pass on to others?

Stay persistence and happy.

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- Complete a pre-study questionnaire
- Take oral tablets each morning and evening
- Make a 5-minute visit to Medical for refills

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and remember
the tac number.**

