

The Box

July 15, 2013

MM2 GRAY
RAISING THE BAR
& SETTING NEW
STANDARDS

LEARNING
CURVE
Midshipmen
experience
life at sea



LS1 BLAYLOCK
THINKING
OUTSIDE
the BOX

*On the strength of one link in the cable,
Dependeth the might of the chain,
Who knows when thou mayest be tested?
So live that thou bearest the strain
-Admiral R.A. Hopwood, R. N. (Ret.)*

Greetings and salutations, teammates! I've been aboard this ship for almost a year now and transited its passageways thousands of times. I am proud to say that at least once each day, I witness a person do something that makes me smile. Allow me to explain:

If you've read any of these "76er" columns in the last year, you'll know that I believe, with every fiber of my being, that each person brings value to our team. I also believe that each person has an obligation to place the needs of the team before the needs of the self. When each person cares more about the Sailor standing to their left and right than they do about themselves, the team is destined to succeed. These values form the core of WARRIOR ETHOS.

Every day of the last 12 months, I have personally witnessed a Sailor take actions that align with these beliefs (I kid you not; I tell my wife about it every day). I've walked through Hangar Bay 2 and seen a Sailor drop what he was doing to help another Sailor carry a heavy box. I saw a Petty Officer take time to teach a very junior Inport Emergency Team the proper way to combat a casualty. I even witnessed a Commander, who was obviously in a hurry, stop and take a moment to give a group of lost Petty Officers from the air wing directions to the barber shop.

Then there are the examples of Sailors pushing themselves harder to better represent the WARRIORS that the REAGAN Combat team deserves. I see the entire Strike Group NINE staff in the hangar bay doing calisthenics and the Chiefs Mess leading a cadre of highly motivated First Class Petty Officers on a group run every morning. I see the Supply Department khakis carving time out from their hectic schedule to hit the gym together as a group to foster esprit de corps. Then I see Sailors from Reactor Department out at the TRX straps doing box jumps and power clings. If that doesn't motivate the heck out of you, then the fact that I saw a group of 8 Sailors using flash cards to help 3 of their teammates prepare for their ESWs exam at 0314 on the messdecks should.

I am pretty darn fired up when I walk the passageways, and I hold my chin up a little higher when I tell others that I belong to the REAGAN TEAM.

As you read this edition's stories about LS1 Blaylock, MM2 Gray, and our Medical Department hooyahs, I hope Principle of Naval Leadership #5 (listed below) comes jumping out at you.
V/R,
YOUR Media Department

**PRINCIPLE OF NAVAL LEADERSHIP 5 (Part II):
Set the example.**

- a. Show your subordinates that you are willing to do the same things you ask them to do.
- b. Be physically fit, well-groomed, and correctly dressed.
- c. Maintain an optimistic outlook.
- d. Conduct yourself so that your personal habits are not open to criticism.
- e. Exercise initiative and regard the spirit of initiative of your subordinates within your unit.
- f. Avoid showing favoritism to any subordinate.
- g. Delegate authority and avoid over-supervision, in order to develop leadership among subordinates.



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Executive Officer
CAPT Michael McKenna
Command Master Chief
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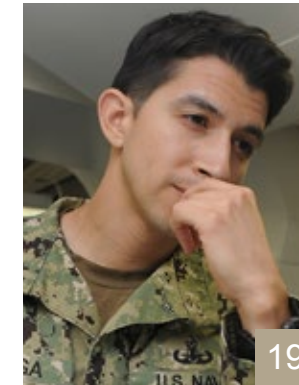
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ATTENTION: Inside this magazine is a chance to win \$25 for anything MWR has to offer! The first person to find the logo within our magazine and report down to the media shop wins the prize!

* Color may vary. Only one prize per issue. Prizes must be claimed in person at Graphics Media, 3-180-0-Q.

Story by MC3 Timothy Schumaker

LS1BLAYLOCK

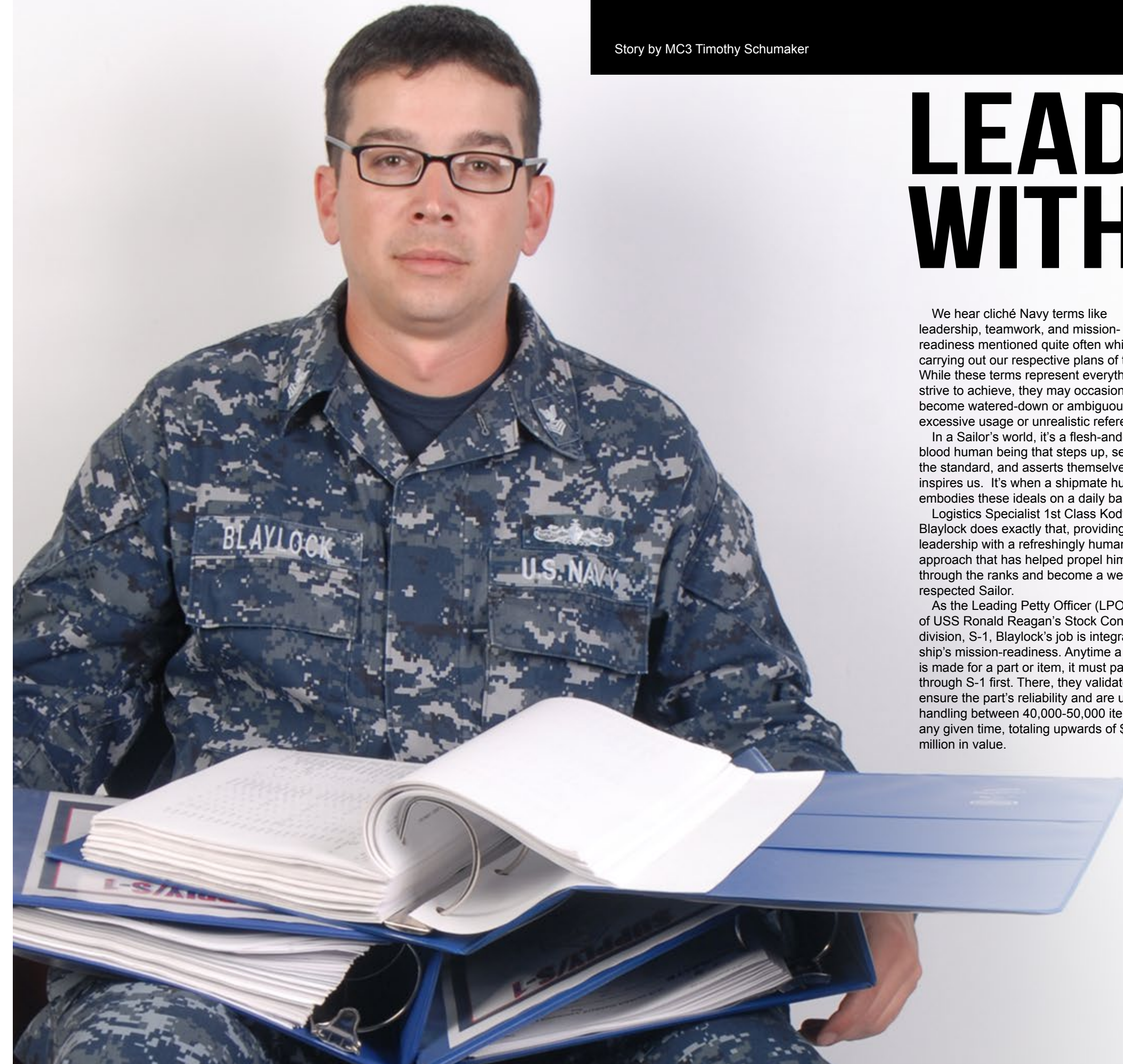
LEADING SAILORS WITH “THE HUMAN APPROACH”

We hear cliché Navy terms like leadership, teamwork, and mission-readiness mentioned quite often while carrying out our respective plans of the day. While these terms represent everything we strive to achieve, they may occasionally become watered-down or ambiguous with excessive usage or unrealistic references.

In a Sailor's world, it's a flesh-and-blood human being that steps up, sets the standard, and asserts themselves that inspires us. It's when a shipmate humbly embodies these ideals on a daily basis.

Logistics Specialist 1st Class Kody Blaylock does exactly that, providing daily leadership with a refreshingly humanistic approach that has helped propel him through the ranks and become a well-respected Sailor.

As the Leading Petty Officer (LPO) of USS Ronald Reagan's Stock Control division, S-1, Blaylock's job is integral to the ship's mission-readiness. Anytime a request is made for a part or item, it must pass through S-1 first. There, they validate and ensure the part's reliability and are usually handling between 40,000-50,000 items at any given time, totaling upwards of \$300 million in value.





"S-1 is the heart of the ship, and the pinnacle of customer service, in my opinion," said Blaylock. "The quantity and scope of responsibility for an LS on this ship can be intimidating, especially for junior Sailors."

Blaylock is one of four First Class Petty Officers in S-1 that form a team of concise and effective leaders who work together with their junior Sailors to keep the department functioning at a high caliber, and with minimal lapse in time or judgment.

Given the scale of importance of their work, he puts it into perspective by simply making his job all about the people he's in charge of helping, by preaching a mantra that revolves around the simple concept of maintaining a 'human being' approach. It's humbly profound, given that life in the Navy can occasionally feel somewhat robotic and repetitive.

"I always tell my Sailors that I'm a big 'human being' person," says Blaylock. "Especially in customer service and how we speak to people, which is the most important thing we do.

"We're a customer service one-stop-shop, and we never turn anyone away because it's our job to help people," he says. "I always tell my Sailors that it's their moral obligation to help someone if it's possible, and in the long run it will pay off because the people we help will support us. It's a win-win situation when we're helping someone."

When dealing with logistics, there's inherently going to be a lot of middlemen. Blaylock refers to them as the 'hands in the pot' that require constant inter-departmental communication and a solid foundation of common knowledge and sense of purpose. It serves as a prototypical example of how communication in the Navy is essential in creating a team to achieve mission success.

"The other 1st Class Petty Officers in S-1 and I constantly remind each other that we need to set the pace and the standards for these younger Sailors," added Blaylock. "It's all about everyone catching a

battle rhythm. If they see us setting the pace and the standard, they follow us. They become accustomed to doing things the right way every time."

LS3 Adrian Harrison works under Blaylock in Stock Control, and knows that he can approach his LPO when needing to know the right way to do things.

"He's the kind of leader that if you need to know how to do something, he'll teach you until you understand it," said Harrison. "He's a subject matter expert in pretty much everything in S-1, so if you make a mistake, he'll explain what you did wrong and help you fix it. Even if he doesn't have time at a given moment, he'll make time later for you."

Blaylock says that while it's imperative to establish a battle rhythm and comfort zone, it's also about stretching out of your comfort zone by taking up collateral duties and adapting.

"There are so many avenues to help you become a leader, especially on an aircraft carrier, and there are a tremendous number of people to learn from," Blaylock said. "In my department alone, I probably have 50 years of experience just from some of the senior First Classes and Chiefs."

The pace of Blalock's progression into a leadership role has been accelerating ever since he enlisted, but his pre-Navy story is relatively typical. After high school, he didn't want to go to college, and was getting into some trouble. Eventually, his aunt, a probation officer for juveniles, gave him an ultimatum while he was living with his grandparents to either join the military or move out. So, after looking into the other service branches, he joined the Navy out of Poteau, Oklahoma, as a 20-year-old.

Blaylock came in as an E-2 working in supply as a Store Keeper before the rates of Store Keeper and Postal Clerk merged to form Logistics Specialist in 2009.

His first ship was the USS Mobile Bay (CG 53), where he deployed twice. One was a Rim of the Pacific deployment, where he hit ports such as Hawaii, Thailand and Singapore. The other was an 8-month deployment to the Arabian Gulf in 2008, where he advanced to E-5. During that tour, he earned Bluejacket of the Year for 2008.

He then transferred to shore duty in Atsugi, Japan, where he advanced to First Class Petty Officer at only 25 years old, and directly supported Operation Tomadachi after the Japanese Earthquake hit. He was in charge of screening ship and aircraft parts for radiation, well outside of his normal supply duties. He also spent substantial time volunteering at phone centers and helping with casualty control to aid the affected people of Japan.

He then transferred to the Ronald Reagan, where he's already been named Senior Sailor of the Quarter for the 4th quarter of fiscal year 2012.

Throughout his career and the myriad of both experiences and success, Blaylock has had numerous leaders deeply influence him.

"I've had some great leaders along the way. One in particular, my Senior Chief on my first ship, took me under his wing," he said. "He was a quiet guy and didn't have to say a lot, but we knew that when he had something to say it was important. I learned a lot about the value of listening from him and to only contribute to a conversation if it added value in some way."

Good leadership also caused him to become meticulous and be adaptable with his work while he came up through the ranks. A real-life example is a situation he encountered on his first ship with that very supervisor.

After submitting a few days worth of work to his Senior Chief, it was abruptly denied and considered unacceptable. After acting out emotionally with a negative attitude, it eventually served as a wakeup call to Blaylock. Once he calmed down, he came to the conclusion that his work would have to rise to the standard that had been set and keep pace with the expectations placed on him.

"I learned that I was going to have to change things, and adjust. I now know that junior Sailors coming up through the ranks will constantly be expected to learn how to adjust and adapt to their surroundings, because they're not going to be working for the same people," he said. "Their surroundings will require them to speed up, or even slow down sometimes, to help others who aren't keeping pace."

And it's the habits like making your work meet the highest of standards that has helped mold his human approach.

"It all comes back to being a human being. The Navy can sometimes bring out the morals and characteristics in a person that people didn't know they had, like being assertive, being a leader, stepping up," said Blaylock. "I think everybody has these things inside them, they're sometimes just dormant."

As Blaylock knows well, nobody is perfect. For him, it's more about how an obstacle is overcome, rather than dwelling on past failures.

"Sailors are human and definitely make mistakes; I know I have several times. But I always tell my Sailors that there are more forgiven Sailors than straight-arrows," he said. "In the end, it all goes back to pushing forward and setting the standards. If you're doing that, everyone will take notice and follow suit. Maybe you won't get the award or recognition every time, but eventually it's going to pay off, and I'm a prime example of that."

RONALD REAGAN SAILOR BREAKS RECORDS,

WINS POWER LIFTING CHAMPIONSHIP



Story and photos by MC3 Terry Godette

USS Ronald Reagan's (CVN 76) Machinist's Mate 2nd Class Heather Gray won first place in the Metroflex Classic Power Lifting Championships in Long Beach, Calif. June 15th.

Gray, from Corpus Christi, Texas, broke California state records for squats, dead lift, bench press and overall weight in the junior division for the 148 lbs weight class during the tournament, in a sport she began out of simple curiosity.

"I just wanted to get my feet wet and apparently I did really well," said Gray. "I need to concentrate on power lifting now that I know I'm good at it."

Gray began training in 2011 for competitive bodybuilding as a hobby. When Ronald Reagan entered its Dock Planned Incremental Availability (DPIA) in Bremerton, Wash., in 2012, she started lifting heavier weights.

"I didn't realize how strong I was compared to other women my age and size," said Gray. "I had guys telling me

'Women don't put up this much weight' and I thought they were just trying to be nice to me."

Even still, Gray really still didn't have an interest in competing in the sport until she began looking at the record books and comparing her training to record-setting weights.

"I was looking at the records and thinking to myself 'I do repetitions with that weight. I can break that,'" she said.

After Ronald Reagan returned to San Diego in March 2013, Gray started hitting a local gym regularly where she ran into other female competitive power lifters who told her she should give competition a try. They told her about a tournament in Venice Beach, Calif., which was Gray's first time competing in the sport.

"I finished second in the tournament in Venice Beach," she said. "That tournament is where I found out about the Metroflex Tournament, and I knew I was going to be more than ready for it."

Winning the Metroflex Championships, Gray qualified for the World Power Lifting Championships in Las Vegas later this year. With her recent success, she has her sights set on 1st Place there as well.

"It feels good to be invited to the world tournament," said Gray. "My goal is to break all the national records and hopefully some world records too."

Gray works in Ronald Reagan's Reactor Department, which involves long working hours and challenges her to get creative in finding time to train for power lifting competitions. Still, she's in the gym five times a week. Through her competitions, Gray is hoping to not only win championships, but stand up to any mental or physical challenge her job throws her way.

"Being a mechanic is a physical job," said Gray. "I never want to have to ask for help with something that a normal guy wouldn't need help with. I want to be physically strong enough to never be a liability."



MIDSHIPMEN COMPLETE "Summer Cruise"

Aboard Ronald Reagan



Story by MC3 Terry Godette

Thirty four Midshipmen from the Naval Reserve Officer Training Corps and the U.S. Naval Academy completed their Midshipmen Summer Cruise Program aboard USS Ronald Reagan June 23.

Each year, Midshipmen entering their junior year of college spend more than three weeks of their summer assigned to U.S. Navy commands to get a glimpse into what both the operational Navy and life as a Sailor are like.

For most Midshipmen, the visit to Reagan was their first experience aboard a U.S. Navy ship, and they encountered many of the same challenges the newest and most junior Sailors experience upon reporting – including finding their way around.

"I was a little overwhelmed by the ship's size and how many people were aboard the ship," said Midshipmen Third Class Alex McIntosh. "Transiting the ship was pretty frustrating; it was a humbling experience for me. I had to swallow my pride, admit that I was lost and start asking questions."

Each Midshipman was assigned to a department aboard the ship where they could get the most hands-on experience. They worked directly with their enlisted sponsors to learn about shipboard operations and the roles and responsibilities of varying departments, divisions and work centers.

"We want to make sure the Midshipmen got to experience the main operational aspects of life on an aircraft carrier such as flight operations, bridge watches, and combat systems operations," said Lieutenant Kyle

Malone, Reagan's Midshipmen Training Officer.

The future officers spent their days experiencing the life of an enlisted Sailor; eating on the mess decks, sleeping in berthing and standing a variety of watches in the departments where they were assigned. Even for only a brief time, Malone said walking in the shoes of an enlisted Sailor would hopefully help them understand what life will be like for the Sailors serving under them when they earn their commission as Naval Officers.

"You can't possibly know what it's like until you get out here and experience it," said Malone. "The Navy is such a unique organization that I don't think anyone can be expected to come in with zero experience and know how it operates."

For Midshipman 3rd Class Danielle McKnight, there is no substitute for experiencing the life of a Sailor first-hand.

"It's good for us to experience the fleet like this so we can kind of see what we are getting ourselves into," she said. "The purpose of our cruise is to experience life as an enlisted Sailor and try to get an understanding of what their lives are like. Even though it's a brief amount of time, I think it's good for us to see things from an enlisted perspective so when we do become officers; we will know how it is on the other side."

Not only were the Midshipmen able to get a taste of enlisted life, they also got a chance to ask questions to find out what attributes Sailors look for in a leader. Midshipman 3rd Class Peri Curtis said that feedback will help her develop her personal leadership style when she assumes her first Division Officer role.

"You can't possibly know what it's like until you get out here and experience it"

"One leadership trait I will take from being aboard Reagan is taking good care of the Sailors under me; that's the thing the Sailors said they admired the most about their leadership," said Curtis. "The one thing I won't do is be arrogant or cocky and think I know everything. I'm going to trust that when I task my Sailors, they will get the job done."

The time spent aboard Reagan also gave the Midshipmen a unique opportunity to see many of their academic Naval lessons in practice.

"I was impressed by how much my first year at the Naval Academy prepped me for coming to the ship," added McKnight. "We learn a lot about ships, but never get a chance to apply the things we learn; so being on the ship is a chance to connect the two."

For most of the Midshipmen, they are only a couple years away from their commission and their first Division Officer assignment in the fleet as an Ensign. Summer Cruises like those aboard Reagan help set the foundation for their expectation of operational Navy life and will help to influence their roles as Navy leaders for years to come.



COMMANDER-IN-CHIEF RONALD REAGAN'S INVESTMENT IN THE U.S. MILITARY



Story by MCC Mike Miller

In the mid-1970s, the U.S. government was recovering from the financial strain of the Vietnam War. In that decade alone, the country endured two national recessions and the highest unemployment rate since the Great Depression. Military spending was at the lowest level since the end of World War II, and many critics labeled the military as under-paid, under-funded and under-trained.

At that time, communism was still a fear in the minds of many Americans and the Cold War was growing tense as Russia continued to grow their military presence and status worldwide. America's government and military status internationally was questioned by many following the Iranian hostage crisis in 1979, which included a failed rescue mission launched from the USS Nimitz (CVN 68) resulting in the death of eight U.S. service members.

By the time President Ronald Reagan took office in 1981, the national unemployment level continued to grow, peaking at 10.8 percent in 1982. The year of Reagan's inauguration, the U.S. defense budget was \$317 billion – more than \$100 billion less than when the U.S. was at peace post-WWII. When Reagan took on the challenges of boosting America's economic status and ending the Cold War – the strength and capability of the U.S. military were directly in his sights.

"We're in greater danger today that we were the day after Pearl Harbor," said Reagan. "Our military is absolutely incapable of defending this country."

Reagan knew, in as early as his Presidential campaign years, that one of the biggest tools to combat the Russians during the Cold War was the simple show of force. By growing a robust military, it was Reagan's hope to establish "Peace Through Strength" against the Soviet Union. But Reagan's approach was unique in that his plan to boost the U.S. military was not in a provocative or offensive nature, but rather defensive.

"Our defense policy is based on a very simple premise: The United States will not start fights. We will not be the first to use aggression. We will not seek to occupy other lands or control other peoples," Reagan said. "Our strategy is defensive; our aim is to protect the peace by ensuring that no adversaries ever conclude they could best us in a war of their choosing."

Possibly Reagan's most famous embodiment of this idea was his Strategic Defense Initiative (SDI) – a high-tech defense system aimed at destroying international ballistic missiles as they're being launched and before they reach American soil. The program gained much press, both good and bad, for its lofty and futuristic nature. But another defense-growing idea that was just as grand but less ridiculed centered on the U.S. Navy, where he announced during his Presidential campaign the goal of growing to a 600-ship fleet. The plan appealed to many Americans who felt defense spending was too low to adequately protect the nation from communism and the Cold War.

It centered around four key but smaller goals: re-commission lowa-class battleships; keep older ships in service longer; implement a large new ship construction program and increase production of Nimitz-class aircraft carriers.

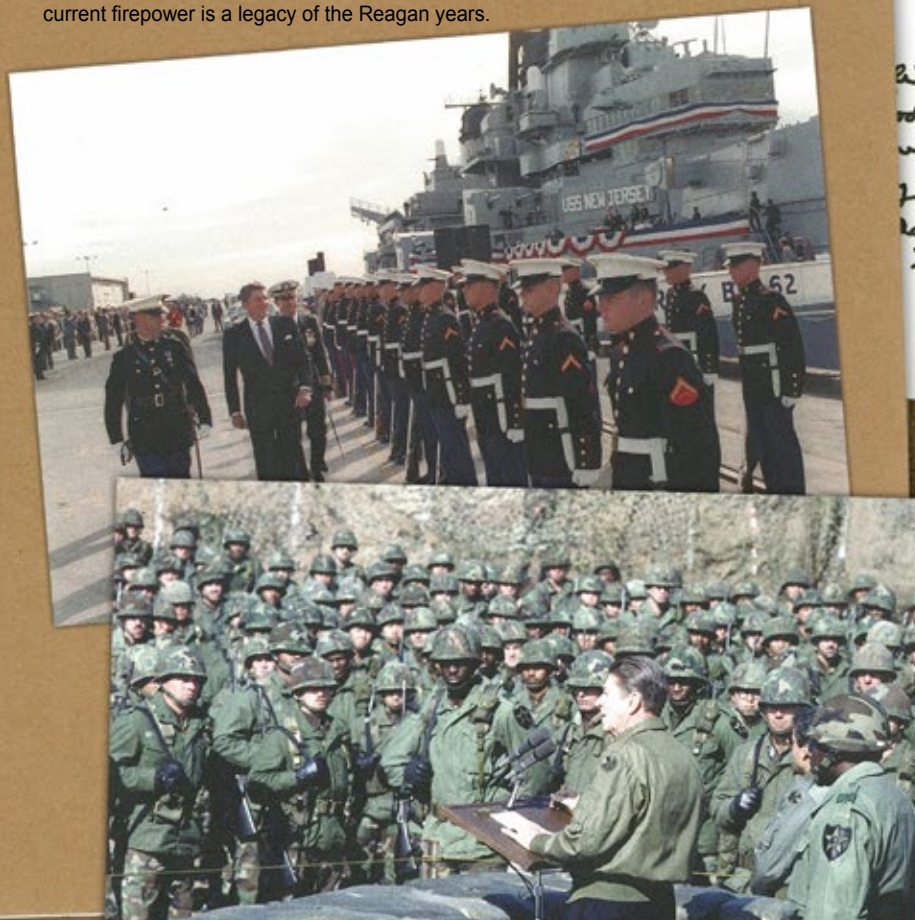
lowa-class battleships, built in the 1940s, were all re-commissioned and refitted with RGM-84 Harpoon, BGM-109 Tomahawk, and Phalanx CIWS system capabilities, plus their armor plating would be more resilient against anti-ship missiles.

Construction of Nimitz-class carriers and Los Angeles-class attack submarines were both increased, while also constructing the first-ever Ohio-class ballistic missile submarine. Additionally, multiple new weapons systems debuted during the era including the Aegis combat systems and Harpoon, Tomahawk and AGM-88 HARM missiles making their shipboard debuts.

The benefits of the growing fleet did not end with the surface and sub-surface Navy, as naval aviation reaped many benefits as well. The growth included the introduction of the F/A-18 Hornet along with improved versions of the EA-6 Prowler, A-6 Intruder and F-14 Tomcat. Even across other services, Reagan revived programs such as the B-1 bomber and deployments of the Abrams main battle tanks and Bradley armored fighting vehicles.

In the end, Reagan's overall goal was to build a military large enough to wear down the Soviets in what would be the final years of the Cold War. By the end of his second term, Reagan had expanded the U.S. military budget to a staggering 43% increase over the total expenditure during the height of the Vietnam War. The Soviet Union was battling economic woes and ultimately could not keep up with programs like SDI and an expanded fleet.

His projection of power ultimately kept the U.S. out of a major war for nearly a decade, truly embodying the ethos "Peace Through Strength." To this day, much of the nation's current firepower is a legacy of the Reagan years.



RONALD REAGAN CORPSMEN CELEBRATE 115 YEARS

Story and photos by
MC3 Joshua Warne



USS Ronald Reagan's Medical and Dental Department celebrated the 115th Birthday of the United States Navy Hospital Corpsman (HM) rating on June 14 at Naval Base Coronado's Breakers Beach.

Approximately 45 Sailors and their families proudly honored the annual birthday celebration with a two-mile run, a picnic, and a cake cutting ceremony, all while lauding the historic 115-year legacy of the HM rate.

"This celebration was about honoring all the Corpsmen that served the country before us and made the ultimate sacrifice," said Hospital Corpsman 1st Class Stephanie Acevedo. "Without their heroic acts, many people wouldn't be alive today."

The event began with a group run from Ronald Reagan to Breakers Beach, embodying the Corpsman ethos of keeping the force healthy.

"The run was meant to build camaraderie and to promote physical health," said Hospital Corpsman 3rd Class Conner Fairwell. "As Corpsmen, we must always be in top physical condition. We never know when we'll need to lift a body or transport a person up or down a ladder well."

Following the run, the group shared stories of their brothers and sisters of years past who have sacrificed greatly in order to save the lives of many.

"Corpsmen are one of the most decorated jobs in the entire military," said Fairwell. "By sharing stories, it instills pride in us. You never know, it could be any one of our names going in the history books."

In the midst of modern technology and advances in modern medicine remains one of the oldest and most trusted techniques in any Corpsman's career – the sharing of knowledge and grass-roots experience from generation to generation.

"The passing of knowledge is very important to me," said Senior Chief Hospital Corpsman Hilario Gamboa, Medical Department's Leading Chief Petty Officer. "Without the proper training, it could cost someone their life, eye sight or a limb. We must ensure the level of professionalism and care stays as consistent as it has been for the last 115 years."

Hospital Corpsman is a storied rating with a historic past of heroism in war, honor in peace and selfless sacrifice. It's that honor, courage and commitment that has kept Corpsman pride strong for the past century and looking ahead for generations in the future.

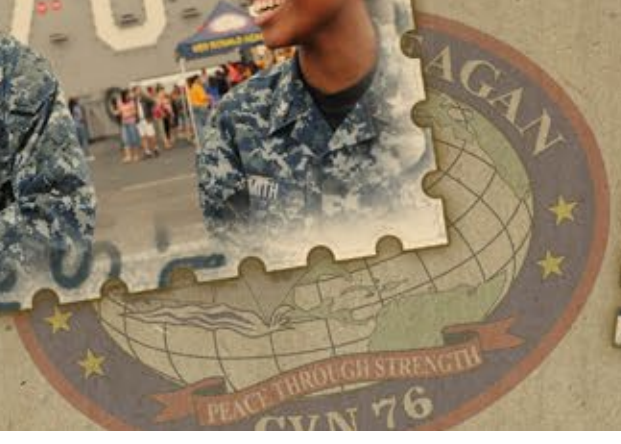
"I look forward to many more birthdays to come," said Gamboa. "Even after I retire, I will still be an active member in the Corpsman community. As they say, 'Once a Corpsman, always a Corpsman.'"

US RONALD REAG COMMAND PICNIC 2013

PEACE THROUGH STRENGTH
CVN 76



THROUGH THE LENS



CREATURE FEATURE WORD-FIND

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|---------------|--------------|
| 1. ADDER | 18. IBIS |
| 2. ALLIGATOR | 19. JACKAL |
| 3. ANACONDA | 20. KANGAROO |
| 4. ANOA | 21. LEMMING |
| 5. ANTELOPE | 22. LIZARD |
| 6. BEAR | 23. MARMOSET |
| 7. BISON | 24. MOOSE |
| 8. BONOBO | 25. OTTER |
| 9. CAPYBARA | 26. OWL |
| 10. CARIBOU | 27. PLATYPUS |
| 11. CHAMELEON | 28. SABLE |
| 12. CHAMOIS | 29. SEAL |
| 13. COYOTE | 30. TORTOISE |
| 14. DINGO | 31. VICUNA |
| 15. GORILLA | 32. WALRUS |
| 16. HARE | 33. WOMBAT |
| 17. HYENA | |

N R Q U Y L W O O Q D H E F T
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SUMMER CONCERTS

August 11	Luke Bryan	Sleep Train Amphitheatre	\$110, \$85
August 27	America's Most Wanted Festival 2013 featuring: Lil' Wayne, T.I., & more	Sleep Train Amphitheatre	\$125, \$95
September 13	Rascal Flatts	Sleep Train Amphitheatre	\$90, \$75



SAN DIEGO PADRE ALL HOME GAMES

Tickets are now on sale for all of the San Diego Padre home games. Various seats and tickets are available for each game. Ticket prices per game range from \$16.50, \$24.50, and \$52 (depending upon the seat). Stop by the ticket office to see where the seats are located.

MONEY BACK reimbursement info

Each month Sailors can get financial reimbursements for fitness and recreational events not already held by MWR. **Fitness:** Sailors can attend up to 2 fitness events and be reimbursed up to \$100 a month. **Recreation:** Sailors can attend as many recreation events as they want and will receive a 20% reimbursement for each event up to \$50 a month.

MWR Events Underway

July 11, 1900

Board Game and Texas Hold em' night on the forward mess deck.

July 12, 1900

Karaoke night on the forward mess deck.

July 13, 1900

Trivia night on the forward mess deck. In order to participate, you must register your team of four by 13 July at 1200. Prizes are awarded to the top winning teams.

July 14, 1900

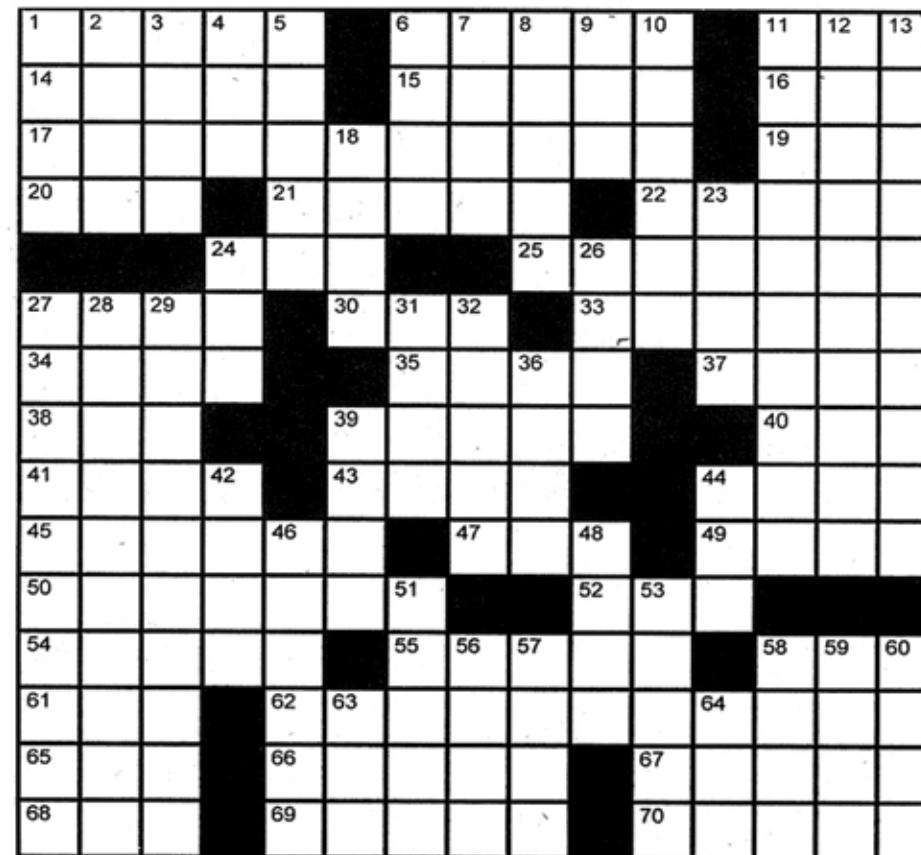
Dominos night on the forward mess deck.

July 16, 1930

Movie and popcorn night on the forward mess deck.

July 17

MWR will be hosting a baseball ticket sale. All San Diego Padres baseball tickets for the home games in August and September will be \$10 on this day only (excludes some VIP tickets). All tickets are along 1st and 3rd baseline lower level and home run alley.



Across

- Subject of the 2003 film "Sylvia"
- Office exchanges
- [I'm not happy about this]
- NBA All Star Rajon _____
- Book from which the film "What's Love Got to Do With It" was adapted
- Where to go in London?
- 1995 Mariah Carey/Boyz II Men hit
- _____ about time!
- Sunday seat
- Poor grade
- Home of the World Museum of Mining
- Cut (off)
- 2007 UNK hit
- Capt. saluters
- Old sofa's problem
- Epoch when mammals arose
- Parched
- Pictures taken in a hosp.
- "True _____" (2010 film)
- One who's blue, for short?
- Singer of the 2007 hit whose title combines the first words of 17-, 25-, 50- and 62-Across
- Lead role in "The Piano"
- Nickname for an English channel, with "the"
- Getaway spots
- "As Seen on TV" company
- Roll out
- Castaway's message
- Actresses Carides and Scala
- 2009 Eminem hit

Down

- Hold (up)
- Unaccompanied
- From the top
- Favre's 508, briefly
- Greeting said with the tip of a hat
- Honey: Fr.
- "____, Brute?"
- Center
- _____ hot streak
- Make a peep
- Paparazzi targets
- Bad plan
- Potpourri ingredients
- "House" actor Omar
- Its acad. is in New London, CT
- It was dropped at Woodstock
- Rap's Kanye
- "Alas, that's correct..."

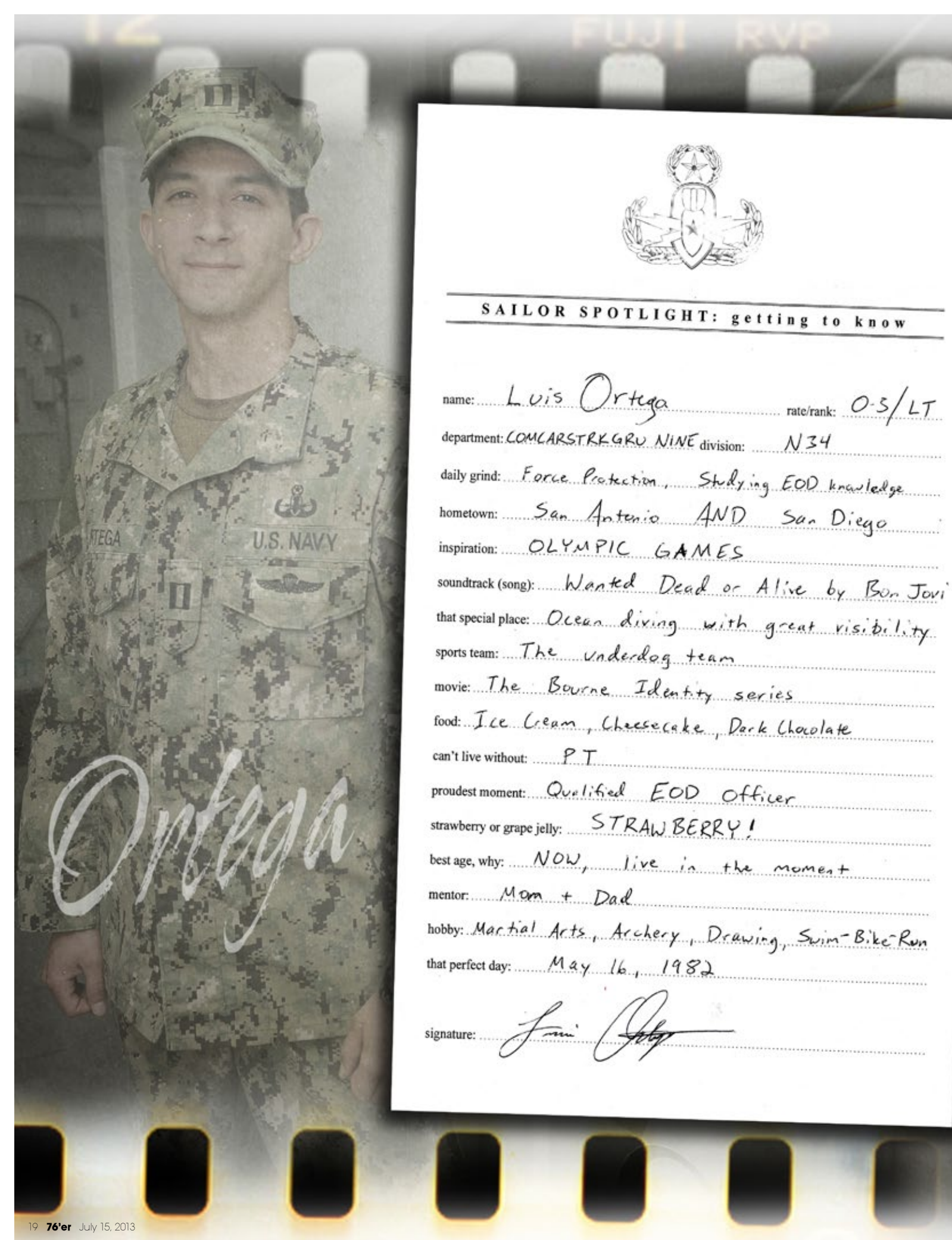
- _____ gas
- Durations
- It may follow "forever and ever"
- They may be sheepish
- "That _____ yesterday!"
- Nike competitor
- Good: Sp.
- CIA Cold War counterpart
- Western evergreen named for its eventual bark color
- It's a wrap in "Slumdog Millionaire"
- Knoll
- Chinese zoo attraction
- Urge
- Pack of lifesavers?
- Expectoration sound
- Rowlands of "Another Woman"
- Questions
- Sch. whose football stadium is nicknamed the Horseshoe
- Modern address

SHIPBOARD GYMS - IN PORT

Gym hours are staffed by MWR watches from: 0500-0800 and 1600-1900 M-F as well as 0900-1300 Saturday. Gyms are closed 2100-0500 Monday-Saturday and all day Sunday per MWR Instruction.

SHIPBOARD GYMS - UNDERWAY

Gyms will be open nearly 24 hours a day, seven days a week. There will be three MWR gym watch periods Monday-Saturday, none Sundays. 0500-0800 • 1200-1500 • 1900-2100 • Khaki Hours 1400-1600.



SAILOR SPOTLIGHT: getting to know

name: Luis Ortega rate/rank: O-5/LT
department: COMCARSTRKGRU NINE division: N34
daily grind: Force Protection, Studying EOD knowledge
hometown: San Antonio AND San Diego
inspiration: OLYMPIC GAMES
soundtrack (song): Wanted Dead or Alive by Bon Jovi
that special place: Ocean diving with great visibility
sports team: The underdog team
movie: The Bourne Identity series
food: Ice Cream, Cheesecake, Dark Chocolate
can't live without: PT
proudest moment: Qualified EOD officer
strawberry or grape jelly: STRAWBERRY!
best age, why: NOW, live in the moment
mentor: Mom + Dad
hobby: Martial Arts, Archery, Drawing, Swim-Bike-Run
that perfect day: May 16, 1982
signature: *Luis Ortega*

The Star Spangled Banner

Saluting the national ensign is an act of respect performed by all the men and women who serve in the military.

The flag represents our nation's values, sacrifices, and our freedoms that we have fought so fiercely to earn and defend.

On June 14, 1777, the Continental Congress met at Independence Hall in Philadelphia to create our nation's flag. Congress concluded that the design of the United States flag would be composed of thirteen white stars in a field of blue along with thirteen stripes alternating colors of red and white.

The following month, on July 4, 1777, Captain John Paul Jones hoisted the first "Stars and Stripes" on board the Continental Navy ship *Ranger*.

Several months after the first hoisting, Jones exchanged salutes with a French flagship in Quiberon Bay, France. The exchange of salutes became the first official act of recognition of our national ensign and the United States as an independent nation.

The flag is a piece of our nation's history which represents our nation's ideals and freedom. It has been through times of peace and war showing the will of the American spirit and our ingenuity. When we salute the flag, we remember all the great things all Americans have done and will continue to do with the same fervor as the people who created this country.



Lucky 13

If you have a deep genuine fear of the number 13, you may have Paraskevidekatriophobia also called Friggatriskaidekaphobia or Triskaidekaphobia.



Roll Tide

The highest tides in the world are at the Bay of Fundy, which separates New Brunswick from Nova Scotia. At some times of the year the difference between high and low tide is 16.3 m, taller than a three-story building.



Lick It and Stick It

Every time you lick a stamp, you're consuming 1/10 of a calorie. Did you know: the Benjamin Franklin Z Grill stamp is the most expensive U.S. stamp, valued at 3 million (only two exist).



Nine Lives

Studies show that if a cat falls off the seventh floor of a building, it has about thirty percent less chance of surviving than a cat that falls off the twentieth floor. It supposedly takes about eight floors for the cat to realise what is occurring, relax and correct itself.



Whole 9 Yards

The term "whole 9 yards" came from WWII fighter pilots in the South Pacific. When arming their airplanes on the ground, the .50 caliber machine gun ammo belts measured exactly 27 feet. If the pilots fired all their ammo at a target, it got the "whole 9 yards."

Just the Facts

- There are more plastic flamingos in the U.S. than real ones!
- Less than 2% of all people in the world can lick their elbow.
- Crocodiles cannot stick their tongues out.
- On 16 December 1811 the mighty Mississippi river began to flow backwards due to a powerful earthquake.



Statue of Liberty

There are seven rays on her crown, one for each of the seven continents, each measuring up to 9 feet in length and weighing as much as 150 pounds



One Foot or Two

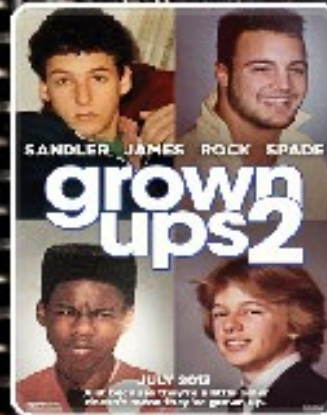
You can tell from the statue of a mounted horseman how the rider died. If all four of the horse's feet are on the ground, he died of natural causes. One foot raised means he died from wounds suffered in battle. Two legs raised means he died in action.



Red 2

While trying to lead a normal life, Frank is notified that Interpol is hunting for him. When he tries to clear his name, he is told of a Cold War project to sneak a nuclear weapon into Russia, and that it may have been assembled and activated. In order to successfully defuse it, he is reacquainted with the man who helped set up the project (who has been confined to a mental hospital) and finds himself hunted by Victoria (who has apparently left retirement) and one of the best assassins in the business.

Director: Dean Parisot
Writer: Jon Hoeber, Erich Hoeber
Stars: Bruce Willis, Anthony Hopkins, John Malkovich
Genres: Action, Comedy, Crime



Grown Ups 2

After having the greatest time of his life three summers ago, Lenny (Adam Sandler), decides he wants to move his family back to his hometown and have them grow up with his gang of childhood friends and their kids. But between old bullies, new bullies, schizophrenic bus drivers, drunk cops on skis, psycho grade school girlfriends and 400 costumed party crashes he finds out that sometimes crazy follows you.

Director: Dennis Dugan
Writers: Fred Wolf, Adam Sandler
Stars: Adam Sandler, Kevin James, Chris Rock, David Spade
Genre: Comedy



The Way, Way Back

The story of 14-year-old Duncan's summer vacation with his mother, Pam, her overbearing boyfriend, Trent, and Trent's daughter, Steph. Having a rough time fitting in, the introverted Duncan finds an unexpected friend in gregarious Owen, manager of the Water Wizz water park. Through his funny, clandestine friendship with Owen, Duncan slowly opens up and begins to finally find his place in the world - all during a summer he will never forget.

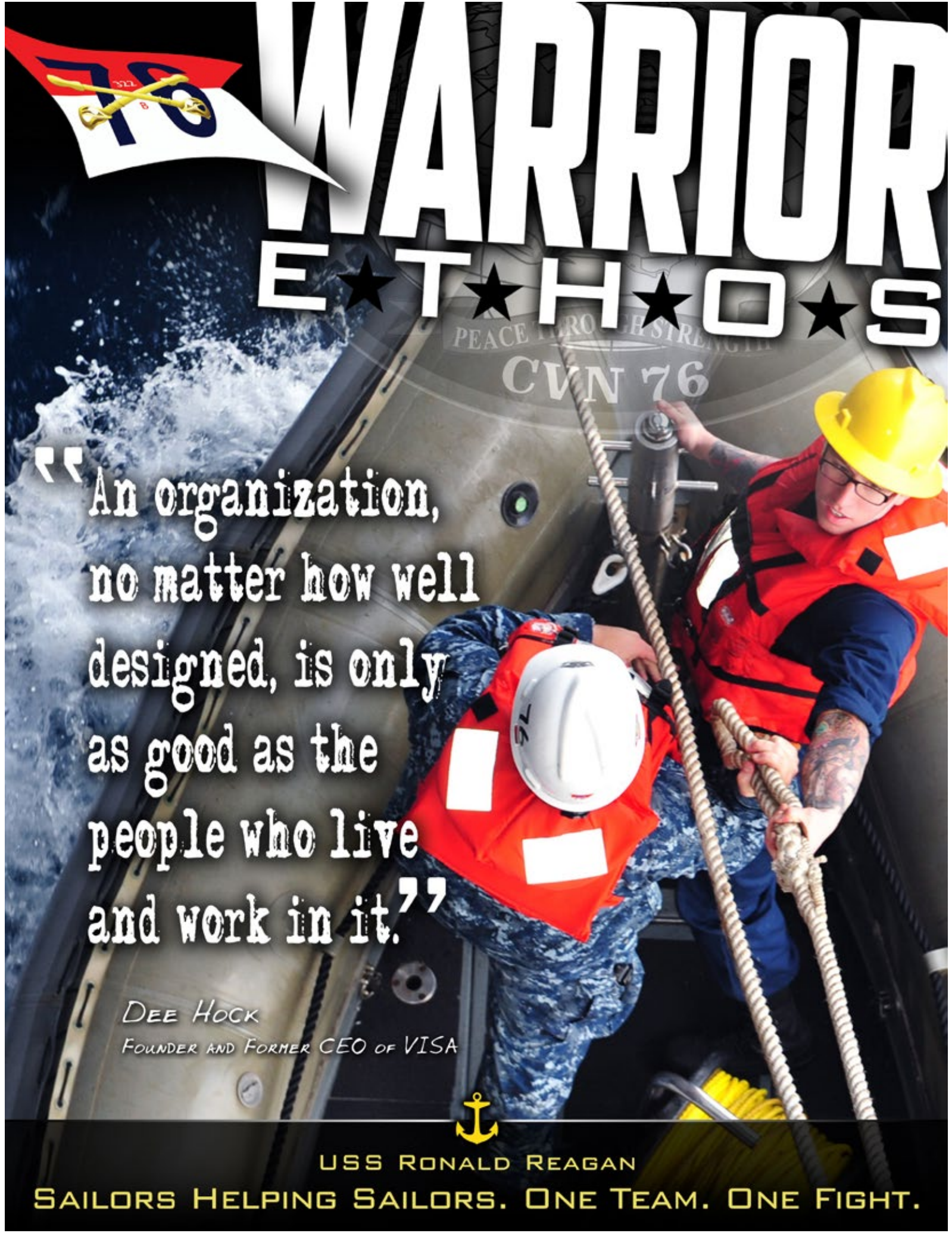
Directors: Nat Faxon, Jim Rash
Writers: Nat Faxon, Jim Rash
Stars: Steve Carell, AnnaSophia Robb, Toni Collette
Genres: Comedy, Drama



Pacific Rim

In the near future, giant monsters identified as "Kaiju" have risen from a portal in a crevasse beneath the Pacific Ocean, resulting in a war which takes millions of lives and quickly consumes humanity's resources. To combat this new threat, a special type of weapon is designed: massive robots, known as Jaegers, which are controlled simultaneously by two pilots whose minds are locked in a neural bridge. As time passes, even the powerful Jaegers prove almost defenseless in the face of a relentless enemy.

Director: Guillermo del Toro
Writers: Travis Beacham (screenplay), Guillermo del Toro
Stars: Charlie Hunnam, Idris Elba, Charlie Day
Genres: Action, Adventure, Sci-Fi



WARRIOR ETHOS

“An organization,
no matter how well
designed, is only
as good as the
people who live
and work in it.”

*DEE HOCK
FOUNDER AND FORMER CEO OF VISA*



USS RONALD REAGAN
SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.