

The Navy

September 20, 2013

**TWO
REAGAN
SAILORS GO
ALL-NAVY
BASKETBALL**

**Photo
Highlight
CPO
PINNING
CEREMONY**

BM1 Aleman

**LEADERSHIP
BY THE ROPES**

TEAM REAGAN,

Greetings and salutations! It has been a busy seven weeks filled with high-visibility events in the training, qualification, and community outreach realms.

We are incredibly pleased to report that the RONALD REAGAN Combat Team continues to shine in all categories. A major factor in that success is the planning and execution efforts of our deckplate Sailors. As you may have seen on the front page of this Sunday's San Diego Union Tribune, every one of the static display volunteers, ACE operators, and crowd ushers served as outstanding representatives of our team.

(<http://www.utsandiego.com/photos/galleries/2013/sep/21/public-tours-uss-ronald-reagan/>)

The energy, passion, pride, and professionalism have been evident among our crew at every event, from the San Diego Chargers visit to the OPTIMUS PRIME visit. As we trust and depend on one another to tackle these challenges together, we continue to rise and succeed together as a unit.

You will see as you flip the pages of this issue that the leaders from DECK DEPT and the newly minted members of the Chiefs Mess continue to represent the WARRIOR ETHOS that makes us AMERICA'S FLAGSHIP!

Enjoy . . . and remember that what you do is important. YOU are important.

V/R,
YOUR Media Department

PRINCIPLE OF NAVAL LEADERSHIP #9:
Develop a sense of responsibility among your subordinates.

- Operate through the chain of command.
- Provide clear, well thought-out directions.
- Give your subordinates frequent opportunities to perform duties normally performed by senior personnel.
- Be quick to recognize your subordinates' accomplishments when they demonstrate initiative and resourcefulness.
- Correct errors in judgment and initiative in a way which will encourage the individual to try harder.
- Give advice and assistance freely when it is requested by your subordinates.
- Let your people know that you will accept honest errors without punishment in return.
- Resist the urge to micromanage.
- Be prompt and fair in backing subordinates.
- Accept responsibility willingly, and insist that your subordinates live by the same standard.



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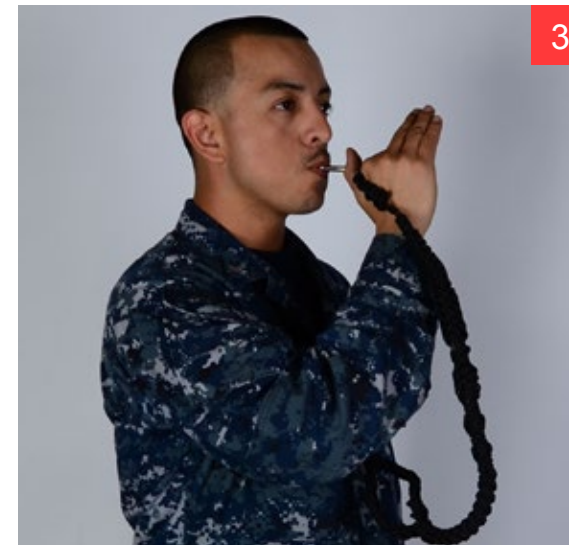
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ATTENTION: Inside this magazine is a chance to win \$25 for anything MWR has to offer! The first person to find the  logo within our magazine and report down to the media shop wins the prize!

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

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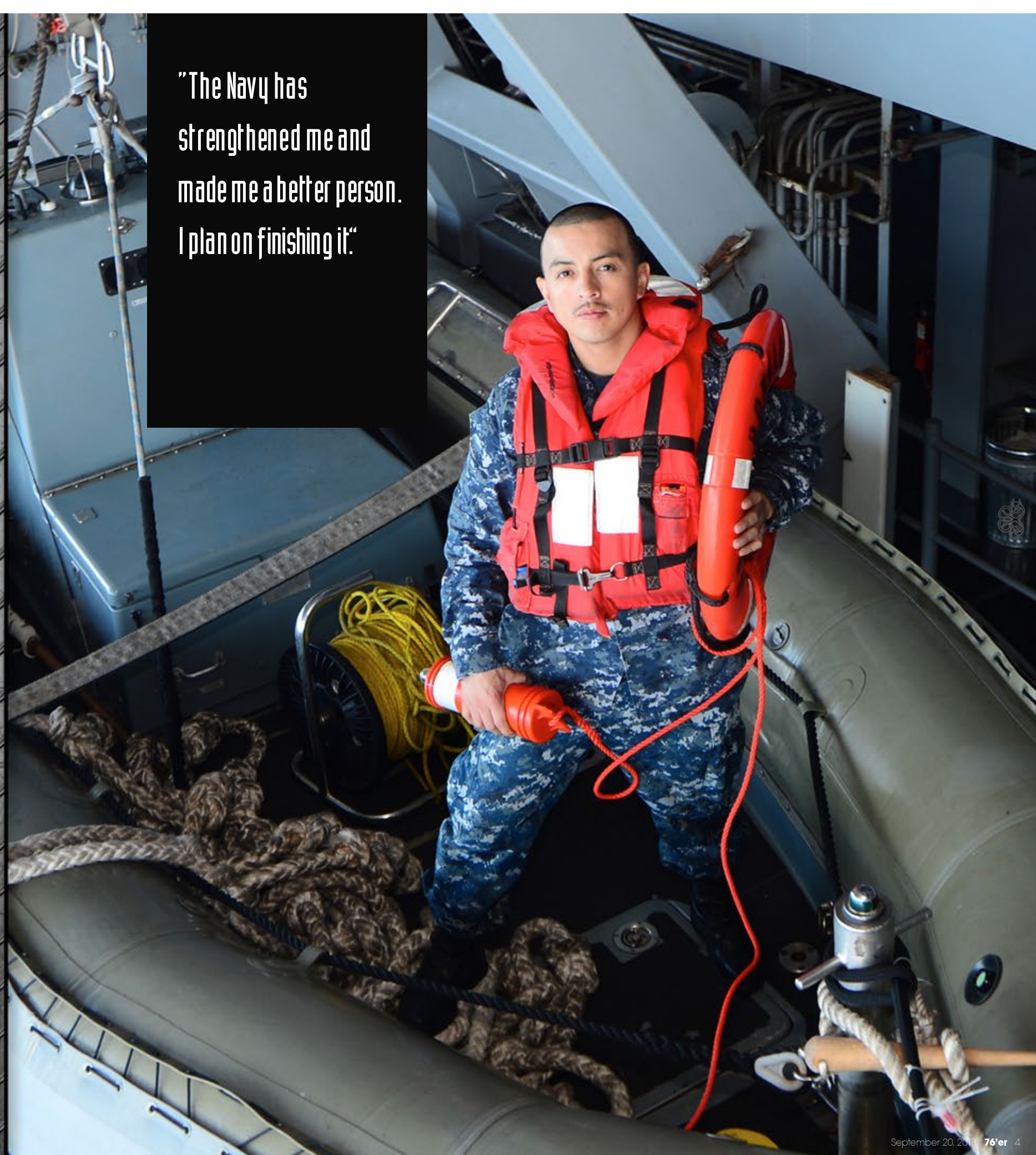
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Hold Fast

How One Boatswain's Mate Builds Leaders

Story and photos by MC2 Richard Gourley

"The Navy has strengthened me and made me a better person. I plan on finishing it."





After serving aboard two different destroyers, both the guided-missile destroyers USS John Paul Jones (DDG 53) and USS Higgins (DDG 76), Aleman assumed the difficult position of Deck Department LPO while Reagan was still in her Docking Planned Incremental Availability (DPIA) maintenance period in Bremerton, Wash.

"DPIA in Washington was pretty challenging," said Aleman. "During that time I was the only 1st Class in deck, and I was directly in charge of about 140 Sailors. Now that was a lot of pressure."

Now as the 2nd Division's LPO, Aleman is the technical expert of the division, but more importantly he is responsible for the training, qualifications, morale and welfare of the 50 Sailors currently assigned to him.

"In my opinion, one of the most important parts of my job is developing these younger Sailors into our future leaders," said Aleman. "From the start of their most basic qualifications, it is very important that we get these guys going from the day they step on board."

But managing that many people is no simple task. Reagan's Deck Department is one of the most dynamic on the ship. New Sailors are constantly arriving and undesignated Seaman regularly strike into other rates. This extremely high turnover of personnel is a daily administrative and managerial juggling act for Aleman.

"With this many people, the proper use of the chain of command is very important to our department," said Aleman. "These Sailors are my eyes and ears on the deck plates, and I am only one person, so I think that it is important that I avoid micro-managing them."

"The Seamen pass up the information to the 3rd Classes, the 3rd Classes pass it on to the 2nd Classes, and the 2nd Classes pass it on to me. That allows me to get a good picture of the division and pull together an effective plan to pass up to my leadership."

But that isn't to say that Aleman is unapproachable.

"(Aleman) is a great leader, and he really tries to keep morale high," said Seaman Elliott Hamilton. "Life in deck can be pretty rough. He makes you feel like you are really part of something much bigger than yourself. He actually talks to us like we are real people, and he is always positive. It really takes a bit of the stress off of our job."

As the USS Ronald Reagan pulls alongside the pier on Naval Base Coronado, the ship buzzes with the energized and ferocious Boatswain's Mates (BMs) and Deck Seamen of the ship's Deck Department as their team comes together to get the ship moored to her pier. The unified force snakes out the giant white lines over the ship's side, as the team of Sailors below heave lines onto massive bollards. Slowly, but surely, the massive warship comes to a rest in her berth. It's the job of these Sailors to ensure the ship is safely and properly tied off to the pier before the brows can be placed and the ship's sea-worn crew can be reunited with their eagerly-waiting families down below. Leading these young Sailors is one of the ship's premier Leading Petty Officers (LPOs), Boatswain's Mate 1st Class Omar Aleman.

Aleman is a salty deck plate veteran serving aboard Reagan as one of only two 1st Class Petty Officers in deck department. A Los Angeles native, he joined the Navy at the age of 21 and now, eleven years later, he has yet to look back.

"I am most definitely a career Sailor," said Aleman. "The Navy has strengthened me and made me a better person. I plan on finishing it."

Being responsible for the welfare of so many young Sailors can be a daunting task, but Aleman and his team attack the challenge with trademark BM ferocity.

"I think the most important aspect of leading is the mentoring of your subordinates," said Aleman. "I have lots of mentors. My wife and the khakis both in and out of my department; I look up to them all, and I try to learn from their best leadership skills. I try hard to do that for my Sailors."

Deck Department's Sailors have many jobs on the ship. They are responsible for maintaining many of the ship's most important and visible spaces including the Foc'sle, the ceremonial quarter deck and all eight of the ship's refueling stations. Additionally, Deck Department has the tough job of maintaining and operating the ship's two rigid hull inflatable boats (RHIBs) and all 128 of the ship's life rafts. In the event of a combination of shipboard emergencies, Aleman and his team literally have the crew's lives in their hands.

"Our work load can be pretty hefty," said Aleman. "We start off the day by regrouping in the morning. We discuss the day's goals with the upper chain of command and put together a game plan to complete those goals. We try to keep the work as efficient as possible."

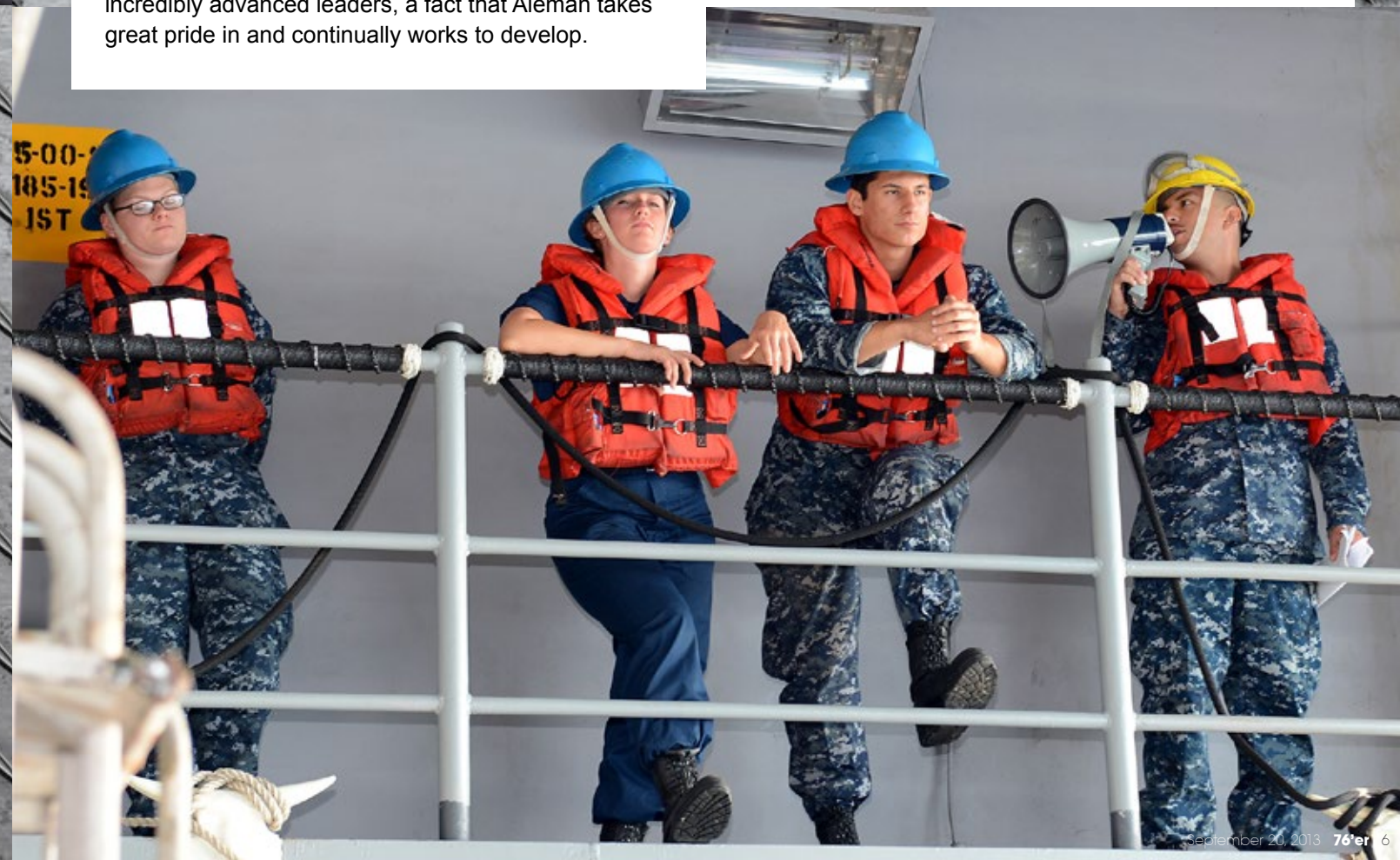
Heaving lines, chipping paint, launching RHIBs and standing watch are all in a day's work for these young Sailors, but the constant challenge always forges incredibly advanced leaders, a fact that Aleman takes great pride in and continually works to develop.

"We have a lot of hungry young Sailors, striving for the chance to lead their peers and juniors," said Aleman. "I try to inspire them to go after those tough jobs, to take the initiative and to complete the job with little input. That is how I develop my team's sense of responsibility and ownership of their ship, and that is how I develop the next generation of leaders."

Aleman's hard work, leadership, and effective mentoring haven't gone unnoticed by his own leaders and mentors.

"All you have to do is look around at the Reagan to see the effects of his leadership," said Senior Chief Boatswain's Mate John Pompey. "(Aleman) is the type of Sailor that reflects the very best of his community and his leaders. Any lesser Sailor given his responsibilities would have crumbled under the stress. He's my right hand man."

By being forged by the weight of his responsibility and the pressures of leadership, Aleman is already an accomplished leader who sets the standard for himself and his Sailors daily. Reagan's crew can rest assured that with Aleman leading her Deck Sailors, she will always make her way back safely to pier, and her sea-worn crew will always be able to walk down that brow safely to their waiting families.



San Diego Chargers Visit USS RONALD REAGAN

Photo by MCC Terry Feeney



Story by MC3 Omar Powell

San Diego Chargers football players, cheerleaders and team executives visited USS Ronald Reagan as a community service project to give back to the Navy and their families Aug. 28.

The ship hosted a "Play 60" workout for the children of Ronald Reagan and USS Carl Vinson Sailors in the hangar bay before hosting Chargers players on the flight deck for a team practice.

The NFL's Play 60 program is a national campaign to encourage kids to be active for 60 minutes a day in order to help reverse the trend of childhood obesity.

"I love the philosophy of Play 60; of being active a little bit each day and carrying that behavior throughout your life to maintain a healthy lifestyle," said Commander Brian Ginnane, Reagan's Supply Officer.

The Play 60 workout included football-centric drills in throwing, agility, kicking, tackling, and catching. Children in ages ranging from 7-16 years old participated in the drills, which varied in intensity.

"I feel very fortunate to be able to bring my kid to work and have him participate in Play 60 in the hangar bay and meet the San Diego Chargers on the flight deck," said Chief Yeoman Aisha Brown. "It's cool that we were able to bring the family aboard and have a day of fun. You don't often hear about an event like this happening on a ship."

Following the Play 60 drills, the crowds moved to the ship's flight deck elevators to take them to the team's practice. As soon as the elevator arrived at the flight

deck, the Chargers were greeted by the Commander of Naval Air Forces, Vice Admiral David Buss, Carrier Strike Group Nine Commander, Rear Admiral Patrick Hall, and Reagan Commanding Officer, Captain Chris Bolt.

The players then ran a number of plays on the flight deck, some of which included members of the ship's flag football team. Chargers starting quarterback Philip Rivers even connected with Aviation Ordnanceman Airman Devin Garner for a long-range touchdown pass.

"It felt great catching a pass from an NFL player because I've always wanted to play in the NFL," said Garner. "I was happy to be able to live out my dream. The whole experience was more than amazing for me."

The visit was equally rewarding for the Chargers organization as it was for the Sailors, as it gave the team a chance to give thanks to the military.

"I think it's important for the Charger's organization to come here and thank you for all the things you guys have done for us with the men and women that serve our country and the great commitment that they have," said Chargers Head Coach Mike McCoy. "The military is a big supporter of the Chargers and we are big supporters of you."

For one Chargers player, this was not his first visit aboard the Ronald Reagan.

"I was once here with the (University of California) Berkley football team for the Poinsettia Bowl," said Chargers wide receiver Keenan Allen.

"It's cool that we were able to bring the family aboard and have a day of fun. You don't often hear about an event like this happening on a ship"

In his visits to Reagan, Allen noted the similarities between service members and professional athletes when it comes to work ethic and camaraderie.

"We both have similar traits in the things we do. Being team players, we have each other's backs which helps to build that respect with your team," said Allen. "I appreciate everything you guys do for us. We have your backs and support you as you guys support us in defending our freedoms."

Following the practice, team members and cheerleaders met with Reagan and Vinson Sailors to say thanks, sign autographs and take pictures.

"It's good to come here to get to know some of you guys and thank you for everything you do for us," added McCoy. "We try to do things for service members as often as we can, from when service members can come out to our training camps or come out to help work our games -- it's a commitment for both of us to help each other out."



Living the Dream

REAGAN SAILORS GO "ALL-NAVY"

Story by MC3 Terry Godette • Photos by MC3 Jacob Estes

Two USS Ronald Reagan Sailors have been selected to play on the All-Navy Basketball team's 2013-2014 season.

Logistics Specialist 1st Class Dwight Gooding will play for the men's team and Boatswain's Mate Seaman Telena Faison will play on the women's team. They leave October 6 for Great Lakes, Ill., to prepare for the All-Armed Forces tournament in November.

"My main purpose will be to be a leader on and off the court," said Gooding. "I will do whatever the team needs me to do and when my number is called, I will give 110 percent."

Gooding, 28, a native of Brooklyn, played college basketball at Colorado Christian University for two years

before he joined the Navy in 2005. He first heard about All-Navy Basketball during his first year in the Navy while playing for Team Bahrain. He got an invite to the All-Navy training camp in 2006, but due to operational commitments, he wasn't able to go. He then played for the team in 2011, but the season was cut short due to funding issues. Gooding says that he will be prepared for anything this season brings his way.

"I'm shooting hundreds of jumps shots and free throws a day," he said. "I'm also running, lifting weights and doing plyometric workouts four to five times a week. When I'm not doing that, I'm working with a personal trainer on strictly ball-handling techniques."

Gooding compares the success of teamwork within Supply Department to what it takes to win as a team on the court.

"There is no 'I' in team," said Gooding. "The only way to be successful is to work together cohesively, and that applies both to work and basketball. Without teamwork neither my department nor my team can reach their full potential."

For Faison, 24, a native of Whiteville, N.C., playing All-Navy Basketball is a chance to competitively play the game she has loved since childhood. She was introduced to the idea of playing for the women's team after Gooding saw her in the gym holding her own with her male counterparts on the court while the ship was in Bremerton.

"He approached me and told me that he liked my game and that he thought that I should try out," said Faison. "When the ship came back to San Diego, and I found out the All-Navy Basketball camp was also going to be in San Diego, I knew I had to take this opportunity and prove that I was good enough."

To prepare for the season, Faison said she also plans to improve her footwork and increase her shooting range, but her main focus will be on conditioning. She feels that it will give her an advantage, especially late in games.

framework

"I want to be in top notch condition by the time the tournament starts," she said. "I want to be able to play every minute of every game if I have to."

By combining a rigorous practice and conditioning routine with a positive attitude, Faison expects great success.

"I plan to help lead the Navy Women's Team to another Gold Medal," she added. "I am going to give my all every day, exert a great work ethic, and bring an immense amount of positive energy to the team."

Faison and Gooding recommend that Sailors who have All-Navy ambitions stay in shape and hard work to achieve their goals.

"The sky is the limit," said Faison.

"If you want it, go and get it," added Gooding.



The sky is the limit





RONALD REAGAN

Trust, But Verify

Empowering Leadership While Upholding Standards

Story by MCC Mike Miller

“Doveryai, no proveryai.”

It's a rhyming Russian proverb that translates to “Trust, but verify.”

This simple phrase, made famous by President Ronald Reagan, became a hallmark of US/Russian relations at the end of the cold war and still resonates today as a sound leadership model.

In the second half of the 1980s, Reagan had worked tirelessly building a strong relationship with Russian General Secretary Mikhail Gorbachev. Reagan aimed to end the Cold War by eliminating weapons between the two countries thus achieving mutual peace. One of the largest strides towards that end came in late 1987 when Gorbachev travelled to the White House to sign the Intermediate-Range Nuclear Forces (INF) Treaty.

For years leading up to the INF Treaty signing, Reagan had met repeatedly with Suzanne Massie, a writer who focused on Russia.

“The Russians like to speak in proverbs,” she told Reagan. “You should learn a few. You are an actor; you can learn them very quickly.”

She taught him “trust, but verify,” and it immediately resonated with Reagan. From then on, Reagan would famously use the phrase at just about every meeting with Gorbachev. By the time of the INF Treaty signing, Reagan had used the phrase so much that Gorbachev took note.

“You repeat that at every meeting,” Gorbachev said to Reagan.

“I like it,” Reagan replied.

Fittingly, and almost ironically, the spirit of that phrase was embodied in the INF Treaty. The two nations would give each other the benefit of the doubt – within reason – that they were eliminating intermediate and short-range missiles. But the treaty included specifications allowing inspectors within both countries to validate that they were keeping to their promises.

Each nation was exercising the phrase. Trust, but verify. The saying, in just a few words, captured the tension

between the two nations – on the most grand and national scale. But Reagan, even as a manager and leader, exercised that same leadership tenet in his daily routine. He famously surrounded himself with smart minds and laid out clear expectations. He let those under his charge do what he tasked them to do – and didn't step in unless he had to.

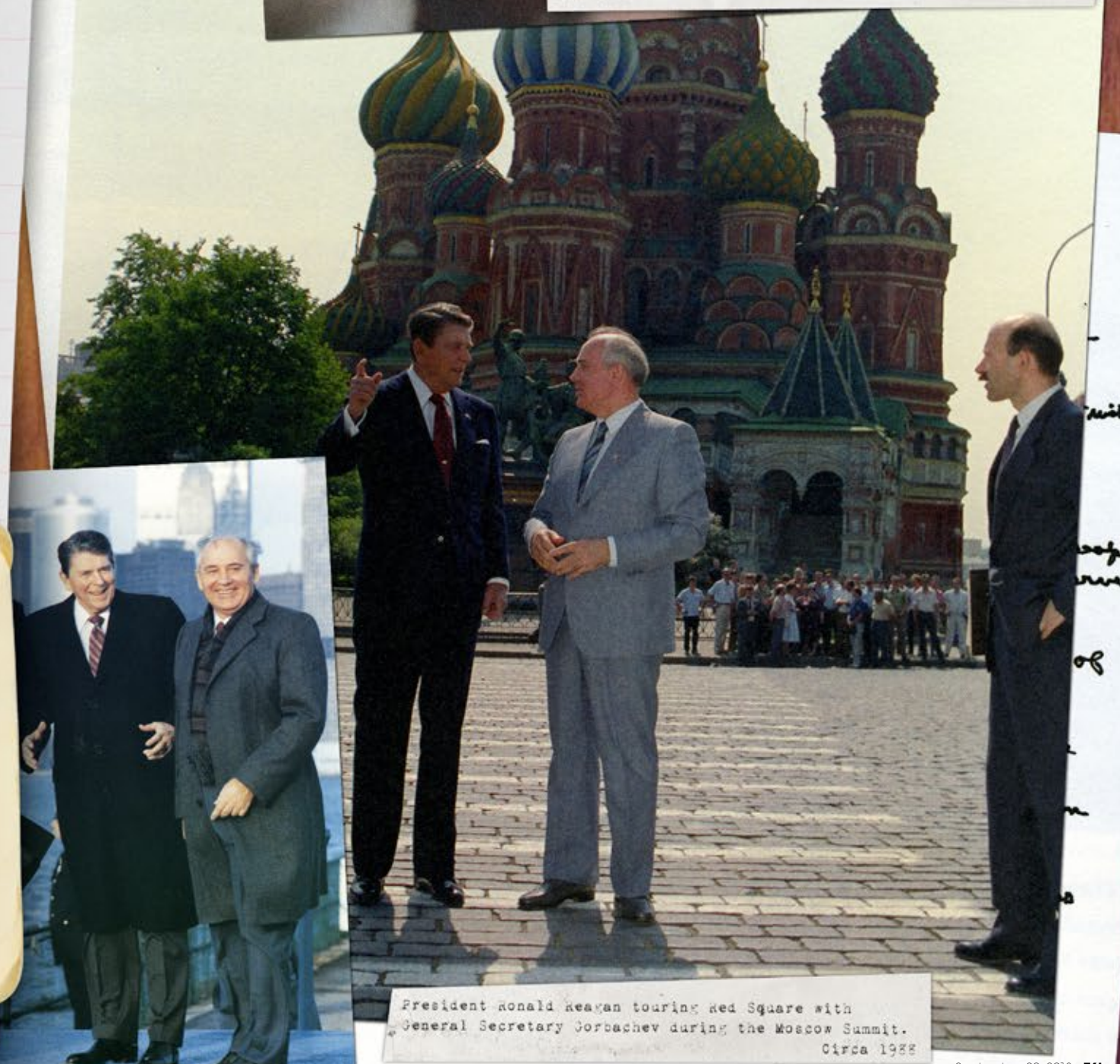
“Set clear goals and appoint good people to help you achieve them,” said Reagan. “As long as they are doing what you have in mind, don't interfere, but if someone drops the ball, intervene and make a change.”

Certainly unknowingly, we as Sailors develop the same sense of responsibility among both leaders and subordinates today. On a daily basis, the Navy requires us to provide clear, well thought-out directions. It's how we avoid mishaps and proactively tackle problems. As we grow as individuals and leaders, we're always making room for those under us to step up into our duties. Daily, everyday Sailors are training and striving to step up and perform duties normally above their current pay grade. It's how we empower our teams and grow the next generation of leaders – albeit with a watchful eye. We trust their ability, but verify their work.

A simple Russian rhyme transformed into the hallmark statement of a relationship between two nations and has since become a reference and compass for the everyday leaders of today.



President Ronald Reagan and General Secretary Gorbachev signing the INF Treaty in the East Room. Circa 1987



President Ronald Reagan touring Red Square with General Secretary Gorbachev during the Moscow Summit. Circa 1988



USS RONALD REAGAN CHIEF PINNING



80 GOBLETS

The Story of the Doolittle Raid

Story by MC3 Dave Frederick

On April 18, 1942, sixteen B-25 Mitchell bombers, led by Lt. Col. James "Jimmy" Doolittle, flew off the flight deck of USS Hornet (CV 8) on a one-way mission to attack mainland Japan. The strike greatly boosted the morale of the American spirit and would ultimately help bring to a close World War II.

The initial concept for the raid was expressed by President Franklin D. Roosevelt during a meeting at the White House on December 21, 1941, just a few weeks after the tragedy at Pearl Harbor. President Roosevelt expressed a strong desire to the Joint Chiefs of Staff that Japan must be punished quickly in order to boost American morale and send a strong message to Japanese leaders that their actions will not go unnoticed.

After observing several twin-engine Army bombers takeoff and land at an airfield in Norfolk, Capt. Francis Low, the Navy's Assistant Chief of Staff for Anti-submarine Warfare, developed the initial concept describing how a modified bomber could be launched from the flight deck of a carrier.

When planning began, several aircraft were considered for the mission, but the B-25 became the best choice after meeting all the requirements. However, for the aircraft to be able to complete its task, several modifications would be needed.

The weight of the aircraft and the short takeoff distance caused for the removal of the lower gun turret, liaison radio set, and several other nonessential material. To increase fuel capacity from 646 to 1,141 gallons, a 160-gallon collapsible fuel tank and additional fuel cells in the crawlway and bomb bay were added.

The Norden bombsight was removed and a simplified sight was installed in its place. This was done to increase the accuracy for low altitude bombing and to avoid having the instrument falling into Japanese hands.

After the work was completed, 24 modified B-25 bombers and their crews flew to Eglin Field in Florida to begin training and preparation. They received specialized training in simulated carrier takeoffs, low-altitude bombing and over-water navigation.

After several weeks of rigorous practice, and two damaged bombers later, the remaining 22 planes departed Florida for Naval Air Station Alameda, California. Of the 24 planes selected and built for the mission, only 16 of the remaining 22 were able to be loaded onto the flight deck of the Hornet. She pulled out of port on April 2, 1942, carrying all of the 80 Raiders and some additional Army maintenance crew needed for the mission.

On the morning of April 18, the Nitto Maru, a Japanese patrol boat, spotted the Hornet 650 miles from the coast of Japan and sent a message back warning of a possible attack.

To avoid further interruptions of the operation, the skipper of the Hornet, Captain Marc Mitscher, advised Doolittle to launch his bombers as soon as possible. The crew of 80 boarded their planes knowing they would not have enough fuel after the raid to fly the distance to safety.

"So the Japanese knew we were coming," said Lt. Col. Ed Saylor, flight engineer and Doolittle Raider. "Our original plan was to take off at dusk, bomb the targets, get to the Chinese airfield at dawn and gas up. We didn't get to do it that way, because we couldn't."

Doolittle's bomber was the first off the Hornet's deck and the remaining planes followed him successfully. At roughly 09:19 all 16 B-25's flew past the Hornet for the final time as they headed toward Japan, more than 175 nautical miles farther away than expected.

The aircraft arrived over Japanese soil six hours after launching and bombed 10 military and industrial targets in Tokyo, two in Yokohama and one each in Osaka, Nagoya, Kobe and Yokosuka. Not a single bomber was shot down during the raid.

"We're approaching Japan and we can see a bunch of Navy ships all over the coast...and we can see people walking around on the decks. We were at 1,500 feet and they all ignored us," said Saylor. "They thought they knew every plane we had that could operate off a carrier. The surprise element saved us."

Doolittle and his men proceeded to fly along the southern coast of Japan. Of the 16 aircraft, 15 bailed out or crash landed near the Chinese coast. The remaining plane landed in the Soviet Union where the crew was imprisoned and their B-25 was confiscated.

"The pilot said we just have to land here in the water, and that was the end of the conversation," said Saylor. "The plane did great. It bounced along the waves and came to a stop, and floated for 10 minutes."

Out of the 80 crewmen, 69 managed to avoid capture and death. However it is estimated that the Japanese killed more than 250,000 Chinese civilians for their part in leading Doolittle and his men to safety. All of the 80 Raiders received the Distinguished Flying Cross and as a result of the raid, the crew that were killed or injured also received the Purple Heart.

"The Chinese people were of immeasurable help to us. If it hadn't been for them, I wouldn't be alive today," said Lt. Col. Richard Cole, co-pilot and Doolittle Raider.

The airstrike was the first since the start of WWII which American forces were able to directly attack Japan on their own soil. The raid did not cause any major collateral damage to Japan but it did directly change Japanese strategy and American hearts and minds.

"This raid was to retaliate for the Japanese raid on Pearl Harbor four months earlier," said Lt. Thomas Griffin, navigator and Doolittle Raider.

Of the 80 original raiders, only four are left alive today. The men carry with them a beautiful hand-crafted wood case that contains 80 goblets. Each silver goblet is engraved twice with the name of a Raider, both upside and down. Each time a Raider dies, his goblet is turned over.

A vintage bottle of 1896 Hennessy cognac, chosen for the year of Doolittle's birth, accompanies the case as well. Originally, it was planned that the bottle would be opened by the last remaining two raiders. However, the last four members have decided that they will open it sometime this year during a private ceremony and have a final toast before turning the final four goblets upside down.

"It is a very private moment. You remember the ones who didn't make it, you think about them, and you are sorry they aren't with us," said Cole.

The surviving airmen: Lt. Col. Richard E. Cole, Lt. Col. Robert L. Hite, Lt. Col. Edward Joseph Saylor and Staff Stg. David J. Thatcher celebrated their last annual public reunion this year in Fort Walton Beach, Florida, not too far from where it all started off 71 years ago.



MWR

HAS ALL THE TICKETS YOU NEED

September 15

Torrey Pines State Park Trip
MWR will provide the transportation to Torrey Pines State Park and you will have the chance to explore the park at your own pace. **FREE!**

September 24

MWR Golf Tournament
\$50 per golfer or \$180 for a team of 4. Golf Lessons (1st week of 4). \$60 per person for a 4 week session. 4:30 p.m. Lessons are with the golf pros at Sea N' Air Golf Course

September 26

Padres Game
Travel with MWR to the Padres Game as they take on Arizona. We will leave at 5:30 p.m. **FREE**

September 28

Jet Ski Tour
Join MWR for a 2 hour tour around the San Diego Bay on a jet ski. \$90 per person for individual jet ski and \$70 per person if you sign up as a pair.



PADDLE SPORTS SUNDAY

September 22

Paddle Sport Sunday at 9 a.m. Price is \$5. Fee includes equipment, snacks and transportation. All skill level welcome. You can go kayaking or stand up paddle boarding in San Diego Bay.

September 29

The Haunted Trail at Balboa Park
Enter the mile-long trail through the twisted grove of pines and gnarled oaks. But watch your back. \$10 per person. Includes transportation and ticket.

October 11-14

Grand Canyon Adventure
Come explore and camp at the Grand Canyon with MWR. Price includes transportation, gear and food while in camp. \$95 for active & \$120 for guests.

PHYSICAL THERAPY CORNER

LT Tarrillion
HMI Pagan

PRT PREP

The Fall PRT is around the corner. Don't wait! Start prepping now by using the exercises and training strategies below to improve your overall fitness, ward off injury and destroy your previous PRT scores.

PLANK-UPS



STAGGERED PUSH-UP



MEDICINE BALL OR KETTLE BELL PUSH-UP



SPIDERMAN PUSH-UP



PUSH-UPS

Doing push-ups continuously for two minutes requires good core strength and a strong base to push from. Create a strong pillar with the exercises below. Bonus points for strengthening your core and shoulder girdle muscles and warding off recurring back pain or preventing future injury.

Plank-ups

Start in plank position and alternate side to side going from elbow to hand with hand directly under shoulder. At the end of the movement you will be in a push up position. Hold briefly at the top and then reverse the movement back to plank.

For all push up variations utilize the same set up as for plank except with hands directly under shoulders

Staggered push-up

Perform your first set with the left hand slightly in front of your left shoulder and right hand slightly behind your right shoulder. Perform your second set in the opposite direction.

Medicine ball or kettle bell push-up

Perform your first set with the left hand elevated on a medicine ball or kettle bell and your right hand on the floor. Perform your second set with the opposite set up

Spiderman push-up

Alternate left to right with each repetition touching your knee to elbow on the same side at the bottom of the movement

CARDIO EVENT

1.5 miles is a relatively short distance. You are not going to improve your time in this event by going out and jogging the same 3 miles at a comfortable pace. To improve your overall cardiovascular fitness and better your time on the cardio portion of the upcoming PRT, you must incorporate high intensity intervals into your training plan.

Whether you plan to run, bike, swim, or perform your cardio event on the elliptical trainer, incorporate interval training into your weekly cardio routine for maximum results. Warm up for five minutes at a comfortable pace of 5 on the perceived exertion scale where 0 is no effort and 10 is maximum effort. Another way to judge your output intensity is you should be able to talk while working at this pace. For the working portion increase your effort to an intensity of 8-9/10 for 1 minute and then decrease your effort to 6/10 for 30 seconds. Repeat this sequence for 10 repetitions. If you are performing at the correct intensity at this level it is very difficult to speak.

Cool down x 5 minutes again at a comfortable pace of 5.

CURL UPS

Doing curl-ups for two minutes challenges muscular endurance and strength primarily in the trunk flexors or rectus abdominus muscles. Proper form is paramount! Maintaining correct cervical and lumbar alignment as well as control will help prevent injury.

SUPINE TRUNK CURL ON BALANCE TRAINER WITH TRUNK ROTATION



SAFETY PROFESSOR'S TIPS OF THE MONTH

In the past few months the Command has had a spike in motorcycle accidents. In response to this increase it is advised that Sailors who ride sport bikes and cruisers attend the Advanced Riders Course (ARC). There's plenty of ARC's being scheduled on NASNI through the Month of October with numerous spots still available. Below lists the class dates and the number of seats still available as of now. Please sign up for this class. It's a one day class which is good for 3 years. If you have any questions, please contact ADC Stuart.

OCTOBER SCHEDULE

2 - 5 seats	18 - 10 seats
3 - 10 seats	21 - 12 seats
7 - 4 seats	22 - 12 seats
8 - 12 seats	23 - 12 seats
9 - 9 seats	24 - 12 seats
10 - 11 seats	28 - 12 seats
15 - 12 seats	29 - 8 seats
16 - 11 seats	30 - 11 seats
17 - 11 seats	31 - 12 seats

ADC Stuart, Command Motorcycle Coordinator, J-Dial 5975



To reach this level of riding you must start with the fundamentals and basics in riding motorcycles by enrolling in BRC, ERC or MSRC! Contact ADC Stuart.



SAILOR SPOTLIGHT: getting to know

name: John A. Pompey rate/rank: E-8/BMCS
department: DECK division: LCPO
daily grind: DAILY COMUTE TO WORK AND BACK HOME
hometown: TROY NEW YORK
inspiration: TEACHING
soundtrack (song): ME AGAINST THE WORLD
that special place: PERSPECT PARK
sports team: NEW YORK GIANTS (GIANTS)
movie: BATMAN
food: MANGONIN BARBECUE
can't live without: MY WIFE
proudest moment: WITNESSING THE BIRTH OF MY CHILDREN
strawberry or grape jelly: GRAPE JELLY
best age, why: 25, TIME TO MAKE REAL LIFE DECISIONS!
mentor: BMCN QUARTERS
hobby: FISHING
that perfect day: SAILORS DOING THE RIGHT THING

signature:

John A. Pompey



Pompey



Admiral Horacio Rivero, Jr.
United States Navy
Date of Birth: May 16, 1910
Born in: Ponce, Puerto Rico
Dates of Service: 1958-1989
Nickname: "Rivets"

Fact: Hispanic Heritage Month was expanded from a week to a month by President Ronald Reagan in 1988.

SUBJECT: HISPANIC HERITAGE MONTH

Admiral Horacio Rivero, Jr. was born and raised in the city of Ponce, located in the southern coast of Puerto Rico, where he also received his primary and secondary education. He was the first Puerto Rican and Hispanic four-star Admiral, and second Hispanic to become a full Admiral in the modern United States Navy.

In 1927, he received an appointment to attend the United States Naval Academy. His nickname "Rivets" came about in the academy as a result of an officer who had trouble reading his name on his uniform. In 1931, he graduated third in a class of 441 from the U.S. Naval Academy.

During World War II, aboard the USS San Juan (CL-54), he provided artillery cover for Marines landing on Guadalcanal, Marshall Islands, Iwo Jima, and Okinawa. For his service he was awarded the Bronze Star with a Combat "V".

While on the USS Pittsburgh (CA-72), the ship's bow had been torn off during a typhoon and his strategies saved the ship without a single life lost. For his actions he was awarded the Legion of Merit.

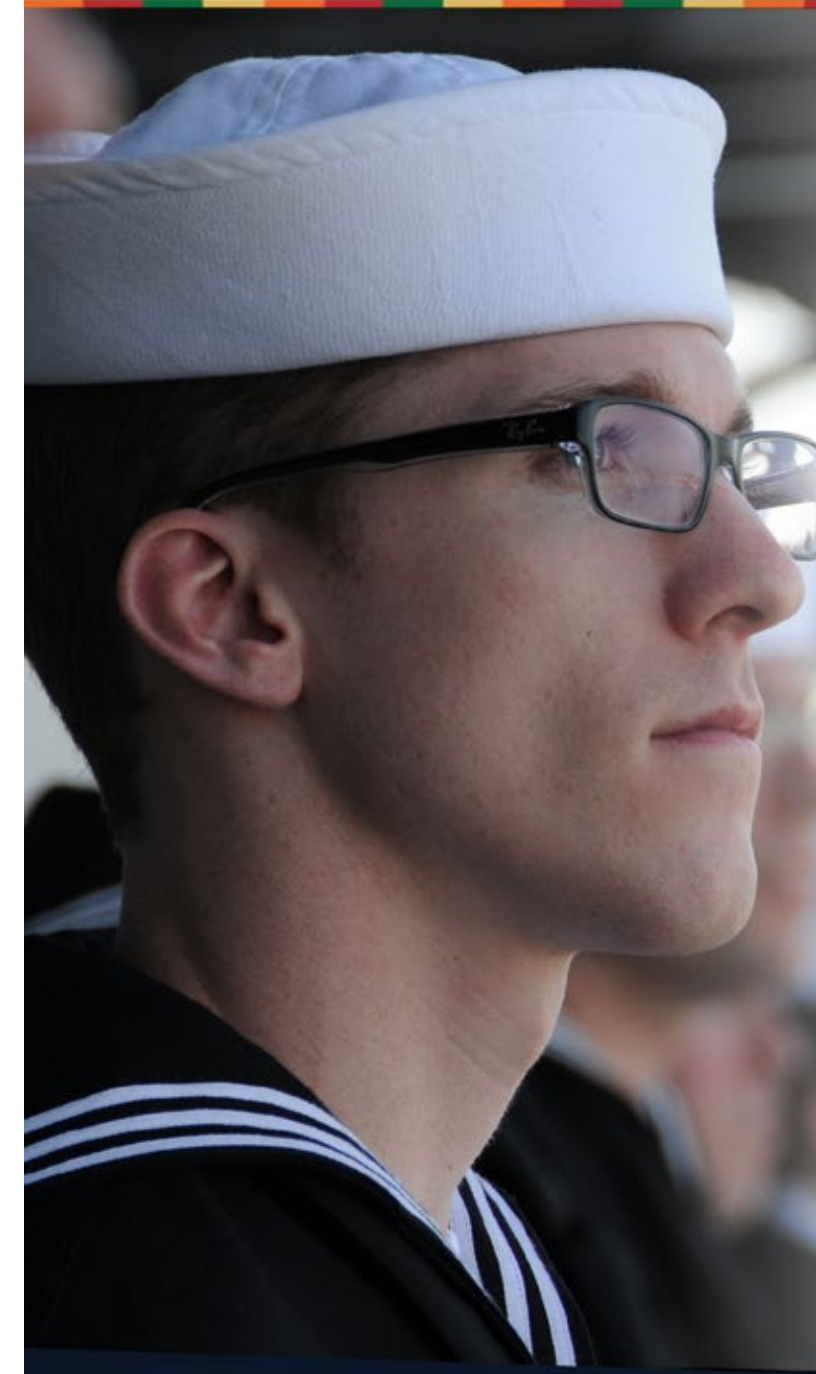
After serving in the Korean War, the Cuban Missile Crisis, and the Vietnam War he retired from the Navy. Rivero served as the first Hispanic U.S. Ambassador to Spain (1972-1974). He was also the Honorary Chairman of the American Veterans' Committee for Puerto Rico Self-Determination.

Admiral Horacio Rivero died on September 24, 2000 and was buried with full military honors in the Fort Rosecrans National Cemetery of San Diego, California.



THRIVE IN YOUR COMMUNITY

2013 Navy Suicide Prevention Month



September is Navy Suicide Prevention Month. During this month we showcase that prevention is an All Hands effort, all of the time. We educate our Sailors on recognizing the risk factors, warning signs, and understanding of what to do in a crisis situation.

The 2013 Suicide Prevention Month theme is “Thrive in Your Community.” This year we want to encourage Sailors to reach out to shipmates and give them a sense of community and belonging. We ask everyone to help Sailors make decisions to seek assistance during challenging times so they don’t succumb to stress and hopelessness. We want Sailors to build resilience and grow stronger through a sense of belonging, and help Sailors thrive, not just survive.

Life counts. It takes honor, courage, and commitment to prevent suicide and simple acts of kindness do make a difference. Seeking help is a sign of strength and by helping others we help ourselves build a much stronger community.

Life Counts!
Ask Care Treat

Navy Suicide Prevention | www.suicide.navy.mil

Help is available 24/7—visit www.veteranscrisisline.net or call 1-800-273-8255, Option 1.

SEPTEMBER FLICK PICKS



Riddick

Left for dead on a sun scorched planet, Riddick finds himself up against an alien race of predators. Activating an emergency beacon alerts two ships one carrying a new breed of mercenary, the other captained by a man from Riddick's past.

The Buzz

If you could get Vin Diesel going on an uncensored review of his 15+ years in the industry and its attendant highs and many lows, it's be worth the listen. Now that *Fast Five* has made Diesel a worldwide star, something tells me Riddick's real victories will come from its overseas campaign.

Director: David Twohy
Stars: Vin Diesel, Karl Urban, Katee Sackhoff, Jordi Mollá
Genre: Action / Sci-Fi / Thriller
Length: 119min
Release: September 6th

Cloudy with a Chance of Meatballs 2

Flint Lockwood now works at The Live Corp Company for his idol Chester V. But he's forced to leave his post when he learns that his most infamous machine is still operational and is churning out menacing food-animal hybrids.

The Buzz

The semi-rehashed plot outline makes *Cloudy 2* feel a bit like *The Hangover Part II*, until we go for a popcorn refill while our younger friends tell us about the awesome things we missed.

Directors: Cody Cameron, Kris Pearn
Stars: Bill Hader, Anna Faris, Will Forte, Neil Patrick Harris
Genre: Animation / Comedy / Family
Release: September 27th



Don Jon

A New Jersey guy dedicated to his family, friends, and church, develops unrealistic expectations from watching porn and works to find happiness and intimacy with his potential true love.

The Buzz

Joseph Gordon-Levitt gets serious behind the camera, goes all Jersey in front of it, and emerges with strong reviews for his directorial debut.

Director: Joseph Gordon-Levitt
Stars: Joseph Gordon-Levitt, Scarlett Johansson, Julianne Moore, Tony Danza
Genre: Comedy
Length: 90min
Release: September 27th

Insidious: Chapter 2

The haunted Lambert family seeks to uncover the mysterious childhood secret that has left them dangerously connected to the spirit world.

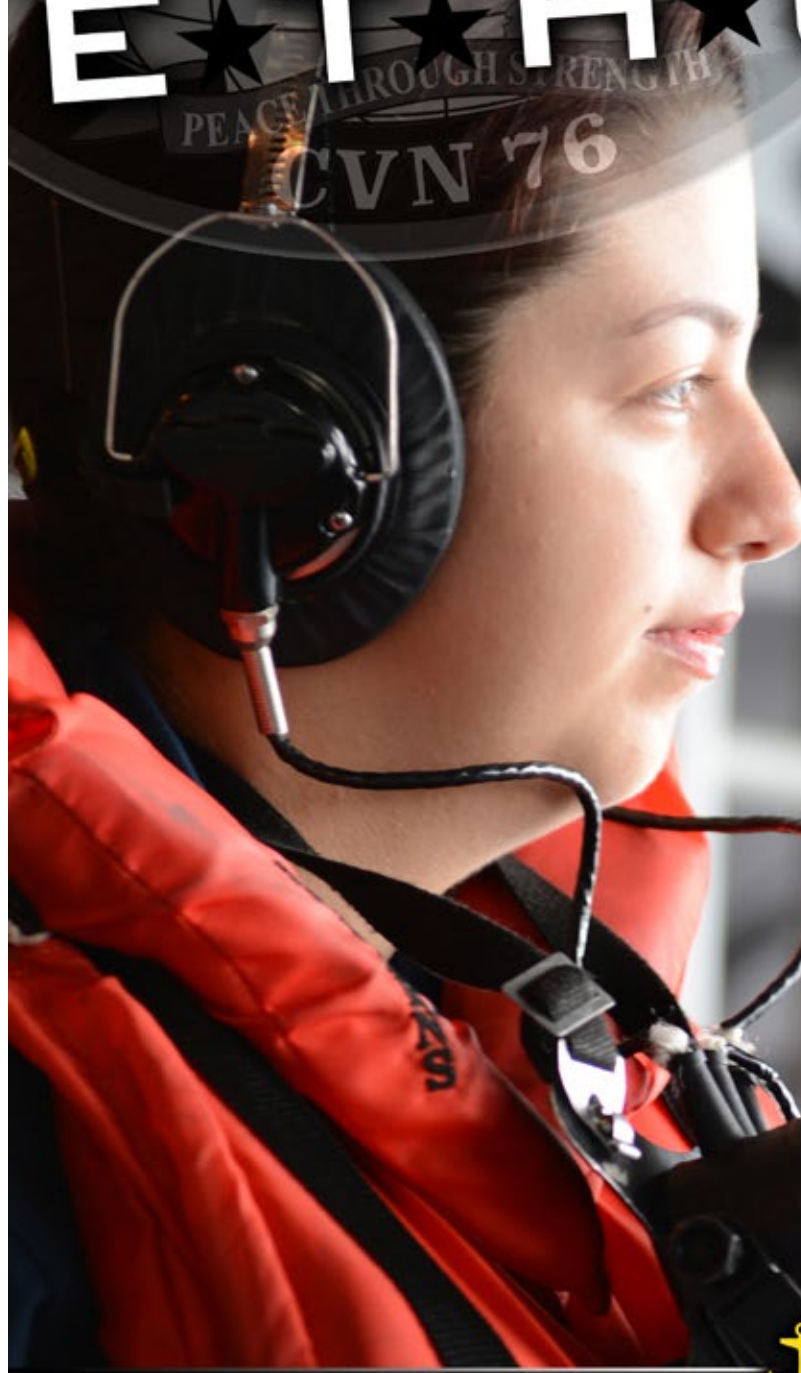
The Buzz

Fans of the original are wondering just how Patrick Wilson will figure into chapter two of the horror hit; without giving too much away, Wilson's character didn't pass away, but he's not really Josh Lambert anymore, either.

Director: James Wan
Stars: Patrick Wilson, Rose Byrne, Ty Simpkins, Lin Shaye
Genre: Horror / Thriller
Length: 105min
Release: September, Friday the 13th



WARRIOR ETHOS



PEACE THROUGH STRENGTH
CVN 76

“If you take responsibility for yourself, you will develop a hunger to accomplish your dreams”

LES BROWN
MOTIVATIONAL SPEAKER



USS RONALD REAGAN

SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.