

The **Anchor**

July 30, 2014

**USS RONALD REAGAN:
RIMPAC SPORTS CHAMPIONS**

**PRC KELSEY THE LONG,
HOPEFUL ROAD**

**MEDAL OF HONOR:
PEARL HERO,
JOHN FINN**

Planned Incremental Availability (PIA) Transition

San Diego is right around the corner and right after the USS Ronald Reagan (CVN 76) pulls in, the ship will be entering a PIA period. The following are important dates to keep in mind:

11 August - Ship pulls in to pier Juliet.

13 August - Begin move-off of crew berthing spaces.

15 August - All hands move out of ship's berthings. Only duty section lives onboard the ship.

18 August - Selected phone lines move from ship to barge.

20 August - All NIPR and SIPR users migrated to TEMP-LAN. PIA begins.

24 August - Final messing aboard ship (dinner).

25 August - SEPRATS commences.



USS RONALD REAGAN

Commanding Officer

Capt. Chris Bolt

Executive Officer

Cmdr. Brett Crozier

Command Master Chief

CMDCM Spike Call

76ER PRODUCTION TEAM

Managing Editor

MC3 Andrew Ulm

Staff

MC2 Kimberly Romanowski

MC2 Jacob Estes

MC2 Chelsea Kennedy

MC3 Timothy Schumaker

MC3 Torrian Neeman

MC3 James Mullen

MCSN Cody Hendrix

MCSN Emiline Senn

MEDIA

DEPARTMENT

MC1 Dustin Kelling (LPO)

MC2 Nicholas Groesch

MC2 Omar Powell

MC2 Jennifer Brinkman

MC2 Chelsea Mandello

MC3 Ruben Reed

MC3 Travis Nickell

MC3 Dave Frederick

MC3 Kevin Hastings

MC3 Joshua Warne

MC3 Kristina Walton

MC3 Christopher Gordon

MC3 Bradley Gee

MC3 Nathan Hawkins

MC3 Conor Minto

MCSN Jonathan Nelson

MCSN Timmothy Erdt

Public Affairs Officer

Lt. Cmdr. Frank Magallon

Media DIVO

Ens. Joe Pfaff

Ens. Zach Keating

Media DLCPO

MCCS Mike Raney

Media LCPO

MCC Terry Feeney

TABLE OF CONTENTS

Featuring:
RIMPAC Champions



3 Reagan Athletes
Dominate RIMPAC Cup

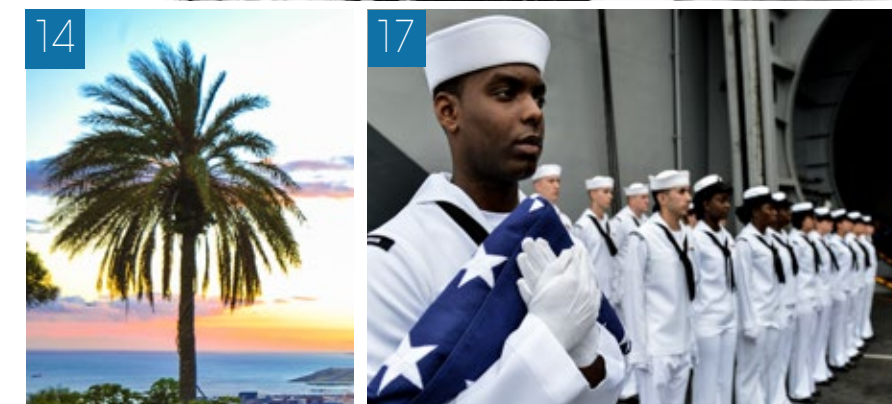
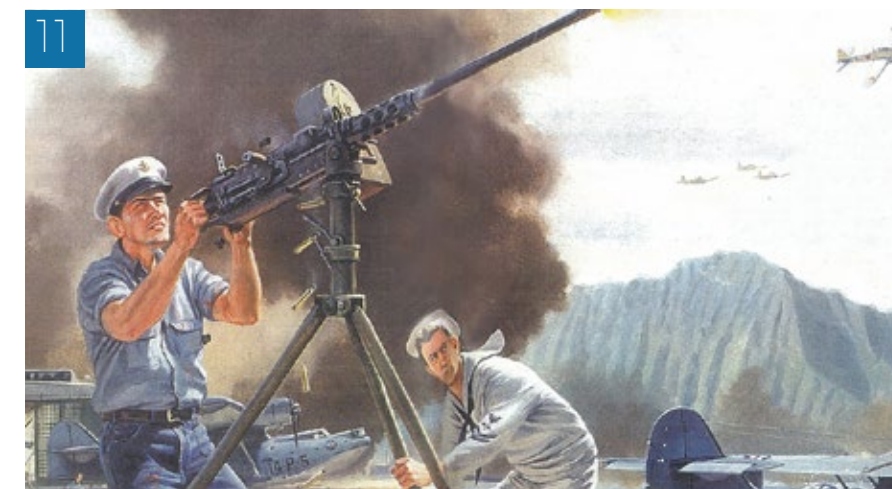
7 PRC Kelsey:
The Child Who Survived

11 Medal of Honor:
The First Action

13 Dry Navy:
100 Years Sober

14 Liberty Call:
Say Hello to Liberty

17 Burial at Sea:
Continuing Tradition





REAGAN ATHLETES DOMINATE RIMPAC CUP

STORY BY MC3 TIMOTHY SCHUMAKER

Anytime an aircraft carrier shows up, people pay attention. That notion can be typified by the USS Ronald Reagan's (CVN 76) involvement and performance in Rim of the Pacific (RIMPAC) Exercise 2014.

The presence of Reagan Sailors was proportionately prominent and definitely felt at RIMPAC Cup 2014, a multi-national sporting competition promoting physical fitness, camaraderie, and esprit de corps between the 22 participating nations of the exercise. A total of 5,500 athletes representing more than 40 ships and local area commands participated in 14 sporting events to establish an overall champion.

Simply put, Reagan athletes dominated the competition! Championship accolades in basketball, softball and soccer highlight the achievements of Reagan Sailors that also included elite individual performances in weight lifting.

In a scoring system that rewarded points for placement in each event, Reagan accumulated a staggering 48 points, USS Chafee's (DDG 90) 31 points was a distant second place. The numbers are impressive despite Reagan's obvious advantage thanks to its overwhelming crew size.

The Reagan soccer team won its respective championship while wearing uniforms similar to the United States World Cup team. They played seven tournament games, winning a quarterfinal match against Colombia, downing the Republic of Korea navy squad in the semifinal and squeaking past Norway in an epic down-to-the wire final to claim the tournament title.

The matches against Colombia and the Republic of Korea were challenging for Reagan, especially the semifinal game against the Republic of Korea, which was decided by penalty kicks. The championship against a bigger and stronger Norway team was one for the books, however.

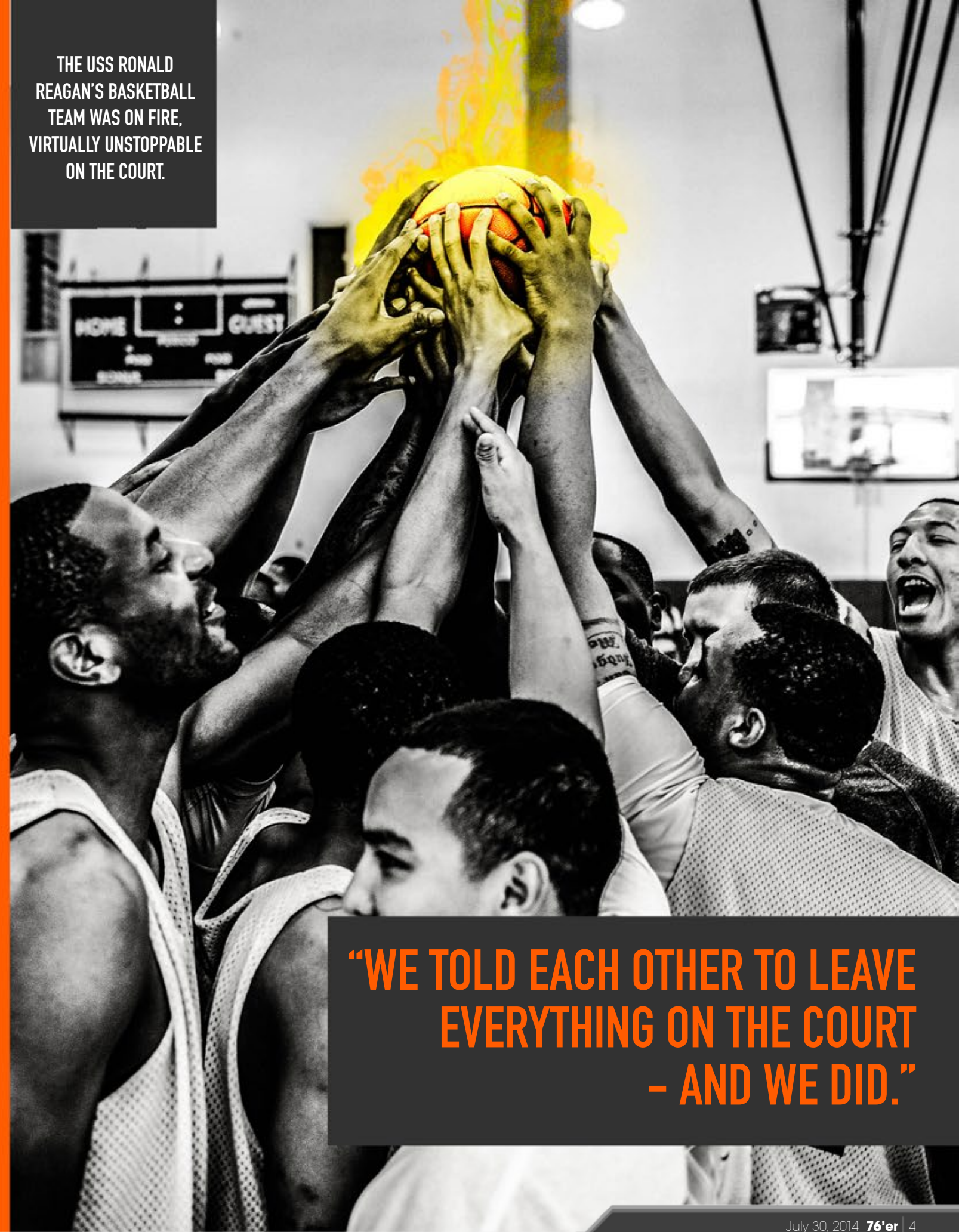
"The difference in size was a big factor in favor of Norway; they play soccer in a very physical style, but our team left everything on the field and played their hearts out," said Reagan's soccer coach Chief Machinist's Mate (SW/AW) Jose Camacho, from Hidalgo, Texas.



SAILORS ABOARD THE USS RONALD REAGAN BUMP, SET, SPIKE AND SWING THEIR WAY TO VICTORY DURING BEACH VOLLEYBALL MATCHES AND SOFTBALL GAMES.



THE USS RONALD REAGAN'S BASKETBALL TEAM WAS ON FIRE, VIRTUALLY UNSTOPPABLE ON THE COURT.



"WE TOLD EACH OTHER TO LEAVE EVERYTHING ON THE COURT - AND WE DID."



Team Reagan drew first blood by scoring in the first half, however, with 10 minutes left in the match, Norway scored on a free kick. With only four minutes left, Machinist's Mate 2nd Class (SW/AW) Ron Azinge, of Brooklyn, New York, took the ball at midfield and drove it all the way to the opposite goal, scoring an epic tournament-winning goal.

After time ran out, Reagan players rushed the field screaming and chanting, "We believe we can win," while hugging their coaches and teammates before congratulating the Norwegians on a hard-fought match.

"Words cannot really describe how I felt and still feel," said Azinge. "I felt so proud, as if we'd won the actual World Cup."

"I felt so good at that moment, especially since we did it as a team," said Machinist's Mate 3rd Class (SW) Tuan Nguyen, from Los Angeles, another key member of the tournament championship team. "We came together so well, and to represent the ship and country like that was an awesome feeling."

Reagan also claimed RIMPAC Cup's softball championship when a team primarily comprised of engineering department Sailors defeated the hometown team, USS Michael Murphy (DDG 112).

Team Reagan came together during three intense days of competition against other American ships and commands, winning the finale in a dramatic extra-inning showdown that ended with a walk-

off hit by Hull Maintenance Technician 1st Class (SW) Bryson McEwen, from Kent, Washington. His clutch at bat drove in Electrician's Mate 2nd Class (SW/AW) Matthew Ballman, a Warrensburg, Missouri native, to win the tournament.

"Winning the championship was an amazing experience," said outfielder and Machinist's Mate 3rd Class (SW) Sean Smith, from Arlington, Texas. "From the beginning our goal was to win the whole thing. It seemed a little far-fetched after the first game, but as the games went on, we got better as a team and developed the confidence it took."

Team Reagan trailed by two runs for most of the game until the seventh and final inning of regulation when they tied it up and sent the game into extra innings. After trading runs in the eighth, they entered the ninth inning locked in a tie ballgame. Batting left-handed, McEwen stepped up to the plate with Ballman in scoring position on second and roped it to the opposite field and down the third base line.

"On the second pitch I put all my weight back in my left foot and put a line drive right past the third basemen," said McEwen. "I ran through first base and turned around to see EM2 (Ballman) rounding third and touching home to win it all. The entire team ran to home plate and jumped around, yelling and screaming in excitement. We couldn't have asked for a better championship game."

From the soccer pitch to the softball diamond, Reagan dominance continued on the parquet courts of the Joint Base Pearl Harbor Hickam Fitness Center. The Ronald Reagan 76ers went undefeated to win the single elimination basketball tournament that boasted nearly 30 teams. The 76ers soundly defeated teams from Singapore, Republic of Korea, the USS Pellilu (LHA 5), USS Sampson (DDG 102), and a team comprised of U.S. Marines.

"We have some very talented athletes on this ship and I am very happy that I was able to play with them instead of against them," said 76er and Aviation Electronics Technician 1st Class (SW/AW) Abiodun Oguntala, from Tacoma, Washington.

After storming through the first four rounds, the championship game against Sampson started off as a close contest. The 76ers made uncharacteristic errors, but as the second

half began, they kicked their game into high gear, scoring 11 unanswered points and never looked back. At the final buzzer, Team Reagan won the game and tournament in convincing fashion.

"We were making careless mistakes and playing poorly until we locked in," said 76er shooting guard and Logistics Specialist 3rd Class (SW/AW) Dominick Crawford, from Baxley, Georgia. "I saw it in everybody's face; we knew that it was an all-or-nothing game and we told each other to leave everything on the court - and we did."

The large tournament provided a venue for Reagan Sailors to meet and share in friendly competition with service members from other commands and countries.

"Playing against service members from other countries was truly a remarkable experience," said Oguntala. "This was the first time most of the countries had encountered Americans in a sports

atmosphere, and we all enjoyed the friendly competition."

Reagan had tournament champions in individual strength competitions as well. Machinist's Mate 2nd Class Heather Gray, from Corpus Christie, Texas, and Machinist's Mate Fireman Jordan Rank, from Manitowoc, Wisconsin, won the female bench press competition and male strong-arm competition, respectively.

Rank competed against more than 120 service members from countries such as Republic of Korea, Japan, Columbia and Australia, to name a few.

"I was excited and somewhat surprised to see how many other participants there were," said Rank. "It honestly felt like I was in the military Olympics. I am grateful to be able to say I was part of it."

Gray, a power lifter in her spare time, won in a landslide by drastically out-lifting everyone else in the bench press event, lifting 100 pounds 29 more times than the second place finisher.

"It was gratifying to show the men from other countries what a strong American girl is capable of, some of whom I out-lifted," said Gray.

A recurring theme among the participants is an appreciation for the relationships they established once the competition was over. They say they often developed mutual respect and friendship with service members from other commands and countries.

"After competing so intensely, it was fun to just hang out as friends with (athletes) from other ships," said Nguyen.

Rank experienced an unspoken bond with the competitors he faced.

"While it was occasionally difficult to communicate with other participants because of language barriers, it didn't really matter because we were all there for the same reason," he said. "There was definitely a mutual sense of sportsmanship and camaraderie."

The overriding military accomplishments of RIMPAC 2014 have global implications of strategic and operational importance. It speaks volumes that geographic, cultural and language differences are set aside when service members from 22 nations come together in the name of sport; a sentiment that can clearly be measured by the collective willingness to converge and forge relationships, while developing friendly rivalries and healthy competition.

As we've seen with the Olympics and the World Cup, there's a tremendous sense of pride and patriotism involved with international competition. That was no different for the RIMPAC Cup in 2014.

"I FELT SO PROUD, AS IF WE'D WON THE ACTUAL WORLD CUP."

THE CHILD WHO SURVIVED

STORY BY MC3 TORRIAN NEEMAN

Finally, it all stopped. Everything was quiet, and time stood still. Jeremy felt a sense of peace washing over him, as he lay on his bed staring up at the ceiling. It was like the feeling you get when you are submerged underwater, no sound, no noise, only numbness. Just twenty-four hours earlier, he swallowed a bottle of sleeping pills and washed it down with a bottle of rum.

In his mind, Jeremy reached the end of a long and hopeless road. He had not slept for days, nor could he silence the thoughts screaming over and over in his head.

"Why even continue?"

"What's the point?"

He thought to himself, I could go to sleep right now and not have to wake up to this feeling anymore.

After the last swig of rum rushed into his stomach, he felt at peace.

The story of Chief Aircrew Survival Equipmentman (AW/IDW/EXW) Jeremy Kelsey's life may have never reached its happier chapters, had a shipmate not stopped by to borrow a movie that fateful night. That shipmate called the police and Kelsey was taken to medical.

Hours later, Kelsey opened his eyes and blinked them into focus, his commanding officer was looking back at him.

"I do not want to die," the 24-year-old Kelsey told his skipper.

Kelsey was on his way down the road to recovery. The genesis of his despair was not confined to a single incident, but rather, a series of distressing events.

What gave Kelsey hope was the fact that after taking those pills, for a brief moment he felt peace. He knew that if he could experience what he previously believed to be an elusive sense of serenity, then he could feel it again.

Kelsey survived a lifetime of abuse, chaos and struggle. His parents were divorced before his first birthday. His stepfather was a functioning alcoholic and sexual predator. Household money went towards drugs first, then groceries.

"When I was young, we would never know where our next meal was coming from and I was absolutely terrorized by my stepdad," Kelsey said.

At the age of three, Kelsey's stepfather began abusing him physically, emotionally and sexually.

After turning 19 years old, Kelsey enlisted in the Navy and left for boot camp. The chaotic and stressful environment was like a homecoming for him.

"It was the only thing I knew. I had nothing to compare it to," said Kelsey. "So to me, that was normal and that was life."

Kelsey graduated from basic and follow-on training before reporting to his first duty station, where he was responsible for sewing patches onto flight suits.

For the first time in his life, he had a "normal lifestyle" and he did not know how to handle it.

Kelsey realizes now, that in order to feel comfortable in his own skin, he tried to recreate something comparable to the childhood chaos he experienced. Before he knew it, he had two broken marriages and three children.

When his second marriage fell apart, Kelsey found himself alone and stationed in Iceland. His friends had stopped inviting him out with them, because they were tired of covering for him when Kelsey got into trouble.

Sitting alone in his room and tormented by his thoughts, outsiders thought he might be getting his act together. The sober reality of the situation was that Kelsey was at the lowest point of his hopeless outlook on life.

"I didn't know that I had depression until I tried to take my own life; that's when I was diagnosed with it," said Kelsey.

Kelsey survived a multitude of struggles and experienced depression first hand and chooses to share his story to help others who are fighting their own demons. He is adamant about letting anybody who will listen know that the Navy was there to support his health and wellbeing.

"Depression is mean. It will speak for you, it will do all these things and you're somewhere in there, but the depression is in full control and it doesn't want to go away. It's just a terrible animal," said Kelsey.

During USS Ronald Reagan's (CVN 76) Rim of the Pacific (RIMPAC) 2014 underway, Chief Kelsey shared his story with every department on the ship, as well as the chief petty officer mess and wardroom, as an interactive form of general military training.

"I DO NOT WANT TO DIE."

While addressing the medical department, Kelsey posed the question, "How many of you believe that if you tried to take your own life, you could stay in the Navy?" Not a single hand was raised.

In 2003, a few years after his suicide attempt, Kelsey was returning from an eight-month deployment aboard USS Nimitz (CVN 68), realizing that he had something extremely important to share.

"I knew something that the rest of the Navy didn't know; everything that we believed about mental health and getting help was wrong," said Kelsey. "When I made chief it really kicked in. At that point, I really didn't care what people thought or how they felt about me or my suicide attempt; I wanted to talk about it." Pain is a part of life and as hard as we might try; we can't always escape from it.

Lt. Jennifer Thompson, Reagan's psychologist, specializes in pain and the human experience. She appreciates Kelsey's story and how sharing it might benefit others.

"He is an inspiration to all on how getting help when needed can really make the difference and turn a person's life around," said Thompson.

Kelsey was an instructor in Pensacola, Florida and had been a chief for about a year, when he first spoke with a chaplain about speaking to the Sailors at command indoctrination classes.

"It was a good message for them, because they were just coming into the Navy," said Kelsey. "We were trying to shave off some of that stigma right from the beginning."

On sea duty with Helicopter Maritime Strike Squadron (78) at the time, he accepted the Navy's offer to share his story with the entire fleet. Kelsey was a keynote speaker for a personal readiness summit in San Diego in 2013, and spoke with commanding officers, executive officers and command master chiefs from various commands.

"They had been looking for a long time for something different; we have this problem and we haven't cracked it - I felt like I had cracked it," said Kelsey.

When Kelsey spoke to Reagan Sailors, he asked how many people have been affected by suicide, either by someone they know or their own thoughts - many Sailors raised their hands in response.

"I like to talk about the symptoms of depression and how they happen, so hopefully someone can recognize that in themselves or in someone else," said Kelsey.

Kelsey's goal is to help people recognize depression and get professional help.

"The one thing that I know is that depression and suicide are absolutely connected. Not being well really sucks and life was so much better when I got rid of that," Kelsey said.

Kelsey has never lost touch with that young E-5 who tried to take his own life.

"I see myself everywhere," said Kelsey.

“IF YOU EVEN HAVE A SMALL INKLING OF HOPE, THAT’S ENOUGH. IT WILL KEEP YOU GOING.”



In those turbulent times, Kelsey was a stellar nine to five, Monday through Friday performer. Once the weekend rolled around, he would find ways to get himself into trouble.

“I couldn’t adjust to a normal life because I didn’t have any experience in that, so with well-placed misbehavior or an underage drinking incident, I would have everyone mad at me and things were crazy,” said Kelsey.

Kelsey never blamed the Navy for his problems.

Through everything that Kelsey endured as a child, he developed post-traumatic stress disorder and had become severely depressed in his early twenties. In the later stages of his depression, he experienced insomnia.

“I had lived in ‘horridness’ thinking that was okay, and it wasn’t,” said Kelsey.

Temporary moments of feeling sad or depressed can be a normal human response to life changes such as: death and loss of a loved one, divorce, a move or financial hardship. It becomes a real issue and concern when those times of sadness last for an extended period of time and life feels hopeless.

As Kelsey says, “If you even have a small inkling of hope, that’s enough. It will keep you going.”

Kelsey didn’t have that.

“For me there was absence of hope, there was no hope that my life could be any better than it is right now; I had done too much damage. I crushed too many things and honestly believed I could never recover,” said Kelsey. “That hopelessness is the hardest part to overcome.”

With help, Kelsey conquered it.

His ongoing recovery includes sharing his story with others, so that maybe they can get help sooner than he did and begin living life again.

“I was a believer in the stigma [about mental health] for many years, and then I went through the experience and it was something completely opposite of that,” said Kelsey.

Today’s young Sailors are receiving his message – stigma-free.

“I think it’s great that Chief Kelsey reached out and gives training because there may be other people that might be going through similar situations,” said Yeoman 3rd Class Tionna Edwards, a native of Salinas, California. “They might need to hear this from an actual victim to realize that they need to seek help or figure out that they may be going through depression as well.”

Kelsey appreciates his life and all of the things that have happened since that dark day when he was 24 years old. He cherishes his family and realizes that so many wonderful things would not have ever happened, had he died that day.

“I’ve got an eight-year-old daughter, Lea, who is perfect. She will be a rock star or president or something – she’s just got that aura,” said Kelsey. “She’s beautiful and witty and smart and she would not even exist if I had succeeded that day, that’s the thing that keeps me super-strong, knowing how many other things are going to exist because I didn’t succeed. I like that; it keeps me going.”

On his road to recovery, Kelsey found the girl who he thought was out of his league when he was growing up and married her.

“I’ve got six kids, they run around the house and play ‘Dance Dance’ on the PlayStation and go to the pool, they have no concept of terror or being afraid,” said Kelsey. “It’s a completely opposite life for them and that makes me happy. The life I’m providing for them is what I always wanted; it’s what I wanted to give them and never knew how to do.”

Realizing that we have a problem is sometimes the most difficult place to arrive at. Once we recognize there is a problem and seek assistance, life can take an upward turn.

“When I tried to take my own life and I was like, ‘Wow I have a problem,’ I was like, ‘Please help me, I don’t know what to do,’ and help flooded in,” said Kelsey.

“That’s an important part of what I do and talk about,” said Kelsey. “Seducing with wellness.”

Kelsey fell ‘in love’ with getting better and wants the same for everyone else who suffers.

“Become seduced with wellness,” said Kelsey. “Life is meant to be enjoyed and loved.”

THE FIRST ACTION

STORY BY MC3 ANDREW ULM

STORY BY MC3 ANDREW ULM

"I WAS SO MAD."

"THERE'S ALL KINDS OF HEROES, BUT THEY NEVER GET A CHANCE TO BE IN A HERO'S POSITION."



With sunlight piercing through the shades on a Sunday morning, John Finn and his wife lay in bed, whispering as couples do. "You should get up and make some coffee," said Finn.

As they verbally jostle about who was going to finally crawl out of bed to brew the morning's elixir, machine gun fire rattled off in the distance.

"Who the hell is firing off my machine guns," Finn asked "It's Sunday!"

Chief Aviation Ordnanceman John Finn was the Chief Ordnance Officer of Kaneohe Bay. He knew there were no gun shoots scheduled, but brushed it off as someone testing a malfunctioning gun.

Alice, John's wife, pulled the curtains aside to sneak a peak of another picture perfect morning on Oahu's east coast. "It's beautiful," she said.

A knock at the door interrupted an otherwise sublime Sunday morning.



"They want you at the hangar bay," said Finn's next door neighbor. With that Finn donned his uniform, said goodbye to his wife, and was out the door. Alice could hear the sound of her husband's 1938 Ford droning out of earshot.

On the way, Finn picked up his neighbors, like he usually would on his way to work. Finn, always obeying the on-base speed limit quickly realized something was amiss at Kaneohe Bay. They could hear airplanes flying overhead when suddenly Finn saw one plane turn wing-over to display the Japanese Rising Sun.

"The damn Japs are attacking!" said Finn as he slammed his car into 2nd gear, speeding into the air station, unprepared for what he would meet there.

Japanese Zeroes were strafing the airfield, turning Kaneohe's airplanes into scraps of metal with the roar of machine gun fire. Hangar bays were exploding from bombs dropped through their roofs. On the backs of buzzing Japanese Zeroes, World War II was officially brought to United States soil.

When Finn arrived at the airfield, he and other Sailors rushed towards the armory and pulled .50 caliber machine guns from the burning wreckage of their airplanes, putting up any type of resistance that they could manage.

Finn quickly ran to a platform where a squadron airplane painter was bravely pumping retaliatory rounds to the swarming Japanese aircraft. Knowing he had more experience firing a machine gun than a painter he yelled "Alex! Let me take that gun!"

John Finn took control of the .50 caliber machine gun and under a cloud of smoke, rounds were quickly streaming through the skies over Kaneohe Bay.

"I was so mad," said Finn "I didn't have enough sense to be frightened or scared."

With bullets digging into the ground around him, Finn received wounds all over his body.

"I got shot in the left arm and in the left foot that broke the bone," said Finn "My scalp got cut and everybody thought I was dying."

Finn persisted through the firefight when he saw a Japanese Zero sputter in a cloud of smoke and come crashing down to the airfield. He wasn't certain if he brought the plane down, but through the smoke Finn pressed on.

"I had 28 or 29 holes in me that were bleeding," said Finn. However, he was determined to deliver some of the same destruction to the Japanese Zeroes that they were raining down on his men.

When the buzzing of the planes receded and the airfield went quiet, two hangars were destroyed and 20 Sailors were killed.

In the aftermath of the surprise attack, Finn did not quit. The base had no idea if the Japanese were coming back and they continued to rig the .50 caliber guns from the aircraft carnage in case they were needed again that day.

Walking slowly and in immense pain, Finn reported to the medical station at 2 a.m. and was immediately hospitalized for more than three weeks; he had been leading his men for more than 18 hours.

Some say that John Finn's bravery was the first Medal of Honor action taken during World War II. Nine months after the attack, Finn was summoned back to Pearl Harbor aboard the USS Enterprise (CV 6).

Finn was awarded the Medal of Honor by Adm. Chester W. Nimitz for his "magnificent courage, in the face of almost certain death."

The word "heroism" appears in Chief Ordnanceman John Finn's Medal of Honor citation. But to Finn, he was just a "Good 'ol Navy man doing my job."

"That damned 'hero' stuff is a bunch of crap," said Finn "You got to understand that there's all kinds of heroes, but they never get a chance to be in a hero's position."



100 YEARS SOBER

STORY BY MCSN CODY HENDRIX

Could you imagine being a passenger on an airline flight where your pilot had been sipping 21 year-old Glenlivet all afternoon while the air traffic controller in the tower is trying her best not to vomit in the office trashcan after a night of celebrating?

We all know drinking and driving is a deadly combination; imagine sauced up officers of the deck and commanding officers pulling in and out of port or navigating the seas with blood alcohol levels worthy of a "Navy Times" headline.

We have all seen Homer Simpson's skill as a nuclear power plant operator. We have also seen him in action after one too many Duff beers. Homer Simpson + beer + nuclear power plant = disaster!

Thank goodness, American Sailors are not allowed to consume alcohol aboard U.S. Navy ships – especially a nuclear-powered aircraft carrier like America's Flagship, USS Ronald Reagan (CVN 76).

Our Navy has been spirit-free at sea for a century. On July 1, 1914, Secretary of the Navy Josephus Daniels, who ruled that the consumption of alcoholic beverages on any naval vessel or within any Navy yard or station was strictly prohibited, passed General Order 99.

Fast-forward to 2014 and General Order 99 is still the law of the land. But why exactly can't we walk to a mess deck vending machine after a long, exhausting day of work and grab ourselves a cold beer?

"There is a reason why they allowed it back in the day, and there is also a reason why they said no more," said Reagan Command Master Chief (AW/EXW/SW/NAC) Spike Call, a native of Haverhill, Mass.

Like all things in the U.S. Navy, safety is paramount. Allowing Sailors to consume alcohol aboard a nuclear-powered aircraft carrier is a huge risk to people's lives and the importance of our mission.

"Alcohol slows people down and impairs their judgment," said Call. "Walking on the flight deck or even down a ladder would become extremely dangerous and a potentially fatal situation. Completing our mission is not easy when we're stone-cold sober, so it would be near impossible to carry out our mission with a ship full of drunken Sailors."

To most, it probably seems obvious that being drunk or hung-over on a ship is a safety hazard. However, Sailors are human and make poor choices like reporting for duty drunk or still under the influence of alcohol.

"It's actually a pretty simple rule that some people have a real hard time following," said Call. "The ones that can not follow that rule, well they run into trouble."

For today's American Sailor, General Order 99 is all he or she knows. Some of Reagan's crew learned differently when the ship moored at Joint Base Pearl Harbor-Hickam, Hawaii when they toured HMNZS Canterbury (L421), a multi-role vessel in the Royal New Zealand Navy. Aboard Canterbury, Sailors are permitted two beers a day and can easily attain them by going to one of the many beer vending machines onboard.

So why is it that other countries such as New Zealand, Australia, Canada, Colombia and others allow their Sailors to drink aboard their ships?

"I think some other countries allow it because it has been a part of their culture for as long as they can remember," said Call. "If you go overseas to countries in Europe for example, you'll see that there's no drinking age. For them it's just a way of life."

There is a caveat to the U.S. Navy's alcohol aboard ships restriction where 21st century Sailors can enjoy a sensible amount of beer while at sea.

After 45 consecutive days at sea, the commanding officer can authorize a command "Beer Day". Each crew member is allowed two beers, granted of course that they're the legal drinking age. These days are permitted to responsibly increase the morale of a ship's crew.

While some Sailors believe that a nice glass of red wine at chow would help them relax and unwind or that a nightcap at sea is a well-deserved reward for busting our tails to defend the country, many ocean warriors realize that in order to maintain our position as the world's premiere Navy we must be sober and ready. The Navy needs a formidable fleet of grade-A Sailors who are ready to complete the mission regardless of circumstance.

"I think the reason that we are the best Navy in the world, and that's a fact by the way, is because we're always ready at a moment's notice," said Call. "It does not matter what time of day or night, every single Sailor is available to fight for their country. We could not maintain this readily available fighting force if there was alcohol on the ship."



SAY 'ALOHA' TO LIBERTY

STORY BY MCSN EMILINE SENN

Liberty call, liberty call - two of the sweetest, most melodious words to a Sailor's ears, especially when the ship pulls into an island paradise like Hawaii.

When USS Ronald Reagan (CVN 76) arrived at Joint Base Pearl Harbor-Hickam on June 26, many members of the crew were looking forward to getting off the ship to enjoy relaxation in a tropical atmosphere; sightseeing and even a bit of adventure before the big storm that is the underway portion of Rim of the Pacific (RIMPAC) 2014.

"My favorite part about being in Hawaii was having the opportunity to kick back and relax by the pool," said Ship's Servicemen 1st Class (SW) John Duran, from Sacramento, California. "I plan on playing golf when we come back to Hawaii."

Thanks to free charter buses between Reagan and Waikiki and a good public transportation system, shipboard life faded to the background of Sailor minds as white sandy beaches, tourist attractions and local food became priority one. For a few days at a time Sailors could get away from their jobs on the ship and go downtown, where they explored and came across many smiling faces - locals, other tourists and the familiar ones of their shipmates.

"I got to stay with a friend who lives in Hawaii, so it was nice to be able to get off the ship," said Culinary Specialist 1st Class Roy Pendleton, from Detroit. "Next time I plan on going to some of the Morale Welfare and Recreation (MWR) events."

Sailors on the ship received a plethora of email from the Fun Boss, encouraging anyone and everyone to sign up for MWR tours happening throughout the entire Hawaiian port visit. From hiking trips and photography tours to snorkeling and day trips to the other islands, there was something for everyone at discounted MWR prices.

"I wish I didn't spend as much money going to a luau, snorkeling and seeing the sights," said Aviation Boatswain's Mate (Equipment) 3rd Class Kelvin Smith, a Corpus Christie, Texas native. "I would still try to make the most out of it. Not everyone gets a chance to go to Hawaii."

Thanks to the crew's exceptional behavior during the port phase of RIMPAC, the crew looks forward to the opportunity to enjoy the second port visit and continue the streak of appropriate conduct while on liberty. The best way to avoid trouble is having a plan and one, if not multiple, back up plans.

"It was hard to adapt, but we [security], were providing access to not just our ship but two others as well," said Aviation Ordnanceman 3rd Class (AW) Richard Drum, from Harrisburg, Arkansas. "Mostly, everyone was on good behavior."

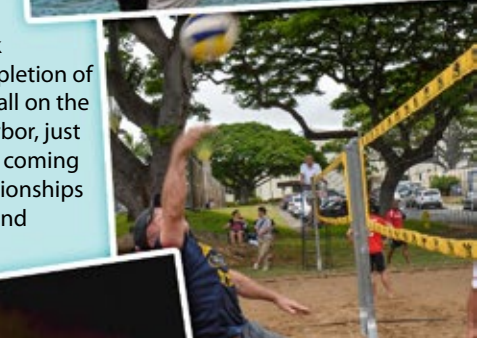
As the commanding officer mentioned on numerous occasions, the ship is a safe haven. If you find yourself in trouble, the best course of action is to safely make your way back to the ship. The outcome from coming back to the ship could be far less severe than ending up in a place where you shouldn't be, without a way out.

Although we are thousands of miles from our homeport of San Diego, we are a big part of the world's largest international maritime exercise. As both U.S. Navy and Reagan Sailors, we are expected to be alliance-building ambassadors of goodwill to Sailors of our partner-nations.

"A lot of liberty incidents involve alcohol, so make sure you're being responsible," said Drum. "Make sure you go out with someone, know your limits and be back for work on time."

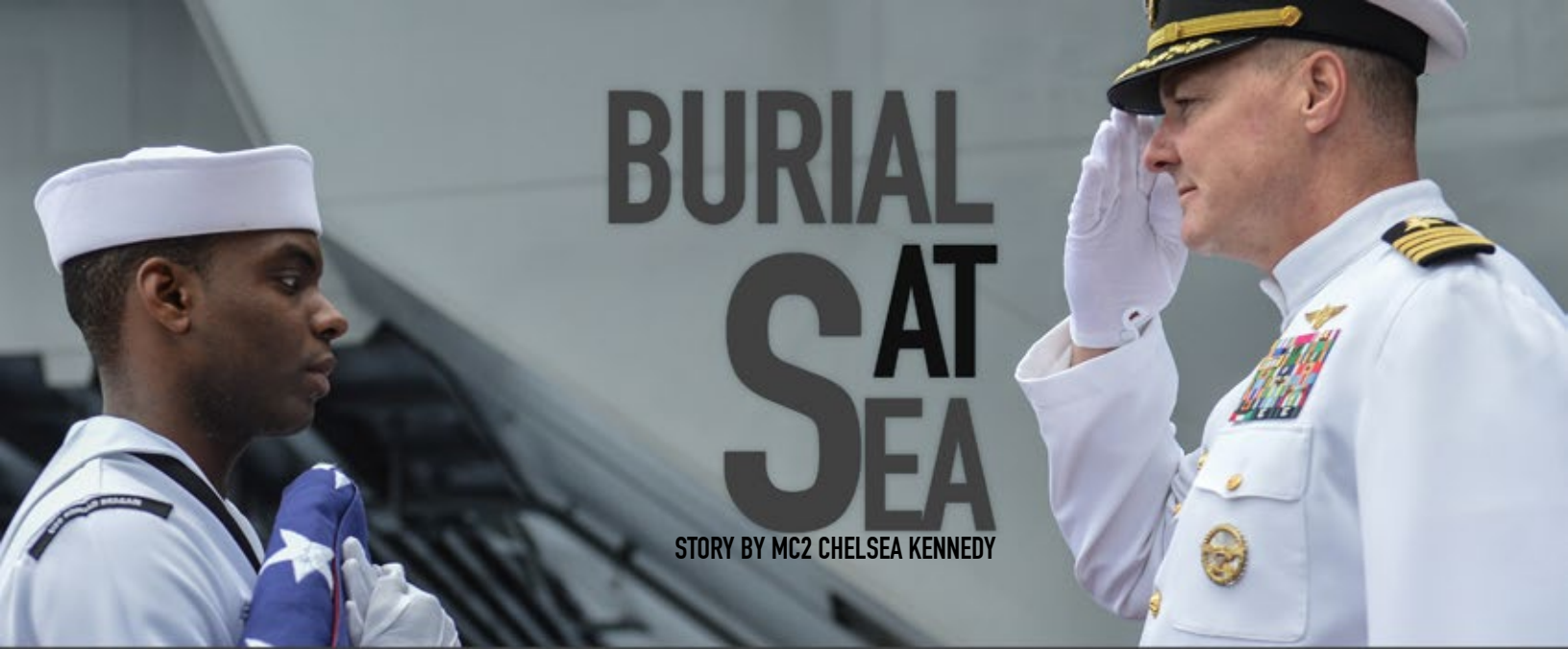
Not only is there an obligation to keep yourself safe, but we are all obliged to keep each other safe. Knowing that your buddy has had too much to drink, bringing him or her back to the ship without incident is everyone's responsibility – the essence of being a shipmate.

As teammates of America's flagship, we all work diligently toward a common goal – successful completion of RIMPAC 2014. Our reward is another tropical port call on the not so distant horizon. RIMPAC will end in Pearl Harbor, just as it had started, with Sailors from 22 other nations coming together to foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans.



Through The Lens





BURIAL AT SEA

STORY BY MC2 CHELSEA KENNEDY

President John F. Kennedy once said, "It is an interesting biological fact that all of us have, in our veins the exact same percentage of salt in our blood that exists in the ocean, and, therefore, we have salt in our blood, in our sweat, in our tears. We are tied to the ocean. And when we go back to the sea, whether it is to sail or watch it, we are going back from whence we came."

June 19 was an overcast day, as 40 veterans and military family members were committed to the sea – an eternally changing, peaceful and tranquil final resting place that has brought enlightenment and comfort to mankind for centuries. The crew of USS Ronald Reagan (CVN 76) gathered on deck in dress whites, humbly and ceremoniously paying last respects, executing the last request of a past generation of U.S. military members.

The burial at sea tradition is one that dates back to the days of sail. At the time, proper means to preserve a body at sea did not exist. To prevent the spread of disease, the captain would order a burial at sea. Out of necessity, Sailors would commit their shipmates to the deep.

The ceremony was usually held in a brief and ceremonious fashion. A fallen Sailor was often shrouded in a piece of canvas or his shipboard hammock and had weights tied to his feet to ensure that the body was properly laid to rest beneath the water. The final step before committing the body to the sea was to sew the last stitch through the Sailor's nose to guarantee he was dead before releasing him overboard.

The U.S. Navy's modern day burial at sea is an honor provided to active duty members of the uniformed services, retirees and veterans who were honorably discharged; U.S. civilian marine personnel of the Military Sealift

Command and dependent family members of active duty personnel, retirees, and veterans of the uniformed services.

The committal ceremony is performed while the ship is deployed; therefore, family members are not able to attend. Once a committal service has been performed, the commanding officer of a ship hosting a burial at sea ceremony notifies families of the date, time, latitude and longitude, of their family member's final resting place.

According to Lt. Cmdr. Sam Contreras, one of Reagan's chaplains, June's event is the largest burial at sea ceremony the ship has performed.

Before Reagan got underway for Rim of the Pacific 2014, the remains of veterans and family members were brought aboard the ship with a ceremonial procession, giving the

"WE ARE TIED TO THE OCEAN. AND WHEN WE GO BACK TO THE SEA, WHETHER IT IS TO SAIL OR WATCH IT, WE ARE GOING BACK FROM WHENCE WE CAME."

deceased proper respect from the moment they arrived at America's Flagship.

"It's all driven by honoring the dead," said Chaplain Contreras, a native of San Diego. "Personally, it was a great honor to do that. It is something I will remember for the rest of my life. They will be able to see that a Navy chaplain was the last one who physically handled their loved ones remains before they were committed to the sea."

After the procession, the remains were transferred into special biodegradable urns.

"I was called on to transfer the remains into the special bio-degradable urns we ordered," said Airman Mathew Jackson, from Beaumont, Texas. "We had to do it in a specific way to treasure the memories of those that passed and do it in a respectful way for our veterans."

For Airman Jackson being a part of a ceremony that honored our veterans was very

emotional and something he will never forget.

On that cloudy June day, Sailors gathered on aircraft elevator four to show their final respects to their predecessors in service to the nation.

"I'm glad I got to experience that before I retire," said Chief Religious Programs Specialist (SW/AW/FMF) James Maraan, a Fort Washington, Md., native. "It really opened my eyes. I'm glad that we did that for our veterans and certainly when I get to that age and I choose to be buried, it's nice to know that our future military personnel will give me that honor and respect."

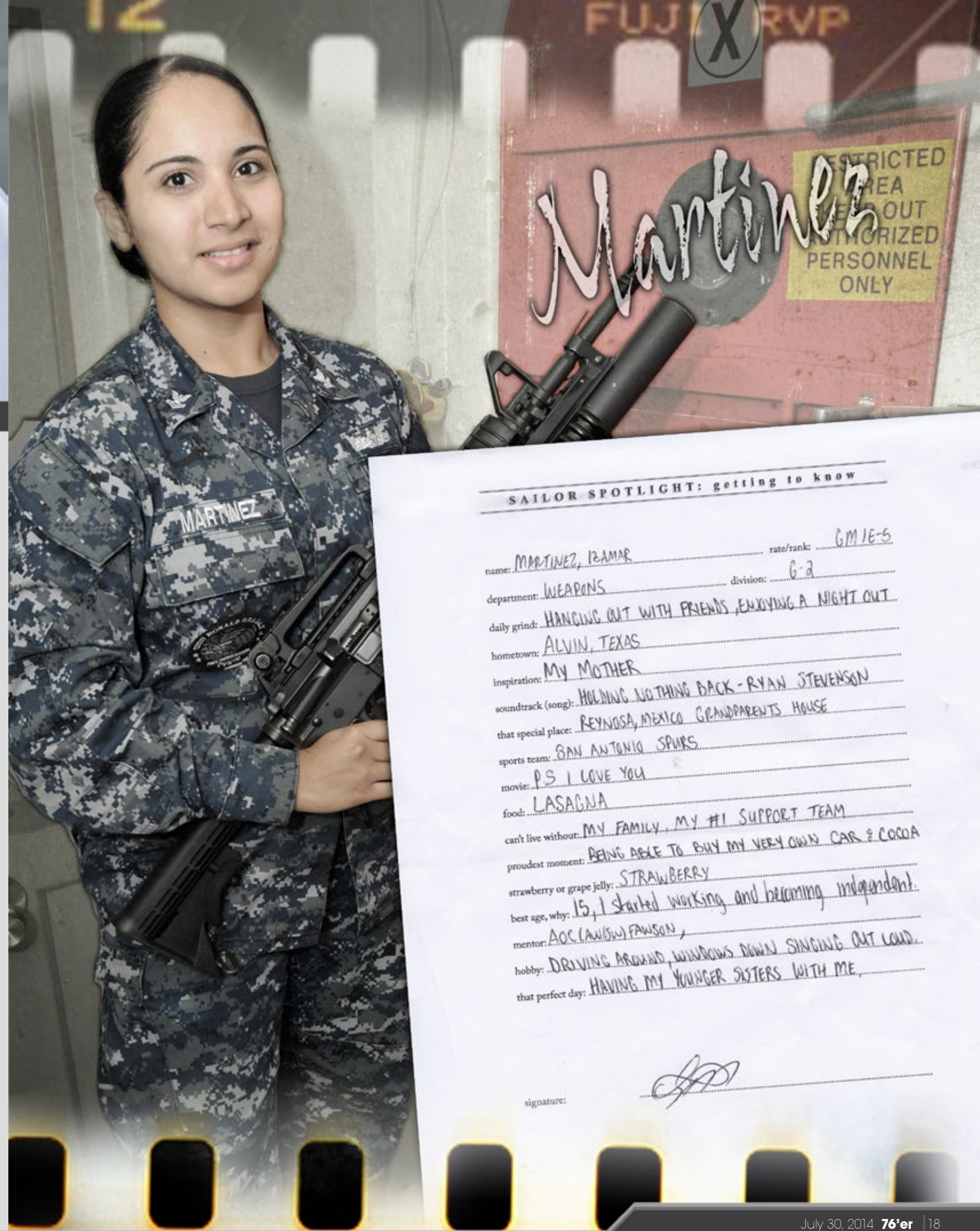
While the men and women who chose the Pacific Ocean as their eternal grave were strangers to Reagan Sailors, the need to honor their last requests with a dignified and respectful military service was not lost on the crew; it was their mission.

"In the middle of the event I kind of got emotional - I felt it. Watching the people

behind me and up on the flight deck and seeing the whole process got emotional for me," said Maraan. "I think it's all about respect. These people paved the way for us and we gave them the honor they deserve."

After the ceremony, family members were given a letter of condolence with a National Ensign, photographs and a video of the ceremony and a coordinates certificate of where the burial at sea took place.

"It took a lot of dedicated Sailors to make this ceremony happen," said Jackson. "Walking down that carpet and knowing they were holding the remains of someone who served just struck their hearts; I could see it on their faces. They were focused, showing that honor, courage and commitment the entire time."



SAILOR SPOTLIGHT: getting to know

name: MARTINEZ, REAMAR rate/rank: GM1E-5
 department: WEAPONS division: 6-2
 daily grind: HANGING OUT WITH FRIENDS, ENJOYING A NIGHT OUT.
 hometown: ALVIN, TEXAS
 inspiration: MY MOTHER
 soundtrack (song): HOLDING NOTHING BACK - RYAN STEVENSON
 that special place: REYNOSA, MEXICO GRANDPARENTS HOUSE
 sports team: SAN ANTONIO SPURS
 movie: P.S. I LOVE YOU
 food: LASAGNA
 can't live without: MY FAMILY, MY #1 SUPPORT TEAM
 proudest moment: BEING ABLE TO BUY MY VERY OWN CAR & COCOA
 strawberry or grape jelly: STRAWBERRY
 best age, why: 15, I started working and becoming independent.
 mentor: AOC (ANGUS) FAWSON,
 hobby: DRIVING AROUND, WINDOWS DOWN SINGING OUT LOUD.
 that perfect day: HAVING MY YOUNGER SISTERS WITH ME.

signature: [Signature]

2014

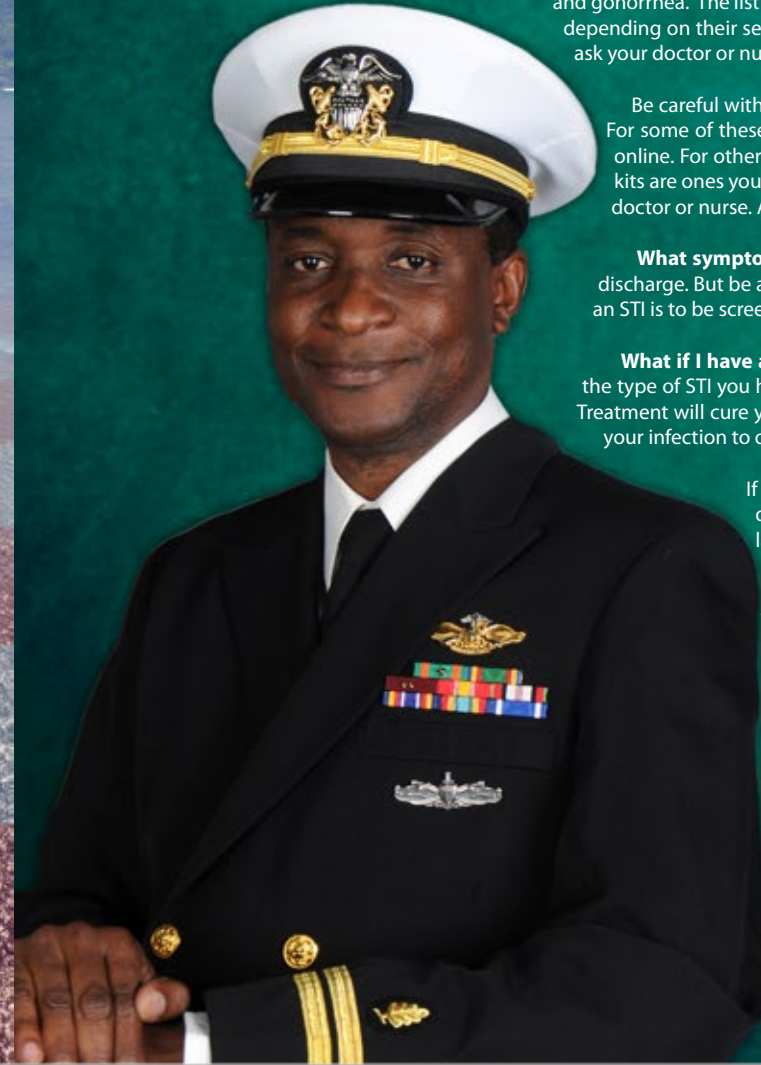
RIMPAC

22 Countries, More Than 40 Ships, 1 Mission



S.T.I. PREVENTING AND REDUCING YOUR RISK

FROM LT MOWOE



What are sexually transmitted infections? — Sexually transmitted infections, often called STIs, are infections you can catch during sex. They are also called sexually transmitted diseases, or STDs. Some STIs are caused by bacteria, and others are caused by viruses.

The most common STIs include: Chlamydia, Gonorrhea, Genital herpes, also called "herpes simplex virus" or "HSV"; Genital warts, also called "human papillomavirus" or "HPV" — Some types of HPV can cause cervical cancer in women, Hepatitis A, B, and C, Syphilis, Trichomoniasis, Human immunodeficiency virus, also called "HIV" — This is the virus that causes AIDS.

What is STI screening? — STI screening includes a series of tests that doctors use to find out if a person has any STIs. STIs often don't cause any symptoms. People can have STIs and not know it. That's what makes screening so important.

Doctors recommend that people who are at risk for STIs be screened even if they have no symptoms and feel fine. For example, you could be at risk for Chlamydia if you had unprotected sex with a new partner. Screening for Chlamydia will alert your doctor that you have this infection. Treatment will prevent the infection from getting worse and keep you from infecting other people.

There are different types of tests that screen for different infections. Many STIs can be found through a blood or urine test. If you decide to be screened for STIs, your doctor or nurse can work with you to figure out which specific tests you need.

Who should be screened for STIs? — Different screening tests are appropriate for different people, depending on their gender and sex habits. All men and women (including teenagers) should get screened for HIV; Women who have had sex without a condom or who have had sex with more than one partner should be screened every year for gonorrhea and Chlamydia; Women ages 21 to 29 should have a Pap test every three years to screen for cervical cancer. Cervical cancer is caused by infection with some forms of HPV. Women ages 30 to 65 can continue having a Pap test every three years or they can switch to having a Pap test plus an HPV test every five years. Screening after age 65 depends on past test results; Men who have had sex without a condom or who have had sex with more than one partner should be screened every year for Chlamydia; All men and women who are having sex and either do not have a stable partner or are having sex with more than one partner should get screened for hepatitis B; All men and women born between 1945 and 1965 should be screened for hepatitis C. Also, anyone who has had sex with a person infected with hepatitis C should be screened; Pregnant women should be screened for syphilis, chlamydia, HIV, and hepatitis B. Some pregnant women might also need to be screened for other infections depending on their sex habits; Men and women who are infected with HIV should be screened at least once for hepatitis A, B, and C. They should also be screened at least once a year for syphilis, chlamydia, and gonorrhea; Men who have sex with men should be screened at least once for hepatitis A, B, and C. They should also be screened at least once a year for HIV, syphilis, chlamydia, and gonorrhea. The list above includes some general guidelines, but some people might need other screening tests depending on their sex habits and other factors. If you are unsure whether you should be screened and for what, ask your doctor or nurse for advice.

Be careful with any pharmacies or online stores that offer to sell you kits to use at home to screen for STIs. For some of these tests, you turn in or mail away a sample, and then you get the results either by phone or online. For others, you do a test at home and get results within an hour. But it is not always clear which test kits are ones you can trust. If you do use one of these kits and get a positive result, be sure to follow up with a doctor or nurse. And if you get a negative result but think you might have an infection, see a doctor or nurse.

What symptoms should I watch for? — In general, watch out for any genital itching, burning, sores, or discharge. But be aware that many STIs do not cause any symptoms. The best way to know for sure if you have an STI is to be screened.

What if I have an STI? — If you have an STI, you will need treatment. The right treatment will depend on the type of STI you have. Treatment might include antibiotics or medicines called antivirals, which fight viruses. Treatment will cure your infection or keep it from getting worse. It will also reduce the chances that you spread your infection to others.

If you do have an infection, you might need to tell the people you could have infected. Your doctor or nurse can help you figure out which partners you need to tell based on when you last had sex with them.

Can STIs be prevented? — There is no surefire way to prevent all STIs, but there are things you can do to reduce your chances of catching 1; The most important thing you can do is to wear a condom every time you have sex. Both male and female condoms can protect against STIs. But be aware that male condoms made out of "natural materials," such as sheep intestine, do NOT protect against STIs; Ask your doctor if there are any vaccines you should have. If you are 26 years old or younger, you can get a vaccine to protect against HPV, the virus that causes genital warts. If you do not have hepatitis A or B and have not already gotten the vaccine for hepatitis A or B, you can get those vaccines, too; If your partner has herpes, he or she can reduce the chances of infecting you by taking a medicine called valacyclovir (brand name: Valtrex).

If you are at very high risk of catching HIV, you might be able to take a pill every day to reduce the chances that you will get HIV. This is an option only for very few at-risk people. If you are interested in this, talk to your doctor.



Best foods to eat on board

These are the best foods you can either stock up on or look for while underway at sea and still keep your fitness in check while making sure to keep healthy and nourished to do your daily jobs, fight infection/bacteria and feel your best day in and day out. If it's not on here it does not mean it's bad for you, it's just not as good as those listed here. Best and good are not the same hence this list.

- Baked/Grilled Chicken, Fish, Plain Tuna** (size of hand, thumb cut off)
- Lean steak or pork** (size of hand, thumb cut off)
- Deli ham, turkey, roast beef** (4 oz)
- Regular beef/turkey jerky** (3 oz)
- Whole eggs or egg whites** (4 eggs or 8 whites)
- Low fat plain Greek yogurt, low fat plain yogurt** (1 cup)
- Peanuts, Almonds, Pistachios, Walnuts, Pecans** (half a tennis ball)
- Natural Nut butters, olive oil, guacamole** (half a golf ball)
- English Muffins, Whole grain/wheat bread** (darker is better) (1 slice or half)
- Fresh fruits and Fresh/raw/cooked veggies** (1 tennis ball size)
- Muscle Milk Brand Whey proteins** (1 scoop) (ship store)
- Quest/EAS Brand protein bars** (1 bar) (ship store)
- Low fat milk or cottage cheese** (1 cup)
- Brown, white, wild rice, plain oatmeal, beans** (1 baseball size scoop/serving)
- Baked sweet/white potatoes, oven baked fries** (fist size serving)
- Free foods and condiments!**
- All raw and cooked veggies** (2-3 cups worth)
- Hot sauce, mustard, red wine vinegar, soy sauce, worcestershire sauce, relish, salsa**

DON'T GET SLAMMED BY SAFETY

With PIA right around the corner, one very important Safety factor we must all take into consideration is the proper use of PPE (Personal Protective Equipment).

PPE establishes a "last line of defense" against exposure to workplace hazards, and in some cases, may be the only means of protection. Any personal protective equipment breakdown, failure, or misuse immediately exposes the wearer to the hazard.

For this reason, proper equipment selection and maintenance, personnel training (including equipment limitations), and enforcement of protective equipment maintenance, configuration, and use are key elements to an effective personal protective effort.

As always, STAY SAFE.



Sex Tape

A married couple wake up to discover that the sex tape they made the evening before has gone missing, leading to a frantic search for its whereabouts.

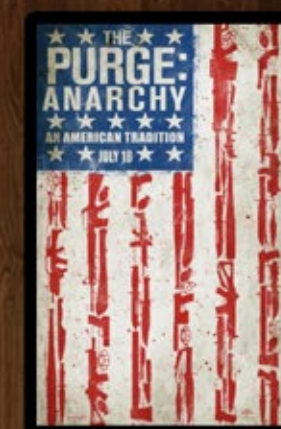
The Buzz: It makes total mainstream comedy sense to reunite Bad Teacher, the gym teacher who ultimately wooed her, and their director in a new movie that will put another filthy perspective on an otherwise conventional vocation: married life. The big screen has been surprisingly Segel-free for the most part with very few leading men willing to go full frontal in his absence. Cameron D. of course just worked The Other Woman into a huge success.

Director: Jake Kasdan
Stars: Jason Segel, Cameron Diaz, Rob Corddry, Ellie Kemper
Genre: Comedy
Release: July 18

The Purge: Anarchy

A young couple works to survive on the streets after their car breaks down right as the annual purge commences.

The Buzz: Some of us might hope for a world where Hollywood could not make any sequels for one year, but when your dystopian nightmare thriller thingy makes grosses over \$60 million on a reported production budget of under \$5 million, simple economics are going to keep this franchise going for at least another installment. The best things we see here are Michael K. Williams in the cast and Frank Grillo getting a starring role; he was just case in the remake of The Raid.



Director: James DeMonaco
Stars: Frank Grillo, Carmen Ejogo, Zach Gilford, Kiele Sanchez
Genre: Action, Horror, Thriller
Release: July 18

Director: Brett Ratner
Stars: Dwayne Johnson, John Hurt, Ian McShane, Joseph Fiennes
Genre: Action, Adventure
Release: July 25



Hercules

Having endured his legendary twelve labors, Hercules, the Greek demigod, has his life as a sword-for-hire tested when the King of Thrace and his daughter seek his aid in defeating a tyrannical warlord.

The Buzz: The Brett Ratner factor is the alienating element here, but Dwayne Johnson leading an army that looks similar to Daenerys Targaryen's might be enough to defeat hack filmmaking. The Rock is the closest thing Hollywood has to a male movie star (his movies grossed \$1.3 billion last year) so the biggest labor here is surpassing box-office expectations, which is always a challenge with the sword-and-sandals genre. Johnson and company might look overseas for their greatest victories.

A Most Wanted Man

A Chechen Muslim illegally immigrates to Hamburg, where he gets caught in the international war on terror.

The Buzz: We are comforted by the fact that one of Philip Seymour Hoffman's last roles is in this adaptation of John le Carré's novel from director Anton Corbijn, who may have stumbled with The American but has Control to his credit and Life coming out next year (with Robert Pattinson and Dane DeHaan).



Director: Anton Corbijn
Stars: Rachel McAdams, Robin Wright, Philip Seymour Hoffman, Willem Dafoe
Genre: Thriller
Release: July 25

WARRIOR ETHOS



PEACE THROUGH STRENGTH
CVN 76

“

Build for your team a feeling of oneness,
a dependence on one another, and of
strength to be derived by unity.”

VINCE LOMBARDI



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