

THE GREAT Communicator

August 23, 2009



Maintainers: Key to the Fight

Leadership



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**COMMAND MASTER CHIEF
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**PHOTO OFFICER
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**GRAPHICS MEDIA LCPO
MCCM Wayne Edwards**

**GRAPHICS MEDIA DIVISION LCPO
MCC Kristen Loeding**

**ASST PUBLIC AFFAIRS OFFICER
MC1 Frank Neely**

**GRAPHICS MEDIA LPO
MC1 Adrian Melendez**

**MANAGING EDITOR
MC2 Brandie Wills**

**PHOTO EDITOR
MC3 Torrey Lee**

**ASST. EDITOR
MCSN Alex Tidd**

“ Information is the oxygen of the modern age. It seeps through the walls topped by barbed wire, it wafts across the electrified borders. ”

-Ronald Reagan

CONTACT

**MC2 (AW) Brandie Wills
J-6505
willsbrandie@cvn76.navy.mil
or
#_THEGREATCOMMUNICATOR**

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FEATURES

Oh Snap! 3

VAQ-139 brings in outside help to find out why their tailhooks have been breaking.

From Blue to Yellow 4

The transition from blue to yellow jersey is a long and sacred journey for ABHs.

Cold War Kid 5

AG3 Leya Katz immigrated to the U.S. at the personal invitation of President Reagan.

Maintenance, Get it Done 6

Keeping our birds flying requires constant attention between sorties.

Music and You 8

Ronald Reagan Sailors make it a good habit to listen to music as often as possible.

"The Hangover" 8

This new comedy treats the audience to lots of laughs from many perspectives.

DEPARTMENTS

- 2 TIDD BITS
- 9 AROUND THE FLEET
- 10 SHOW TIME
- 11 SUDOKU
- 13 SAILOR OF THE DAY



And the G-men are marching on. But what are these G-men I speak of? Why, the San Francisco Giants, of course. They took the first game of a four game series against their divisional and Wild Card rival, the Colorado Rockies.

With August quickly turning into September, the competition for playoff berths is getting fierce. The National League especially should prove interesting. But don't worry, I'll keep everyone up to date on everything Giants.

In the meantime, suffice it to say that as long as the Giants are winning, I'm a happy Sailor.

And I am a happy Sailor! MWR keeps coming through with fun

events such as last night's Texas Hold 'Em tournament and, for the first time this cruise, a nifty scavenger hunt.

DC Olympics rolled through the hangar bay Friday, giving all Sailors with a will to compete the chance to show off their firefighting abilities. We'll have complete coverage of the event in Wednesday's paper. Congratulations to the winners!

And for Sailors seeking professional development, the career counselors held a career fair yesterday to show Sailors the options they have to take us

where we want to go.

Yes, it's been a busy weekend. Still, I hope everyone enjoyed a little break on Friday, because, as the captain said last night on the 1-MC, it's six days on, one day off, so catch your breath where you can.

While it was been a good time of late, there is still work to be done. But there's been an odd problem hindering



our efforts. I speak of course about the mysterious gremlins that have been snapping the tailhooks of the EA-6B Prowlers of VAQ 139. MC2 Rosalie Garcia is our detective on this interesting case, featured on the adjacent page.

And of course, it should be noted that the elections in Afghanistan are complete, the votes being tallied. Some of that credit belongs to us. It's important to remember that what we're doing out here matters, and the democratic process of Afghanistan can attest to that. Good work everyone.

Contributors

MC2 Rosalie Garcia

Garcia is a native Texan from Alamo, Texas. She originally joined as a lithographer's mate, but can now be found roaming the ship as a videographer. Before joining Ronald Reagan Graphics Media Department, she was stationed at Misawa Air Base, Japan where she hosted a radio show.

MC3 (AW) Benjamin Brossard

Brossard is a Madison, Wis., native who is currently hard at work in the print shop. With over four years of naval experience, Brossard is fond of confectionaries and one day dreams of owning an Icelandic horse.

MC3 (AW) Chelsea Kennedy

Kennedy grew up in Las Vegas where she found a passion for photography at a young age. She originally joined the Navy as a photographer's mate. She is aboard Reagan as part of a sea-op detachment from the Navy Public Affairs Support Element, West.

MCSA Amanda Ray

Ray is originally from San Diego but calls Fayetteville, Ark., home. Ray is still fairly new to the Navy and this is her first deployment. She enjoys reading in her off time and eventually wants to get her degree in exotic animal training and management and work at the zoo or Sea World.

Street Beat: Who is your favorite athlete?



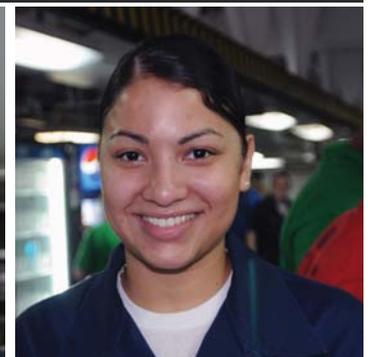
ABFAN CeCe Young
"Chris Paul. He's the best point guard in the league right now!"



IT1 Steve Song
"Hall of Famer Roberto Clemente. It's incredible that he died with exactly 3,000 hits."



MMC (SW) Wade York
"Dan Fouts. He was my hero as a kid."



PSSN Victoria Agosto
"Venus Williams. She's a beast on the court, but still represents the ladies."



Getting to Bottom of Broken Hooks

VAQ 139 works in concert with civilian contractors to find answers.

Story By
MC2 Rosalie Garcia

Photo By
MCSN (SW/AW) Oliver Cole

"If you're not airborne, you're not in the mission," said the Executive Officer of the "Cougars" of Electronic Attack Squadron (VAQ) 139, Cmdr. Chris Middleton on how it's a team effort when it comes to troubleshooting a discrepancy.

Recently, Ronald Reagan came across two such discrepancies. There was an indication that the landing gear was slow to drop the tailhook on the EA-6B Prowlers. There was also an issue with the number one arresting gear wire, which is causing the aircraft to stop faster than they are expected to. However, with these issues

comes coordination and cooperation from the entire squadron; teamwork.

"The arresting gear and the landing gear challenges have been a maintenance department-wide effort," said Middleton.

As a squadron, the Cougars assist in jacking up an aircraft in the hangar bay and cycling the landing gear. Middleton explained that everyone in the squadron has a part in the evolution, including administrative personnel and other support members. Jacking an aircraft takes about twenty people; jacking an aircraft at sea, however, is a higher-

risk evolution and requires even more personnel to assist.

"In the course of this month, we have done dozens of landing gear cycles with more than a dozen jack jobs," said Middleton. "It really is a team effort."

With the aircraft up on jacks, the squadron is able to look into what is happening with the main landing gear.

"We took apart the drag brace on the main landing gear where the two drag braces come together, to take a look at the major pieces that rotate to see that they are locking down

correctly and made sure everything was greased and lubricated right," said Matt Tundermann, a member of the EA-6B Prowler fleet support team. "[We're doing] a lot of just normal maintenance, making sure they are doing everything right."

Tundermann came to Ronald Reagan from one of the support teams in Jacksonville, Fla., to assist with the last few steps of the ongoing research on why some of these discrepancies occur.

"I field those kind of questions from the fleet or the program office and I troubleshoot, basically

Graduating From Blue to Yellow

This important achievement keeps ABHs constantly on the move.

Story By
MC3 (AW) Chelsea Kennedy

Photo By
MC3 (AW) Chelsea Kennedy

Our aircraft, or “birds,” as they are so affectionately known by those who work closely with them, are vital to our ship’s mission. They really are the mission. As an aircraft carrier, the ship provides about 30 percent of close-air support to Operation Enduring Freedom. Making it happen are Sailors at the ready to direct and move the aircraft, whether in a yellow shirt on the flight deck directing a bird onto a catapult, or a director in the hangar bay and are the first line of defense in case of a fire.

Blue shirts are plane handlers who are responsible for chocking and chaining aircraft after a move, operating the various support equipment like the “spotting dolly” and conducting elevator operations. After becoming a fully qualified

handler, Sailors can then work toward their director qualification, better known as a yellow shirt.

Yellow shirts are the plane directors who are responsible for the safe movement of aircraft on the flight deck and in the hangar bay and are the first line of defense in case of a fire.

Aviation Boatswain’s Mate (Handling) 3rd Class (AW/SW) Kimberlea Chase, a qualified yellow shirt who works in the hangar bay, said she loves when things get crazy, and there are a bunch of moves happening on deck and it’s really fast paced.

“When there are people running back and forth between each hangar bay, elevators dropping, lots of birds packing the bay, or we get to deck

density, that is when I love my job,” said Chase

Having qualified directors is an important part of the ship’s mission while underway. Becoming a yellow shirt isn’t easy; there are a lot of qualifications to receive and a lot of training that must be done, but most importantly, a blue shirt must gain the trust of those who work with them.

“It’s important for blue shirts to work toward becoming a yellow shirt because it is their job, they should want to be a yellow shirt,” said Chase. “It holds a lot of power and I don’t think people realize how much power it actually holds until you have it. Directing is a lot better than chocking and chaining anyway.”

Aviation boatswain’s mates (handling) start off as

an under instruction (UI) blue shirt, known as “tea bags,” where they learn the basics, all the tie down points of each aircraft, chocking, firefighting and basic operation.

Once Sailors earn their blue shirt, they move on to deck edge doors, ballistic doors, phone talker and elevator operator qualifications. The final step before starting their yellow shirt qualification is becoming an elevator operator and tractor driver. Chase said becoming a yellow shirt is what the blue shirt should always be striving for.

“Being a yellow is less strenuous work and you have people looking up to you,” said Aviation Boatswain’s Mate (Handling) Airman Josh Dover, who is currently working on his yellow shirt qualification.

BLUE TO YELLOW cont. on Pg. 12





Giving back to her new home:

Natural Fit Aboard Ronald Reagan

Story By
MC3 Kyle Carlstrom

Photo By
MC3 (SW/AW) Torrey Lee

In 1988, at the end of the Cold War, many people were trying to leave the communist nation known at the time as the U.S.S.R. One family, their daughter in particular, shares a very deep connection with the 40th president of the United States and our ship's namesake; Ronald Reagan.

However, she didn't always know this.

"I was really young at the time, and we were supposed to keep it secret" said Aerographer's Mate (AW) 2nd Class Leya Katz. "I was more like, 'Yay we're moving.' I didn't know exactly that it meant we were moving to

America and that it was a big secret."

Katz was only seven years old when her family's name was put on a list by President Reagan, allowing them to immigrate to the United States from Azerbaijan, a small country north of Iran.

"I didn't actually know the story until I got orders to the Ronald Reagan," said Katz. "When I told my mom I was going to the Ronald Reagan she was saying, 'Oh that's so prophetic because he actually put our names on the list to be brought over to America.' I thought we just kind of applied for a green

card and got it. I didn't realize it was this big."

Her personal history with President Reagan came as a surprise to some individuals in her shop.

"It must fill her with a unique sense of honor and pride knowing that she is serving on a naval vessel named after the man who opened all sorts of doors for her and her family," said Chief Aerographer's Mate (AW/SW) Todd Gibson.

Katz had many reasons for joining the Navy, but above all others is the pride in the country that has given her opportunity.

"I'm an immigrant and I want to prove the fact that this is the country that I embrace and that I want to give back," said Katz. "I also like being out to sea. That's the reason why I joined the Navy. I don't mind it because I was actually in the sailing club while I was in eighth grade."

Her family is extremely proud of her decision to join the military.

"My dad served in the Russian military and he always thought that the military everywhere was the same and didn't really understand that the U.S.

NATURAL cont. on Pg. 12



fferent Talent, Same Mission

Story By
MC3 (AW) Benjamin Brossard

Photos By
TGC Staff

With our brothers-in-arms on the ground in Afghanistan ridding the world of the Taliban and other hostile forces, living in conditions far different from our own, where Sunday brunch isn't served on a regular basis, some Sailors may wonder, how can we help them out? The answer is simple: we help them out by doing what we do best, launching aircraft from our floating flight line and putting warheads on foreheads in support of American and coalition forces in Operation Enduring Freedom.

Our main weapon in an arsenal of sea and air supremacy. Beside the crew is our aircraft, primarily the F/A-18 Hornet and Super Hornet. Ronald Reagan is equipped with four squadrons of the all-weather attack aircraft that can be used in a fighter role.

Keeping these multi-million dollar birds operational is the job of the maintainers assigned to each of these squadrons. A diverse group, there is no single rate in the Navy designating them as "maintainers." Maintaining an aircraft is the job run by different rates working together as a team to accomplish the mission.

"We have aviation electronics technicians (AT), aviation structural mechanics (AM) and aviation structural mechanics (equipment) (AME), aviation machinist's mates (AD) and aircrew survival equipmentmen (PR), all involved in maintaining the aircraft," said Aviation Electronics Technician 2nd Class (AW) Sergio Silva, assigned to the "Eagles" of Strike Fighter Squadron (VFA) 115.

"As an AT in a squadron, we play a big part," said Silva. "These planes are like flying computers with a lot of systems."

While the ATs are hard at work on the electronics systems, the ADs are doing their part, which goes beyond working in a jet shop.

"Basically, we are responsible for the upkeep of the fuel systems and the engines," said Aviation Machinist's Mate 2nd Class (AW) Shawn Kelly, assigned to VFA 115.

"There are a lot of components, whether it is fuel systems and power distribution or the generators that supply power throughout the avionics," said Kelly.

Another rate in the maintenance mix is the aviation structural mechanic (AM), also known as air framers.

"We maintain the flight controls, hydraulics, nomadics and landing gear systems," said Aviation Structural Mechanic 1st Class (AW) Dan Jennings, assigned to the "Stingers" of Strike Fighter Squadron (VFA) 113. "It's easier to say what we don't do than what we do accomplish."

Projection of force is here to stay in the modern U.S. Navy, and the aircraft carrier and its air wing can't stay operational without all the men and women in charge of maintaining them.

"When the pilots come back and say 'thanks, everything worked out great, I was able to track this or drop that,' that's the most rewarding part of my job," said Silva.



Features

Hey man, calm down:

Music Helps Work Out the Kinks

Story By
MCSN Lex Wenberg

Music is a big part of many Sailors' lives. To see that, all one has to do is look around at everyone who has headphones in their ears during spirit, or people on treadmills, or even the FSAs as they clean up after chow.

"Music is a great thing," said Kendra Smith, Fun Boss. "Music puts people in better moods while they work. They can turn it up, tune out the rest of their environment and just focus on the work itself."

Music is also important to the crew as an outlet for their creative energies.

Some play guitar, some sing and some play piano.

"Music helps me reach myself on a personal level," said Information Systems Technician 2nd Class (SW/AW) Class Patrick Costa. "It motivates me, keeps my spirits high, relieves stress and it helps me escape from my troubles."

But the aspect of sharing those feelings is what appeals to musicians.

"If I can put a smile on just one person's face, then I've done my job," said Costa.

Music can be worked in

to fit peoples' moods, or even change their moods, helping them work out, pick themselves up when they're sad or to relax after a long day.

"I listen to music when I need to be uplifted, or just relax," said Hospital Corpsman 2nd Class (AW) Nicole Pettis.

Outside influences change with our environment, and that is almost what people are doing with music; changing their environment.

"People switch radio stations based on how

they feel," said Cmdr. Eric Cunha, ship's psychologist. "A person may normally enjoy a song, but because of the mood they're in, they'll switch to another type of music."

Music also allows Sailors to participate in their culture, helping them feel closer to their cultural roots while at sea.

"People can listen to the music their parents listen to and make that connection with their culture," said Cunha. "For instance, a Sailor's parents might listen to country music, and they

MUSIC cont. on Pg. 12

Reel Time

Rewinding the tape:

"The Hangover" is Comedic Gold

Story By
MCSA Amanda Ray

"Dude! There's a tiger in the bathroom!"

"The Hangover" is a movie that has you laughing in the first 30 seconds. A tiger in a bathroom and Mike Tyson makes it one of the most talked about movies this summer. "The Hangover" has a typically boring premise of a groom-to-be and his three groomsmen, all taking a road trip to Las Vegas for his bachelor party. Only, their amazing night out in town is not shown, leading to a suspenseful and hilarious investigation into what the heck happened.

The movie starts with the groom-to-be Doug (Justin Bartha) getting stuck with his future brother-in-law Alan (Zach Galifianakis) before heading out to pick up his best friends Phil (Bradley Cooper from "Wedding Crashers" and "Yes Man") the handsome, smooth

talker of the group and Stu (Ed Helms from "The Office") the spineless, sissy dentist who keeps telling people he's a doctor.

After a short road trip, the group settles into their hotel in the heart of the Vegas Strip, then share a drink on the roof and head out for a night on the town. The friends slowly wake up in the morning with horrible hangovers to find that their hotel room is trashed, there's a tiger in the bathroom, a chicken running around and the groom-to-be is missing.

One of the movie's greatest strengths is the way in which the story is told. The audience is kept in suspense as the mystery unravels essentially in real-time. The shared state of confusion between the audience and the characters only serves to heighten the hilarity.

Galifianakis is a not very well-known actor but with this role he is sure to be cast in future movies. His character is introduced as an outsider to the close-knit group of friends, being the brother of the bride, so no one quite knows what to expect from him. He kind of steals the show with his unexpected dialogue and sporadic sensitive moments.

The movie is directed by Todd Phillips ("Old School," "Starsky and Hutch"), and he really knows how to take things to the next level. Teamed with excellent cinematography by Lawrence Sher ("Garden State" and "The Promotion") and we have a very well paced movie with interesting camera angles that keeps us wanting more.

"The Hangover" has a great script and a charismatic group of actors.

"THE HANGOVER" cont. on Pg. 12



THE FLEET

U.S. 5th Fleet Executes Maritime Strategy

By MC2 Nathan Schaeffer

MANAMA, Bahrain (NNS) – In the U.S. 5th Fleet Area of Responsibility, more than 24,000 Sailors are operating on the ground and at sea and carrying out a full spectrum of missions that support the U.S. maritime strategy.

“A Cooperative Strategy for 21st Century Seapower,” is a unified maritime strategy among the Navy, Marine Corps and Coast Guard that recognizes the economic links of the global system and how any disruption due to regional crises - manmade or natural - can adversely impact the U.S. economy and quality of life.

The strategy charts a course for the sea services to work collectively with each other and international partners to prevent crises from occurring and reacting quickly should one occur to enhance global security.

U.S. 5th Fleet is committed to executing all six core competencies of the maritime strategy which include power projection, forward presence, sea control, maritime security, deterrence and humanitarian assistance/disaster response.

“The maritime strategy raises the importance of working with international partners as the basis for global maritime security,” said Vice Adm. Bill Gortney, commander, U.S. Naval Forces Central Command/U.S. 5th Fleet/Combined Maritime Forces.

“U.S. 5th Fleet conducts operations that are focused on reassuring regional partners of the United States’ commitment to security, which promotes stability and global prosperity.”

Approximately 10,000 Sailors are serving at sea aboard more than 30 U.S. Navy, Coast Guard and fleet auxiliary ships and conducting combat and maritime security operations to forward U.S. interests, deter and counter disruptive countries, defeat violent extremism and strengthen partner nations’ maritime capabilities in order to promote a secure maritime environment.

U.S. 5th Fleet is supporting both Operations Enduring and Iraq Freedom and helping to provide an opportunity for the governments of Iraq and Afghanistan to establish secure foundations for democracy.

More than 5,300 Sailors are serving in Iraq and 3,100 Sailors in Afghanistan in riverine squadrons, explosive ordnance disposal platoons, Seabee naval construction forces, provincial reconstruction teams, Navy expeditionary logistics support groups and as individual augmentees.

Currently operating in the Gulf of Oman, USS Ronald Reagan (CVN 76) and embarked Carrier Air Wing (CVW) 14 are providing 30 percent of close air support for Coalition troops on the ground in Afghanistan.

“Ronald Reagan and its carrier air wing have the highest operational tempo in the Navy,” said Gortney aboard the Nimitz-class aircraft carrier in the Gulf of Oman. “You’re setting the standard; you’re the critical part of fighting and winning today’s wars; you’re saving American lives every day, and that’s the most important thing you can do.”

In the North Arabian Gulf, Sailors are conducting operations as part of Commander Task Force Iraqi Maritime (CTF-IM) to provide maritime security,

infrastructure protection and training to the Iraqi Navy. U.S. forces operate jointly with Iraqi Navy sailors and marines, training them in point-defense force protection and visit, board, search and seizure operations.

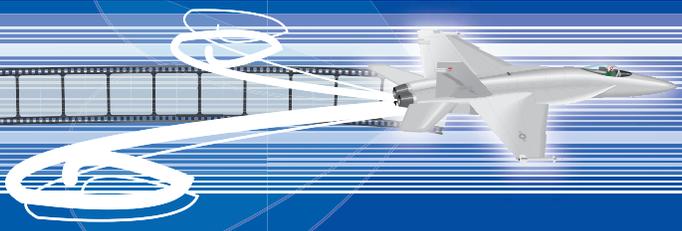
The U.S. Navy has maintained a presence in the North Arabian Gulf since 2003, assisting the Iraqi Navy by helping provide security to their oil platforms, which account for approximately 70 to 85 percent of Iraq’s revenue.

In response to the increase in piracy off the coast of Somalia, the U.S. Navy is leading a multinational effort to patrol the waters in the Gulf of

Aden and off Somalia’s eastern coast.

“While the ultimate solution to the problem of piracy is ashore in Somalia, the Combined Maritime Forces made the decision to focus maritime efforts on security and stability at sea in order to create a lawful maritime order and deter acts of piracy on the high seas while giving the international community time to address the long-term solution of piracy,” said Gortney.





SHOW TIME

23 August 2009

CH 2

0830-1250: Stealth
 1250-1600: The Comebacks
 1600-1920: Babylon A.D.

1920-2250: Guadalcanal Diary
 2250-0730: War

CH 3

0830-1250: In the Valley of Elah
 1250-1600: Red Eye
 1600-1920: Balls of Fury

1920-2250: Austin Powers 3
 2250-0730: The Kovak Box

CH 4

0830-1250: Love Song for Bobby Long
 1250-1600: Cinderella Man
 1600-1920: Lovewrecked

1920-2250: I Think I Love My Wife
 2250-0730: Blood and Chocolate

CH 5

0830-1250: Hot Fuzz
 1250-1600: Madagascar
 1600-1920: Larry the Cable Guy

1920-2250: Waiting
 2250-0730: Big Momma's House

24 August 2009

CH 2

0830-1300: Jarhead
 1300-1710: U-571

1710-2140: Spider Man
 2140-0730: Max Payne

CH 3

0830-1300: Mr. Brooks
 1300-1710: 3:10 to Yuma

1710-2140: Scream 2
 2140-0730: Race to Witch Mountain

CH 4

0830-1300: Marie Antoinette
 1300-1710: Away All Boats

1710-2140: Flash of Genius
 2140-0730: Sunshine Cleaning

CH 5

0830-1300: Blades of Glory
 1300-1710: Tank

1710-2140: Running with Scissors
 2140-0730: School for Scoundrels

25 August 2009

CH 2

0830-1200: The Maine
 1200-1550: Jet Li's Fearless
 1550-1940: The Fast and the Furious

1940-2250: Shooter
 2250-0730: Pitch Black

CH 3

0830-1200: The Hills Have Eyes 2
 1200-1550: Eragon
 1550-1940: Unbreakable

1940-2250: The Black Dhalia
 2250-0730: Children of Men

CH 4

0830-1200: The Desert Rats
 1200-1550: Ghost Town
 1550-1940: Return to Sender

1940-2250: P.S., I Love You
 2250-0730: Derailed

CH 5

0830-1200: Journey to the Center of the Earth
 1200-1550: Role Models
 1550-1940: Tropic Thunder

1940-2250: Charlie and the Chocolate Factory
 2250-0730: Animal House

Sudoku

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

SEA DOGS



POLISHED BOOTS MAY BE A SIGN OF A SQUARED-AWAY SAILOR, BUT AMONG THE BOOTKIND, IT IS A SIGN OF GREAT TREACHERY. THIS PAIR WILL NEVER AGAIN BE ACCEPTED BY THE PACK.

PREVIOUS ANSWERS

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

Reporting on the AM

Radio personality Mark Larson from radio station KCBQ -AM 1170 interviews Capt. Tom Lalor, Commander, CVW 14. Larson was aboard to report what Ronald Reagan and CVW-14 Sailors are doing while deployed in the Gulf of Oman. Photo by MC3 (AW) Chelsea Kennedy.



HOOKS

Continued from pg. 3

trying to determine where we are seeing persistent problems, how to fix them and proactive things we can do to stop them from happening," said Tundermann.

"One of the efforts we have been doing is to rewrite our maintenance manuals so that a new Sailor coming on board, who don't know that platform at all, have an easier time understanding how you take care of it, how you put things together and take them apart."

With operations taking our aircraft directly in harms way, it is important we have working aircraft that can be on the flight deck and ready to move at a moment's notice.

"The operations we are conducting out here are combat operations and they are in support of ground forces," explained Middleton. "The buck stops when an aircraft from the Reagan is airborne over Afghanistan in contact with ground forces in direct support."

The maintenance department is directly supporting combat, all the way to the most junior Sailors in the squadron. For Sailors working in the hangar bay, lifting an aircraft to perform basic maintenance is assisting with the bigger picture.

"Our junior Sailors are in the fight because you can't go off the front end unless your aircraft is up," said Middleton. "Our aircraft work because of our maintenance department."

All summer, the squadron has been in contact with the technical experts from the fleet support center, and with the arrival of two personnel, they were able to take the next step in the troubleshooting process.

"We were able to resolve the discrepancy and like other maintenance, it will continue to be a cycle," said Middleton. "We are still working through a long term solution, but we have been able to identify the discrepancy and that means aircraft over the beach."

With the efforts of the entire squadron and the assistance of contractors and technical experts, Middleton said the comfort level is extraordinary. Every rate that assists in getting aircraft off the front end of an aircraft carrier is part of that confidence level.

"Having an expert look at your aircraft helps the confidence level,

but the comfort level consistently comes from maintenance personnel, our Sailors," explained Middleton. "When you go off the front end, naval aviation is a business of trust and with trust comes great optimism."

BLUE TO YELLOW

Continued from pg. 4

Graduating from a blue to a yellow shirt signifies to everyone that these Sailors have proven their worth, have stepped up to the plate for additional responsibility. Their jerseys signify that they have achieved the gold standard in aircraft handling.

PRESIDENTIAL

Continued from pg. 5

military is all voluntary," said Katz. "I brought my parents on board for Friends and Family Day and my dad was kind of overwhelmed that we had all this stuff and that we weren't living off of scraps. He's proud that I decided to do something like this. My mom is just ecstatic about it."

Even though she's the only female AG aboard, Katz is used to being the only girl around.

"When I was growing up, most of my mother's and father's friends all had kids that were males so I'm actually more used to having friends who are male," said Katz.

"Being an older brother myself I do see the guys give her a hard time," said Gibson. "She's like our sister and it makes us all feel like one big family."

Twenty-one years after arriving in the United States, Katz is serving her final deployment aboard Ronald Reagan after three years and is proud to know that she has a relationship and part of history with President Reagan, which very few can claim.

MUSIC

Continued from pg. 6

normally like rock music, but they might listen to country."

Expression is normally a word we use to describe musicians, but other people can also express themselves through music, said Cunha.

"Music helps people express their thoughts," said Cunha. "They'll be drawn to certain themes depending on moods,

and everyone around will understand that."

Lyrics can be especially important to listeners, giving them insight, making real connections, and even telling jokes.

"I listen to music as often as possible," said Pettis, who primarily listens to 90s R&B while at work. "The lyrics are especially important, since they really let us know what they mean."

Some Sailors' moods change frequently, resulting in having very varied music playlists.

"When I'm studying, I like to listen to classical music," said Costa. "When I work out, I definitely like to listen to classic rock like ZZ Top. I listen to all kinds of music," said Costa. "All except techno, but, you know, to each their own."

Working out is a big part of Navy life, and this also applies to the crew.

Anyone who has been to any of our gyms will have seen Sailors working out with headphones, smiling at something only they know. That's because a lot of Sailors listen to music when they work out, including Fit Boss, Luke Lockwood.

"I listen to 80's rock, rap and country while I work out," said Lockwood. "There are no detriments to listening to music while working out, only benefits."

"It helps people to get lost in the music while working out," said Lockwood. "And it motivates them to push on for one last bit to finish the workout."

Sailors make music part of every day. From FOD walkdown, to the shops during spirit, the sounds of music can be heard echoing around the ship, improving Sailors lives.

"THE HANGOVER"

Continued from pg. 8

Throw in Mr. Chow (Ken Jeong from "Role Models" and "Knocked Up") as the hilarious Asian gangster who makes an appearance by jumping out of their classic Mercedes' trunk naked, Jane (Heather Graham) as the stripper with a golden heart and a baby, and the movie just can't get any better. I thought nothing could compare to "Superbad" but this movie pushes the bar even higher.

The bottom line is that "The Hangover" is a great movie to watch with a crowd, and by the time it reaches the soon-to-be-legendary end credits, there's a strong chance you and everyone around you will be rolling in the aisles.

SOD

SAILOR OF THE DAY



August 19, 2009

Name: AW3 Jeffrey Edwards

Dept/Div: HS 4/Air Crew

Job Title: Naval Aircrewman

Where are you from?

Fort Hood, Texas.

Why did you join the Navy?

To get away from home every once in a while.

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

I was stunned, I didn't see it coming.

Who do you hold responsible for your success?

My fellow air crewmen.

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

My favorite places were Guam and Singapore.

What piece of advice would you pass on to others?

Push yourself even when you don't want to.

August 19, 2009

Name: ITSA Autumn Murphy

Dept/Div: CSD/CS1

Job Title: Information Systems Technician

Where are you from?

Yorba Linda, Calif.

Why did you join the Navy?

To get an education and life experience.

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

I felt excited to complete one of my three goals this deployment

Who do you hold responsible for your success?

My chain of command and friends back home.

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

My favorite port was Singapore.

What piece of advice would you pass on to others?

Stay positive when times are tough.



August 22, 2009

Name: ABFAN Mercedes Lopez

Dept/Div: Air/VS

Job Title: LSO

Where are you from?

Gilroy, Calif.

Why did you join the Navy?

To go to school and to see the world.

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

I was joyful.

Who do you hold responsible for your success?

The love of my life, Jesus.

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

My favorite place is the mess decks.

What piece of advice would you pass on to others?

Never look down on anyone unless you're helping them up.



NAVY



COOL

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- Learn about resources available to Sailors that can help you gain civilian job credentials.
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