

USS CARL VINSON
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VOICE



HAPPY HOLIDAYS CARL VINSON

STORY BY

MC2 (SW/AW) Lori D. Bent | *Carl Vinson Staff Writer*

On the days leading up to Christmas, Sailors were hustling to get in the holiday spirit.

From cookie decorating to divisional parties, departments from around the ship worked to bring Christmas out to sea.

Morale, Welfare and Recreation (MWR) Division hosted a holiday craft and decorating event, a movie theme night, a Christmas Eve ice cream social and the "Guess Who's Santa" contest amidst preparation for the upcoming port visit.

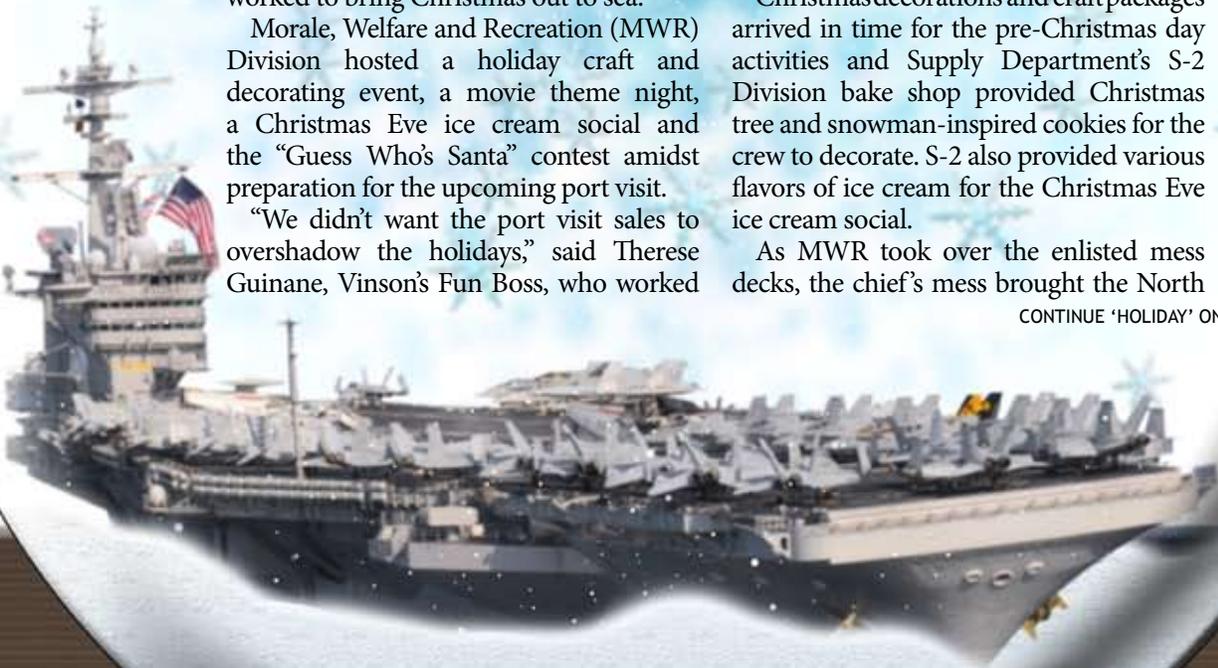
"We didn't want the port visit sales to overshadow the holidays," said Therese Guinane, Vinson's Fun Boss, who worked

hard to make sure Sailors were kept busy during a memorable time. "Planning prior to departing San Diego helped us ensure our holiday activities were in place even before we knew our port visit days."

Christmas decorations and craft packages arrived in time for the pre-Christmas day activities and Supply Department's S-2 Division bake shop provided Christmas tree and snowman-inspired cookies for the crew to decorate. S-2 also provided various flavors of ice cream for the Christmas Eve ice cream social.

As MWR took over the enlisted mess decks, the chief's mess brought the North

CONTINUE 'HOLIDAY' ON PAGE 2



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Illustration by:
MC2 (SW) Patrick Green | *Carl Vinson Staff Graphic Designer*

FROM 'HOLIDAY' ON PAGE 1

Pole to the Pacific as chief petty officers from Vinson and CVW 17 took time to enjoy the season's festivities. Santa himself showed up to hand out gifts and share good tidings.

But behind the scenes, the holiday unfolded differently for Sailors of Supply Department. They will be busy preparing the grandeur of holiday meals for the more than 4,000 Sailors on board.

"What we do is a morale booster for the crew," said Master Chief Culinary Specialist (SW/AW) Wilfred Cheong, Supply Department's S-2 Division leading chief petty officer. "I hope for those who celebrate Christmas, it will bring back memories of home."

More than 6,000 pounds of food will be prepared for Vinson's Christmas feast. This includes roast pig, poached shrimp, baked lobster tail, prime rib, roast turkey, backed ham and an assortment of potatoes, vegetables and fruit.

"Cooks will begin slow cooking the different meats the night before and throughout the day," added Cheong. "It will take almost an entire day to complete everything in time for dinner."

Before the presents are opened and Sailors make Christmas phone calls from sea, Command Religious Ministries Department (CRMD) coordinated a Christmas Eve celebration with special services and caroling.

"The biggest thing was working out the logistics, with getting a place to host the services and working with the different departments to avoid any conflicts with other events," said Lt. Thomas Cook, Carrier Air Wing (CVW) 17 Chaplain. "We took requests from Sailors attending our routine services and tried to accommodate their needs."

As preparations for a Christmas at sea continues, Guinane recognizes the importance of remembering the holidays.

"We learned a lot from last deployment," she said. "We know from experience that Sailors want to feel connected to their families during the holidays, even though we are out to sea, and this is our way to say Happy Holidays." ●



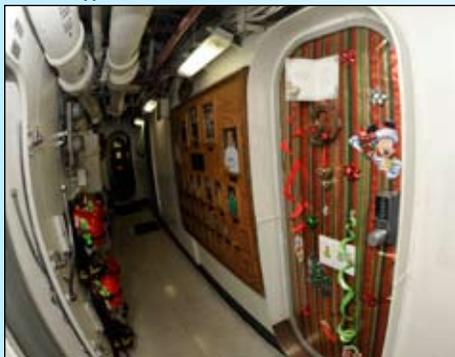
PHOTOS BY: MC2 (SW/AW) Lori D. Bent | MC3 (SW) Megan L. Catellier | MC3 (SW) Christopher K. Hwang | Carl Vinson Staff Photographers



HOLIDAY DOOR DECORATING

MC3 (SW) Luke B. Meineke | *Carl Vinson Staff Writer*

STORY BY



PHOTOS BY: MCSA Dean M. Cates | MCSN George M. Bell | *Carl Vinson Staff Photographers*



The customary steel gray appearance of Carl Vinson has given way to vibrant reds and greens laced with gold and silver. Work centers throughout the ship brightly and creatively celebrate the fast-approaching holiday season, and some are looking to be named Vinson's best. For the second consecutive holiday season, Vinson's Morale, Welfare and Recreation (MWR) Division is holding a door-decorating contest.

"It gives any department or division the opportunity to decorate their work center door in a holiday theme to win gift certificates to the ship's store," said Therese Guinane, Vinson's Fun Boss. "It's also an opportunity to celebrate Christmas and represent that division."

Strike Fighter Squadron (VFA) 25 and VFA 113's Aircraft Division have taken advantage of that opportunity, placing an environmental egress technician's spin on a holiday theme. With an elf peacefully descending to the deck beneath a fully-deployed parachute and Santa Claus rocketing from his sleigh to safety in his personal ejector seat, the combined VFA 25/VFA 113's Seat Shop has uniquely blended their job with the holidays.

"I thought it would be cool to have Santa ejecting from the sleigh because we

work on the ejection seats," said Aviation Structural Mechanic (Equipment) 2nd Class Jack McMurrain, an environmental egress technician assigned to VFA 113's Aircraft Division. "It was fun to make and it lifted our spirits."

McMurrain emphasized the need for creativity to come up with items to use on the door.

"The wrapping paper was sent in the mail from the families back home," McMurrain said. "We got cardstock from some Logistics Specialists and I drew and cut out the Santa Claus. We didn't have brown markers, so we used chocolate – Reese's Pieces – to color Santa's bag on his sleigh. We found and scrounged what we could. We're in it to win it."

While the Seat Shop is focused on earning the top prize, many Vinson shops only found out about the contest after beginning to decorate purely for the holidays. Air-Traffic Controller (AW) 3rd Class Alexes Iliff, assigned to Operations Department's OC Division, explained the contest was not a factor in decorating their shop door.

"We decorated because we do it every year. This year, we went a little further," she laughed, looking around the Carrier Air-Traffic Control Center (CATCC). In addition to the lights they hung last

deployment, the ACs decorated all three doors, hung streamers, ornaments and candy canes, and even brought aboard their own miniature lighted Christmas tree.

"I hope the judges take into account the effort we put into it," she joked. "Really, it's just nice to have the space decorated. It gives us some holiday cheer instead of the same old thing."

Whether work centers hung decorations for MWR's contest, or simply as a social custom, the holiday spirit has permeated Carl Vinson.

"Decorating has brought up our spirit," said Yeoman Seaman Christopher Hyde, referring to his co-workers in Administration Department's X-2 Division. "I don't know why, but I just start singing Christmas carols when we go to decorate the door or put something up."

As Christmas Eve's judging drew near, and work centers applied finishing touches and re-touches to their doors, the contest's prizes have become a bonus to what has already been won.

"Decorating lets us actually recognize Christmas. You can get into a routine where every day is the same and you do the same things. With this," Hyde said, sweeping his arm around CATCC's décor, "I feel like we are truly having Christmas underway." ●

A SCRAP METAL CHRISTMAS

ENGINEERING TREES FOR HOLIDAY CHEER

MC3 (SW) Luke B. Meineke | *Carl Vinson Staff Writer*

STORY BY

As Vinson prepares for our second holiday season out to sea, Sailors are making the effort to infuse the ship with holiday cheer. Trees and ornaments have sprung up around the deck plates as divisions hung holiday cards, paper snowflakes and doors wrapped like presents. Engineering's R-1 Division Sailors have taken decorating to another level.

"Before we heard the XO saying there would be Christmas music on TV during cleaning stations people were being Scrooges around the shop, saying we're not going to do anything for Christmas," said Hull Technician 2nd Class Andrew Trouten, R-1 production supervisor. Trouten came up with a proposal to make a Christmas tree using spare parts laying around the shop. The idea was quickly and enthusiastically picked up.

"I thought it was an awesome idea," said Hull Technician Fireman Steve Tucker. "I didn't hesitate to help at all; I just jumped right on it." With everyone pitching in, R-1 Division's Christmas tree took only two days to finish.

"It was all welding for the most part," Trouten said. "We took a four-foot length of pipe for the trunk, welded some round stock for the branches and then rods to those branches for the pine needles. We've been adding more stuff to it like old toilet parts, danger tags, wrenches, real Christmas ornaments and Christmas lights."

Having the project as a focus for the shop not only brought them closer, but also turned the difficulty of being deployed during the holiday season into something to be celebrated, Trouten said.

"It's helped out a lot because we've always felt like a family – we're a pretty close division," he explained. "Doing this made us happier, though."

"It really brought the shop together," added Tucker. "A lot of the time we are all doing different things, but we all came together on this tree."

The camaraderie built around this project and throughout R-1

Division has infused pride and ownership of the Christmas tree. "When someone outside the division tried to cut off a length of chain links from the tree to use for a job, everyone called him off right away," Trouten said. "They're very defensive about it," he laughed.

Trouten feels this project was the perfect way to alleviate the difficulty of spending the holiday season away from family.

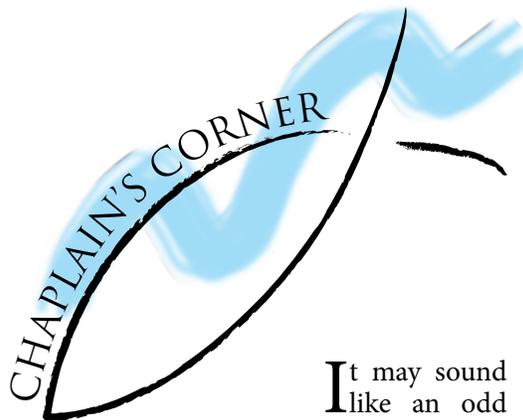
"I like Christmas and spending the holidays with people," he said. "I really don't like spending them on the ship, but I'm trying to make the best of it. You can't shy away from the holidays. You have to try to do something, to really bring the holidays onto deployment."

The Hull Technicians of R-1 Division have done just that. With cloth gloves hung for stockings and a four-foot metal Christmas tree welded to a tabletop in the middle of their shop, the holidays are alive at 3-165-01-Q.

"It's a little slice of home," Tucker said. "Having a tree in the shop really makes it feel like Christmas even though we're thousands of miles away." ●



PHOTOS BY: MC2 (SW/AW) Lori D. Bent | MC3 (SW) Megan L. Catellier | *Carl Vinson Staff Photographers*



LIVING IN BALANCE

Lt. Thomas Cook | *Carrier Air Wing 17 Chaplain*
STORY BY

It may sound like an odd topic for Christmas, but I can't think of a better

time than Christmas and the New Year to refocus. For us, much of the holiday experience has been replaced by deployment. Although we make the most of it, the spiritual significance of this time of year is not lost. Many different faiths have their holidays coincide during the winter months, and so it seems as good a time as any to talk about living in balance.

The ancient Greeks had a concept known as *soufrosuneh*, which when translated means "healthy mindedness" or self-control guided by knowledge. It was one of the ideals Spartans aspired to as a part of the training in the *Agoge*, and ultimately in their daily lives. Miyamoto Musashi, arguably the greatest swordsman who ever lived, understood this concept in terms of spirit. In *Go Rin No Sho*, "The Book of Five Rings", he says, "In strategy your spiritual bearing must not be any different

from normal. Both in fighting and in everyday life, you should be determined though calm. Meet the situation without tenseness yet not recklessly, your spirit settled yet unbiased. Even when your spirit is calm do not let your body relax, and when your body is relaxed do not let your spirit slacken."

It is a concept that the Christian scriptures refer to as logical or reasonable thought. In John chapter four, the concept is used when discussing the balance between truth and spirit; specifically that one should balance their beliefs with passion guided by the truth. The exact word is used to describe reason and sound mindedness in Acts 26:25, "But Paul said, 'I am not crazy, most excellent Fetus, but am making a true and logical argument.'"

The Greek model for balance was based upon the belief human beings are essentially made up of mind, body, and spirit. To be in balance, one lived building health in all three areas of one's life. Keeping balance physically involves exercise, eating right, proper rest, and flexibility. Keeping balance mentally involves sharpening mental skills through study, professional development, education, etc. But health in any one or

two of these areas does not bring overall balance to one's life, from the Greek perspective. So with the varied religious backgrounds that we all represent, how do we attain spiritual health?

Spiritual health is the place where our beliefs are consistent with our actions. We "practice what we preach." This requires we know what we believe and practice it. Every religious and non-religious belief system has a set of disciplines by which they develop right actions, whether it is pillars, fruit, education, observances, or laws. The road to spiritual balance depends upon your religious views, and more importantly that you pursue the tenants of that faith. And if it is your opinion that we are not spiritual beings at all, there are disciplines to follow there as well. The beauty of this great nation is that each of us is free to believe or not believe in the God of our choice.

So this Christmas give yourself the gift of balance. Believe in something, pursue that belief system, and practice it. A great place to start is the life of that person who founded the religion you wish to follow, their holy book, or one of their devoted disciples. Merry Christmas and Happy Holidays Shipmates. ●

NOW PLAYING
CARL VINSON CINEMA

CHANNEL 6

CHANNEL 7

0815 THE 70
 0830 CHRISTMAS WITH THE KRANKS
 1015 MIRACLE ON 34TH STREET
 1200 POLAR EXPRESS
 1330 ELF
 1515 THE GRINCH
 1700 DISNEY'S A CHRISTMAS CAROL
 1830 CHRISTMAS WITH THE KRANKS
 2015 JINGLE ALL THE WAY
 2200 POLAR EXPRESS
 2330 ELF
 0115 THE GRINCH
 0300 DISNEY'S A CHRISTMAS CAROL
 0430 IT'S A WONDERFUL LIFE

0815 THE 70
 0830 COUPLES RETREAT
 1015 BRIDE WARS
 1145 JUMPER
 1315 FRIDAY NIGHT LIGHTS
 1515 NINE
 1715 SCOTT PILGRIM VS THE WORLD
 1915 COUPLES RETREAT
 2100 BRIDE WARS
 2230 JUMPER
 0000 FRIDAY NIGHT LIGHTS
 0200 NINE
 0400 SCOTT PILGRIM VS THE WORLD

0815 THE 70
 0830 STAR TREK
 1045 STREET FIGHTER: LEGEND CHUN-LI
 1230 THE HUNT FOR RED OCTOBER

SUNDAY

MONDAY

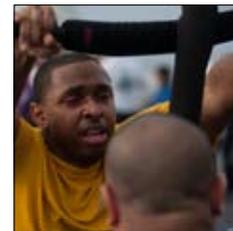
TUESDAY

THE 70 0815
 DRILLBIT TAYLOR 0830
 THE GREAT DEBATERS 1015
 PRIDE AND GLORY 1230
 ROCK 'N' ROLLA 1445
 STOP LOSS 1645
 DRILLBIT TAYLOR 1845
 THE GREAT DEBATERS 2030
 PRIDE AND GLORY 2245
 ROCK 'N' ROLLA 0100
 STOP LOSS 0300
 TAKE ME HOME TONIGHT 0500

THE 70 0815
 40 YEAR OLD VIRGIN 0830
 ELIZABETH: THE GOLDEN AGE 1030
 DINNER FOR SCHMUCKS 1230
 CIRQUE DU FREAK 1430
 GOOD MORNING VIETNAM 1630
 SEMI-PRO 1830
 DIE HARD 2015
 ELIZABETH: GOLDEN AGE 2230
 DINNER FOR SCHMUCKS 0030
 CIRQUE DU FREAK 0230
 GOOD MORNING VIETNAM 0430

THE 70 0815
 THE STEPFATHER 0830
 WEATHER GIRL 1015
 WEDDING CRASHERS 1200

PHOTOS BY: MC3 (SW) James R. Evans | Carl Vinson Staff Photographer



A VERY OC CHRISTMAS EVE

SAILORS OVERCOME FINAL SECURITY TEST

STORY BY

MC2 (SW) Byron C. Linder | Carl Vinson Staff Writer

Carl Vinson Sailors who have graduated from shipboard security academy faced their final challenge at reveille Dec. 24 on the flight deck - a blast in the face from oleoresin capsicum (OC) spray.

OC spray is a chemical compound that irritates the eyes to cause tears, pain and temporary blindness. The non-lethal weapon is a step down from deadly force, and the inflammatory effects cause the eyes to close, allowing for easier restraint. Other common effects include a runny nose and violent coughing.

Forty-six of 52 graduates experienced the Level One spray, which is a direct shot across the face. The remaining six received a Level Two spray for an annual requalification, which allowed for a sprayed sponge to be applied to the face. Master-at-Arms 2nd Class (SW/AW) Jonathan Prichard, Security Department's anti-terrorism training supervisor, said the graduates' individual three-to-five minute experience, from start to finish, could be agony.

"Usually there's a panicked response. It burns really badly. Some people just shut down completely. They stop what they're doing and they cry because it seems like the easiest way out," Prichard said. "You have trouble breathing. There's a lot of mucus produced, so you're blowing snot out everywhere. It makes you feel like you want to keep your eyes closed for the rest of your life."

The prelude to the spray included safety briefs and classroom instruction covering the spray's history, proper methods of administering the spray and reasons to employ it. The candidates also had a run-through with inert OC spray, consisting of alcohol and water. They donned personal protective equipment and had to demonstrate proper spray techniques before they could progress to the actual OC spray.

Toughing out the searing pain of OC spray alone was not the end goal for the graduates. The disoriented Sailors had to

complete a multi-station challenge series known as a "fight-through". As the sun broke through the early morning gray haze, the fight-through drew a multi-colored crowd of flight deck personnel to cheer their shipmates on.

The first station consisted of using a baton defensively against Sailors holding a training bag, executing forward and reverse strikes to an advancing target, and shouting instructions to get back.

The second challenge was to use middle strikes and reverse jabs against two training bags forward and back. When that was finished, they proceeded to the third station, using blocking techniques to counter attacks.

The final trial consisted of using proper baton strike techniques against the "Red Man", a Sailor in a red protective foam suit. The Red Man would take possession of the baton and the graduate had to properly wrestle it back and execute takedowns with it.

Aviation Boatswain's Mate (Equipment) 3rd Class (AW) Frank Kennedy, Security's night training supervisor, wore the "Red Man" gear for the spray's duration. He observed the distinct nature of the training.

"It's been a long time since we did this on Carl Vinson," Kennedy said. "They have to give me verbal commands, and if they employ the strikes the right way, I'll stop. Nobody wants this the day before Christmas, but at least it will be done before our port visit."

Upon the fight-through's completion, the Sailors were allowed to decontaminate with water from a hose, shampoo, and then recover for two hours. With his PT uniform soaked from the hose and his eyes furiously squinted, Seaman Justin Vidano maintained a positive attitude through his ordeal.

"It's like a thousand needles just going in your face constantly. It was really rough," Vidano said through ragged breaths. "I

thought it was going to be like tear gas in boot camp, but this was ten times worse. But I feel like part of a team now, part of a continuing tradition."

Aviation Machinist's Mate 1st Class (AW) Ian Grant credited the classroom training to keeping his mind focused on completing the fight-through.

"The burning is just so intense. I've never felt anything like this. You just have to keep your bearing and your eyes open as much as you can and focus on what they taught you," Grant said, maneuvering to catch the shifting cool breeze onto his face "I'll think twice about using this on anybody or getting into a situation where I'm on the receiving end. This is painful."

Prichard noted the shipboard OC spray had an increased potency from spray available commercially.

"We have a law enforcement and military issue-spray that's .18 percent," Prichard said of the active ingredient in OC spray, capsaicin. "Civilian versions are .10 percent, so ours is a little hotter and more pungent."

The inherent nature of spraying a debilitating substance on the flight deck demanded numerous safety observers and Medical Department personnel stand by to provide assistance in the event of an emergency.

"We double up everything we usually have on the flight deck safety-wise to ensure no one gets hurt," Prichard said.

Having security patrolmen experience OC spray provides firsthand knowledge that can be applied in a variety of situations, Prichard explained.

"They have to know what it feels like," he said, noting the spray is standard issue for all qualified patrolmen. Carl Vinson has 100 percent qualification. "In the event one of their partners accidentally sprays it in a room or sprays them while trying to spray a suspect, they need to be able to function. They also have to know what that suspect is going through when they spray him." ●

DIALOGUES

DECKPLATE

| WHAT WOULD YOU LIKE TO TELL YOUR LOVED ONES THIS HOLIDAY? |



"MERRY CHRISTMAS MOM, DAD AND MICHAEL. WISHING YOU GUYS A HAPPY NEW YEAR - SEE YOU SOON!!"

OS1 (AW/SW)
LINDA RICHARDS

"I LOVE YOU GUYS. I'LL BE HOME SOON."

AMEAN (AW)
MICHAEL YOUNG

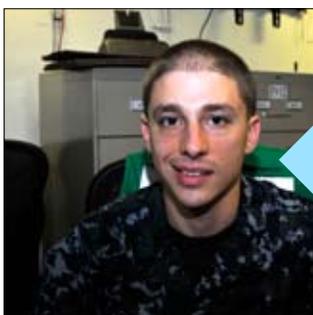


"MERRY CHRISTMAS TO EVERYONE BACK HOME IN SAN DIEGO AND CATHEDRAL CITY, CA. MISS YOU. GREETINGS FROM THE PACIFIC."

AEAN
CLAUDE FITZSIMMONS

"TO MY WIFE, I MISS YOU SO MUCH. YOU MEAN THE WORLD TO ME. THIS IS THE LONGEST I'VE HAD TO BE AWAY FROM YOU. LOVE YOU. YOUR SAILOR."

AOAN
BRANDON MCELROY

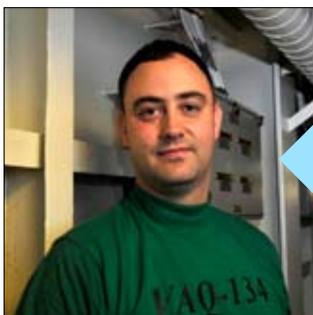


"I HOPE EVERYTHING IS WELL BACK HOME. TO MY PARENTS AND GRANDPARENTS IN DULUTH, GA. MERRY CHRISTMAS AND LOVE YOU GUYS!"

LSSA
LEVINO VALENTINI

"MERRY CHRISTMAS AND HAPPY NEW YEAR. LOVE YOU DAD AND MOM!"

IS3
JENNIFER WIGGLESWORTH



"MERRY CHRISTMAS TO MY WIFE AND GIRLS. I MISS YOU AND CAN'T WAIT TO SEE YOU AGAIN!"

AD1 (AW)
JEREMY GIBBS

"MERRY CHRISTMAS. I MISS YOU BRITTANY, MADISON AND ZAKARY!"

AO1 (AW/SW)
SETH DYE



"MERRY CHRISTMAS TO MY DAD, GARY, MY MOM, PAM, KATIE AND GRACE BACK HOME IN GAINESVILLE, GA."

YNSN
PETERSON RAMEY

"MERRY CHRISTMAS TO MY WIFE AND DAUGHTER. I MISS YOU BOTH! SORRY I CAN'T BE WITH YOU THIS SEASON, BUT HOPEFULLY NEXT YEAR WE'LL BE TOGETHER."

AD3
POLO PUCH



*A Watchstander's Night Before Christmas***A WATCHSTANDER'S NIGHT BEFORE CHRISTMAS**POEM BY: Lt. Vicky Chang | *Dental Department*

'Twas the night before Christmas, when all
through the ship,
not a CS was stirring not even their chief.
The flash gear were hung by the incinerator with
care,
In hopes that King Neptune soon would be there.

The Sailors were nestled all snug in their racks
With visions of a port call, a well-earned time to
relax.
And my berthmates in their Snuggies, and I in my
cap,
Had just secured GQ for a long winter's nap.

When out on the flight deck there arose such a
clatter,
I sprang from the berthing to see what was the
matter.
Away to the bridge I flew like a flash.
Popped open my Red Bull while I opened the
hatch.

The moon on the tail of the new painted helo
Gave the luster of midday to objects below.
When, what to my wondering eyes should appear,
But all of the HODS decked out in flight gear.

With an F-14 pilot, as quick as a Sea Sparrow
I knew in a moment it must be Spedero!
From the team Gold Eagle his coursers they came,

And he whistled, and shouted, and called them by
name!

Now GATOR! Now DENTO! Now SMO, and
TRAINO!
On JUDGE, On PADRE, On CHENG, PAO, and
RO,

On AO, On 1ST, to the top of the tower!
Dash Away! Dash Away! Go Sea Power!

As FOD that before the Super Hornets fly
When AIRBOSS meets with OPSO and
GUNBOSS, mount to the sky.
So off the flight deck the coursers they flew,
With the COD full of toys, CO and CMC too

Then INTELO, in a twinkling, saw on the radar
The blip of the Bunker Hill not far!
As CSO drew in his head, and was turning around,
Down the CO's ladderwell, the CO came with a
bound.

He was dressed in his whites from his head to his
toes,
And his medals were polished so shiny they
glowed.

A bundle of toys he flung over his shoulder,
And he looked like SUPPO, just a little older.
His eyes how they twinkled! His smile how merry!

His cheeks were like roses, his Starbucks topped
with a cherry!

His droll little mouth was drawn like a bow,
And the cup in his hand, half-filled with holiday
glow!

The stump of a cigar he held tight in his teeth,
And the smoke, it encircled MO like a wreath.
He had a broad face and a head of red hair
That shined when he laughed, when the light hit
it there.

He was Capt. Whalen, a right jolly old fellow
And I smiled when I saw him, so cool and mellow
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his
work,
And filled all the flash gears, then turned with a
jerk

And laying his finger aside of his nose,
And giving a nod, up the elevator he rose.

He sprang to his jet, while SHERIFF gave a
whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, as he drove out of sight,
"Happy Christmas Gold Eagle Quicksand Team,
have a good night!"

WATCH THE CHRISTMAS EDITION 70
CHANNEL 5 @ 1800

GET SOME HOLIDAY CHEER!
WATCH SHOUT OUTS FROM YOUR LOVED ONES ON SITE TV
STARTING @ 1000 ON CHANNEL 4

ESWS||EAWs

CRANIAL WITH THREE ORANGE STRIPES - AIR DEPT OFFICERS, CPOS, AND LPOS; ORDNANCE OFFICERS AND GUNNERS; ORDNANCE HANDLING OFFICER (OHO); AIR GUNNER.

FOUR PHASES OF THE BASIC REFRIGERATION CYCLE:
COMPRESSION, EVAPORATION, EXPANSION, CONDENSATION.

STAFF

| PUBLISHER |
CAPT. KENT D. WHALEN
COMMANDING OFFICER

| EXECUTIVE EDITORS |
LT. CMDR. ERIK REYNOLDS
PUBLIC AFFAIRS OFFICER
LT. ERIK SCHNEIDER
ASSISTANT PUBLIC AFFAIRS OFFICER

| EDITOR IN CHIEF |
MCC (AW) MONICA R. NELSON
MEDIA ALCPO

| MANAGING EDITOR |
MC2 (SW/AW) LORI D. BENT

| PHOTO EDITOR |
MC2 (SW) JAMES R. EVANS

| GRAPHICS/LAYOUT |
MC2 (SW) PATRICK GREEN
MC3 (SW) MEGAN L. CATELLIER

| STAFF WRITERS/PHOTOGRAPHERS |
MC2 (SW) BYRON C. LINDER
MC3 (SW) CHRISTOPHER K. HWANG
MC3 (SW/AW) NICOLAS C. LOPEZ
MC3 (SW) LUKE B. MEINEKE
MCSN GEORGE M. BELL
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