

USS CARL VINSON

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VOICE

WORRIED ABOUT ADVANCEMENT? CVAT IS HERE TO HELP.

STORY BY

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

Carl Vinson and Carrier Air Wing (CVW) 17 Sailors have a new avenue for continued success. The Carl Vinson Advancement Team (CVAT), led by Information Systems Technician 1st Class (SW/AW) Nina Brewington, Carrier Strike Group (CSG) 1's N6 Division assistant leading petty officer, commenced group study sessions Jan. 4 to focus on professional military knowledge (PMK) in preparation for the March exam.

Classes are scheduled for 8:30 a.m. and 7:00 p.m. Mondays and Saturdays for E-6 candidates, Wednesdays for E-5 candidates and Fridays for E-4 candidates.

Brewington noted the common factor in the advancement

CONTINUE 'CVAT' ON PAGE 2

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Photo by:
MC3 (SW) Travis K. Mendoza | *Carl Vinson Staff Photographer*

FROM 'CVAT' ON PAGE 1

exam across the rates is PMK, and chose to focus the group's attention there. The classes vary in presentation styles, ranging from PowerPoint lectures to "Jeopardy!"-style quizzes.

"I asked myself if there was anything offered for advancement. I've gone to different advancement boot camps in my career, and I wanted to start a team focused on the March exam," she said.

Information Systems Technician 2nd Class (SW/AW) Jonathan Dowz, an El Paso, Texas native, is CSG 1's N6 Division assistant information assurance manager. He advanced to the rank of petty officer second class off the Sept. 2010 exam, and credited Brewington's mentorship for his achievement.

"She made advancing a priority in N6. She printed the bibliographies, shared her way of how to memorize the material, and showed me how to manage my time to study everything I needed," Dowz said. "My second time up was a great improvement over the first, and I was a lot more confident."

Brewington praised the quick response from the E-6 ranks and select outstanding E-5s who provide their time and knowledge to their shipmates.

"I put together the schedule, and within the first day, I had people e-mailing me. Everyone has been really proactive and very interested. It's awesome to get this support," she said.

Brewington emphasized how important it is for the volunteer instructors to share their experience.

"As a leader, it's not so much what you can do. It's what you can do for others. That's leadership in a nutshell," she said. "It's part of giving back. If you don't give back to the people who work under you, what are you really doing? You have to show your junior Sailors what they should do as leaders."

Logistics Specialist 1st Class (SW/AW) Nadine Gue, Morale, Welfare and Recreation's (MWR) leading petty officer, was happy to lend her expertise.

"I started a study group with some of the first classes, and it didn't really hit

like it was supposed to. So I took this opportunity and ran with it," she said after of instructing CVAT attendees on military conduct and justice. "I think today went really well," she said after the first session. "People learned things they didn't know. A lot of people won't study unless you help them. It's not fair if you make it and you don't help others get to that level."

Following the class, Vinson's 2011 Blue Jacket of the Year, Ship's Serviceman 3rd Class (SW) Teca Sneed, explained her singular goal - advance to the rank of petty officer second class on her first time up for the E-5 exam.

"My rate is pretty closed, so any information helps. My chain of command has set me up with all the tools I need to make second, but I still have to make time for this so I can advance and do more things they expect of me," she said. "It's good to see other people trying to learn as much as I am. The instructors are so enthused to be teaching us, and that hour-and-a-half went by quickly. I'm going to drag some people here with me next time."

Although the classes are tailored for March exam cycle candidates, Brewington invited all interested personnel to attend.

"I'm never going to say 'no' to knowledge. If you want to come in and join and you're not eligible for the test, that's no problem," she emphasized.

Brewington encouraged attendees to provide feedback for the classes, acknowledging the ultimate success of the program will be measurable only after the exams and the PMK scores for attendees are available. Suggestions now, she said, will assist in the program's evolution.

"This is for the Sailor. It's overwhelming as a young Sailor to look at the bibliographies, see all those topics, and wonder where to start. This is a start. Some of the material just makes people want to go to sleep, but come test time, you may remember going over that dry material," Brewington said. ●

“AS A LEADER, IT’S NOT SO MUCH WHAT YOU CAN DO. IT’S WHAT YOU CAN DO FOR OTHERS. THAT’S LEADERSHIP IN A NUTSHELL. IT’S PART OF GIVING BACK.”
| IT1 (SW/AW) NINA BREWINGTON |

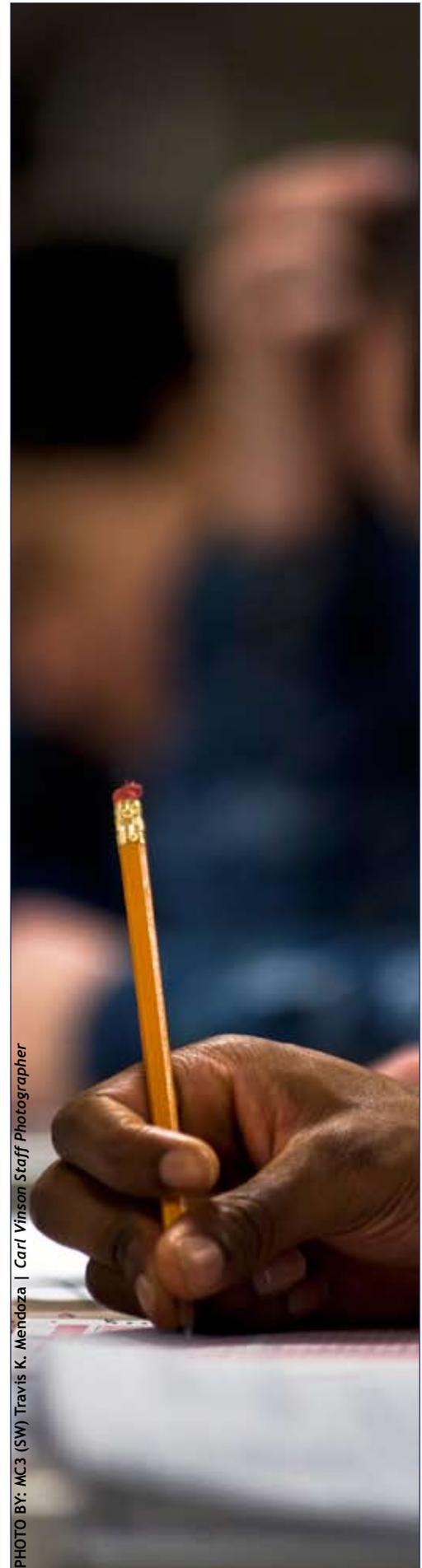


PHOTO BY: MC3 (SW) Travis K. Mendoza | Carl Vinson Staff Photographer

PUMP IT UP PART 1

SERIES BY

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

FITNESS FEVER FLIES AROUND VINSON

Can you endure the heat of an open hangar bay and the heart-pumping pace of an exhilarating workout? Well, lace up your sneakers and run up to the hangar bay to build your cardio fitness and push yourself to the limit with one of Vinson's fitness classes.

Clothed in a fitness instructor t-shirt darkened with perspiration Personnel Specialist 2nd Class (SW/AW) Kenneth F. Kirlin, Administration Department's X-3 Division separations supervisor, led more than 20 motivated Sailors through an intense series of exercises during his self-titled fitness class, "Kirlin's Power Hour," on Thursday.

"Basically I run through a whole bunch of exercises," Kirlin said. "We do a variety of cardio exercises – running in place, jumping jacks, high knees – then move to strength and conditioning workouts where we work on upper body strength through planks and pushups."

As the departmental fitness leader (DFL), Kirlin conducted fitness classes during Vinson's Southern Seas underway and WESTPAC 2010-2012 deployment. This provided the genesis for "Kirlin's Power Hour."

"They were joking around saying, 'Are you ready? It's time for Kirlin's Power Hour,' and the name just stuck," he laughed.

Now, Kirlin's Power Hour is up and running on its second deployment and the response has been both good and varied. Two Sailors, from opposite sides of the fitness spectrum, began participating in Kirlin's class this deployment for rather different reasons.

"I picked Kirlin's Power Hour because I saw him do classes last deployment," said Seaman Kristen Grund, assigned to Legal Department. "I wanted to join a class now because I do better with classes and full-body, aerobic workouts. I try to figure out what clicks for me, what motivates me. The class is intense and motivating, that's what I like. Kirlin is a man of few words, he focuses mainly on the workout, but if you keep up with him, you'll feel it."

Grund continued saying, "Kirlin does, literally, the full body workout. He does the arms, he incorporates the core and incorporates the legs – I feel it all over the body. I'm feeling it right now, an hour later," she laughed.

Grund performed very well on this past cycle's physical readiness test (PRT), scoring an 'outstanding' overall. She struggles with PT at times, though, and is not as motivated when the ship is in port.

"I think running and cardio are hard for me," she said. "When we were in port, I didn't

recommended."

Kirlin's Power Hour is one of seven FEP-approved fitness classes covering a wide range of exercises. From traditional spin, yoga and step classes, to one designed specifically for the PRT, Vinson Sailors have a host of choices for group fitness.

As well as attending any of the approved fitness classes three times a week, Crow and other Sailors on FEP must weigh in with the command fitness leader (CFL) or an assistant command fitness leader (ACFL) every Monday morning. They also perform monthly PRTs until the next command PRT cycle.

Rather than be deterred by his obligations, Crow plans on using the program to achieve a principal goal.

"My overall goal is to lose 50 pounds," Crow declared. "I would like to be less than 200 pounds like I was when I first joined the Navy. Back then I weighed 180 and I'd like to at least get to 190 again." With only four days logged on the program, Crow is seeing the results.

"I weighed in last Monday for our command weigh-in," Crow said. "I weighed after Kirlin's fitness class and I'm down 10 pounds. I was shocked. I know I'm not going

to lose 10 pounds every four days, but by the halfway point in deployment, I'll at least be slimmed down."

The atmosphere of Kirlin's class and the results Crow has seen so far has left him optimistic. Along with eating healthier, Crow feels confident Kirlin's class will enable him to lose the weight he wants.

And while Crow and Grund have entirely different goals, their desire for the support and motivation found in group PT has drawn them to the same outlet and conclusion.

"Find something that motivates you to work out," Crow said. "I've tried listening to music, watching TV shows on my laptop and classes. Whether it's someone working out with you, or some form of entertainment, just find your motivation." ●



Sailors participate in "Kirlin's Power Hour," an exercise regimen led by Personnel Specialist 2nd Class Kenneth F. Kirlin, in hangar bay two. U.S. Navy photo by Mass Communication Specialist Seaman George M. Bell.

work out every day and I don't always motivate myself. If I go to the gym, I won't motivate myself to run or do sets or anything like that."

This deployment, Grund uses fitness classes like Kirlin's to generate her motivation.

Aviation Ordnanceman 3rd Class Jeff Crow, assigned to Weapons Department's G-3 Division and temporarily assigned to Vinson's lagging team, started attending Kirlin's class for another reason altogether. Crow is on Vinson's fitness enhancement program (FEP), which requires those on FEP to participate in three approved fitness sessions per week.

"The FEP program started up this week; before that I was doing my own routine," Crow said. "I looked through the classes offered, and I went to Kirlin's class because I wanted to do something new and exciting, plus it was



UNDERWAY SCHEDULE FOR PROCESSING WASTE PLANTS

PLANT #2

(2-84-8-Q) J-2183

PLASTIC

0700-1700:

MESS DECKS, GALLEYS & SHIP'S
COMPANY

PLANT #3

(2-152-2-Q) J-6452

PLASTIC

0400-2300:
MESS DECKS, GALLEYS
0700-2300:
SHIP'S COMPANY

FOOD

0400-2300:
MESS DECKS, GALLEYS &
SHIP'S COMPANY

PLANT #4

(1-220-1-Q) J-6140

PLASTIC

0400-2300:
MESS DECKS, GALLEYS
0700-2300:
SHIP'S COMPANY

FOOD

0400-2300:
MESS DECKS, GALLEYS &
SHIP'S COMPANY

PAPER

0700-2230:
MESS DECKS, GALLEYS
0815-2230:
SHIP'S COMPANY

FEMININE PRODUCTS & BIO-HAZARD

0400-2300:
MESS DECKS, GALLEYS &
SHIP'S COMPANY

REMARKS:

- 1) ALL BAGS MUST BE LABELED WITH WORK CENTER, LCPO'S NAME AND J-DIAL.
- 2) FOOD, PAPER, FEMININE AND MEDICAL WASTE TIMES ARE SUBJECT TO CHANGE AT ANY TIME DUE TO THE SHIP'S SCHEDULE. PLEASE CALL US TO AVOID INCONVENIENT TRASH TRANSFER AROUND THE SHIP.
- 3) CARDBOARD, PULPABLES, METAL (OTHER THAN ALUMINUM) AND NON-PULPABLE FOOD WILL BE COLLECTED IN HANGAR BAY 3, ONLY AT MIDNIGHT.

ANY QUESTIONS, CONCERNS OR IDEAS TO FACILITATE THE DISPOSAL OF ANY TYPE OF WASTE, PLEASE CONTACT US AT J-6395



MESSAGE FROM
 Lt. Cmdr. James E. West |
 Carl Vinson Chaplain

Many years ago I was asked to define spirituality. Giving it a few minutes of thought I came up with this, “Spirituality is our life before God in service to others.” The problem with the definition is that it begs for an answer to the question, who is God? This is probably why the term spirituality is used. People have a sense of what it is, but it’s left intentionally vague.

So, here is a working definition of God: God is whomever or whatever you hang your heart on. What are you counting on? What

are your hopes and dreams? How do you expect to reach those goals? What happens if you don’t get what you want? Or what happens when you get what you want, but it’s not what you expected? What if everything that you’ve ever wanted isn’t enough? There’s a book by that title by Rabbi Kushner.

May I suggest that if any of these questions intrigue you, stop by our office, or flag us down in the passageways and continue the conversation.

If you’re still with me, read on.

Most of the maladies that affect us, from global war to a hangnail or stubbed toe, have something to do with our perception of a) who’s in charge, b) can I trust that person, c) is life meaningful, and d) does life, yours or

mine in particular, have a purpose. Another way of looking at it – the reason that people have difficulties with life is because life is difficult. Getting upset when bad things happen in life is a bit like getting upset with the force of gravity.

Therefore, spiritual fitness has something to do with rolling with the punches, putting one foot in front of the other and realizing when we get right down to it, we really don’t have it so bad. To be spiritually fit, you must have an outlook on life that is congruent with yourself, others and your God.

Your chaplains and religious program specialists are here to assist you in your spiritual quest. ●

Naval Missions and Heritage
NAVAL MISSIONS AND HERITAGE
 TAKEN FROM THE 24TH EDITION BLUE JACKETS’ MANUAL

MISSION

Being a maritime nation means having a comfortable relationship with the sea, using it to national advantage and seeing it as a highway rather than as an obstacle. An illustration of this point can be seen in World War II. By 1941, Hitler had conquered much of the land of Europe, but because Germany was not a maritime power, he saw the English Channel (a mere twenty miles across at one point) as a barrier, and England remained outside his grasp. Yet the Americans and British were later able to strike across this same channel into Europe to eventually bring Nazi Germany to its knees.

In the same war, the United States attacked Hitler’s forces in North Africa from clear across the Atlantic Ocean – a distance of more

than 3,000 nautical miles.

The Navy of a maritime nation must be able to carry out a variety of strategic missions. Currently, the U.S. Navy has six important missions, all of which have been carried out effectively at various times in the nation’s history:

- Sea Control
- Deterrence
- Forward presence
- Power projection
- Maritime security
- Humanitarian assistance and disaster response ●



AM I EXERCISING ENOUGH?

PROVIDED BY

Lt. Josh Halfpap | *Vinson's Health Promotions Officer*

It's no secret physical activity can provide many health benefits, including a decrease in disease, obesity, fat distribution, type 2 diabetes or colon cancer. It's also known to improve one's quality of life and increase independent living options for older adults.

But, how much exercise should we be getting?

With the Carl Vinson Cardio Challenge kicking off this month, now is a good time to highlight recommendations for cardiovascular activities.

The American College of Sports Medicine (ACSM) and the American Heart Association (AHA) list the current exercise recommendations for healthy adults ages 18 to 65 years. Their recommendations incorporate moderate and vigorous activity. Moderate activity "noticeably accelerates" the heart rate, i.e. a brisk walk, while vigorous activity produces "rapid breathing and a substantial heart rate increase", i.e. jogging.

If you wish to start with moderate activity, they recommend five 30-minute sessions a week.

If you prefer vigorous activity, three times a week at the minimum of 20 minutes each time, or a combination of moderate and vigorous activity (a 30-minute brisk walk two times a week and jogging for 20 minutes two times a week) is their recommendation.

Every workout should be augmented by muscular strength and endurance activities at least three times a week.

If you don't have that much time but are worried about your health, their research also shows activity in bouts of 10 minutes and up is as effective as a single, longer bout of activity for

decreasing cardiovascular disease risk and mortality.

When it comes to making the choice between a long, moderate workout versus a short vigorous workout, the research conducted by the ACSM/AHA and several other sources say vigorous activity is more beneficial than moderate intensity activity. So, opt for increasing your intensity over your mileage or time. Just keep in mind that higher intensities also increase your risk for injury.

If you exceed these minimum recommendations, you may certainly further enhance your fitness, decrease disease risk, and/or prevent unhealthy weight gain. Just be sure to increase your intensity and distances slowly.

Physical activity alone will not guarantee weight loss. It appears to provide only modest weight loss beyond what is achieved by primary dietary measures. If your caloric intake is not less than the amount you are burning, you simply will not lose weight under normal, healthy conditions.

Carl Vinson has many cardiovascular exercise opportunities. If you have not been exercising regularly, I highly recommend easing into this routine, especially if you already have increased risk factors related to cardiovascular disease (e.g. high blood pressure, high cholesterol, diabetes). If you are unsure whether exercise is safe for you, please see your doctor before beginning a new program.

For comments, questions, and concerns please visit the Health Promotions SharePoint page located under Communities of Support tab, or contact me at Joshua.Halfpap@cvn70.navy.mil. ●

GOLD EAGLE FITNESS

JANUARY

SUNDAY

JUDGE'S SPIN*
0930 - SEASIDE GYM

MONDAY

YOGA WITH TO!*
0500 - FOC'SLE
T.U.F.
1500 - HANGAR BAY
FEP PT*
1600 - HANGAR BAY
STEP*
1915 - HANGAR BAY
TABATA
2100 - HANGAR BAY

TUESDAY

T.U.F.
1500 - HANGAR BAY
JUDGE'S SPIN*
1600 - SEASIDE GYM
KIRLIN'S POWER HOUR*
1730 - HANGAR BAY

WEDNESDAY

YOGA WITH TO!*
0500 - FOC'SLE
T.U.F.
1500 - HANGAR BAY
FEP PT*
1600 - HANGAR BAY
ZUMBA*
1915 - HANGAR BAY
TABATA
2100 - HANGAR BAY

THURSDAY

JUDGE'S SPIN*
1600 - SEASIDE GYM
KIRLIN'S POWER HOUR*
1730 - HANGAR BAY
STEP*
1915 - HANGAR BAY
ZUMBA
1915 - HANGAR BAY

FRIDAY

T.U.F.
1500 - HANGAR BAY
FEP PT*
1600 - HANGAR BAY
TABATA*
2100 - HANGAR BAY

SATURDAY

KIRLIN'S POWER HOUR*
1730 - HANGAR BAY
STEP*
1915 - HANGAR BAY
ZUMBA*
1915 - HANGAR BAY

ZUMBA WILL NOT START UNTIL 11 JAN
*CLASS COUNTS FOR FEP - MUST SIGN IN

CHANNEL 6

CHANNEL 7

PG&PG-13

ALL REQUEST

CALL J-6789

PG-13&R

A REQUEST WILL ONLY BE TAKEN WHEN THE PREVIOUS MOVIE'S CREDITS START ROLLING.
REQUESTS ARE FIRST-COME, FIRST-SERVE.

ONCE A REQUEST HAS BEEN MADE, NO MORE REQUESTS WILL BE TAKEN UNTIL ANOTHER MOVIE IS OVER.
MAKE SURE YOU REQUEST A MOVIE RATING APPROPRIATE TO THE CHANNEL.

0815 THE 70
0840 FANTASTIC FOUR
1045 SEVEN POUNDS
1300 THE ROCKETEER
1500 NOT EASILY BROKEN
1645 NIGHT AT THE MUSEUM 2
1830 THE 70
1900 LARA CROFT: TOMB RAIDER
2045 FANTASTIC FOUR
2300 SEVEN POUNDS
0115 THE ROCKETEER
0315 NOT EASILY BROKEN
0500 NIGHT AT THE MUSEUM 2

THE 70 0815
THE CHANGE UP 0840
TERMINATOR: SALVATION 1045
SOUL MEN 1245
FIGHTING 1430
THE INTERNATIONAL 1630
THE 70 1830
FROM PARIS WITH LOVE 1900
THE CHANGE UP 2045
TERMINATOR: SALVATION 2245
SOUL MEN 0045
FIGHTING 0230
THE INTERNATIONAL 0430

MONDAY

0815 THE 70
0840 ROBIN HOOD
1115 IMAGINE THAT
1315 I AM NUMBER FOUR
1515 THE GHOSTS OF GIRLFRIENDS PAST
1700 THE BOX
1900 THE 70
1930 BEDTIME STORIES
2115 ROBIN HOOD
2345 IMAGINE THAT
0145 I AM NUMBER FOUR
0345 THE GHOSTS OF GIRLFRIENDS PAST
0530 THE BOX

THE 70 0815
VAMPIRES SUCK 0840
VALKEYRIE 1015
UNDERWORLD 3: THE RISE OF THE LYCANS 1230
JENNIFER'S BODY 1415
LAKEVIEW TERRACE 1600
THE 70 1800
LITTLE FOCKERS 1830
VAMPIRES SUCK 2015
VALKEYRIE 2145
UNDERWORLD 3: THE RISE OF THE LYCANS 0000
JENNIFER'S BODY 0145
LAKEVIEW TERRACE 0330
LITTLE FOCKERS 0530

TUESDAY

0815 THE 70
0840 THE BOURNE IDENTITY
1045 THE BEDFORD INCIDENT
1230 FORBIDDEN KINGDOM
1430 LOTR: THE TWO TOWERS (PART A)
1600 LOTR: THE TWO TOWERS (PART B)
1800 THE 70
1830 WELCOME HOME ROSCOE JENKINS
2030 THE BOURNE IDENTITY
2230 THE BEDFORD INCIDENT
0015 FORBIDDEN KINGDOM
0215 LOTR: THE TWO TOWERS (PART A)
0345 LOTR: THE TWO TOWERS (PART B)
0515 WELCOME HOME ROSCOE JENKINS

THE 70 0815
V FOR VENDETTA 0840
TRANSPORTER 3 1100
THE THIN RED LINE (PART A) 1245
THE THIN RED LINE (PART B) 1435
THE TIME TRAVELLER'S WIFE 1545
MAJOR LEAGUE 1745
THE 70 1935
THE LINCOLN LAWYER 2000
V FOR VENDETTA 2200
TRANSPORTER 3 0015
THE THIN RED LINE (PART A) 0200
THE THIN RED LINE (PART B) 0350
THE TIME TRAVELLER'S WIFE 0500

WEDNESDAY

0815 THE 70
0840 WATER FOR ELEPHANTS
1045 UNBREAKABLE
1245 THE TRANSPORTER
1430 TOY STORY 2
1615 RED RIDING HOOD
1800 THE 70
1830 MUMMY: TOMB OF THE DRAGON EMPEROR
2030 WATER FOR ELEPHANTS
2230 UNBREAKABLE
0030 THE TRANSPORTER
0215 TOY STORY 2
0400 RED RIDING HOOD
0545 LAND OF THE LOST

THE 70 0815
TIN CUP 0840
MILLION DOLLAR BABY 1100
SEX DRIVE 1315
THE ROCK 1515
VAN HELSING 1730
THE 70 1945
FRIGHT NIGHT 2015
TIN CUP 2215
MILLION DOLLAR BABY 0030
SEX DRIVE 0245
THE ROCK 0445

THURSDAY

0815 THE 70
0840 LARRY CROWE
1030 KNIGHT AND DAY
1230 JUNO
1415 HE'S JUST NOT THAT INTO YOU
1630 G.I. JOE: RISE OF COBRA
1830 THE 70
1900 COOL RUNNINGS
2045 LARRY CROWE
2230 KNIGHT AND DAY
0030 JUNO
0215 HE'S JUST NOT THAT INTO YOU
0430 G.I. JOE: RISE OF COBRA

THE 70 0815
THE SWITCH 0840
THE PEACEMAKER 1030
THE BRAVE ONE 1230
THE GOODS 1445
MY SISTER'S KEEPER 1615
K2 1815
RISE OF THE PLANET OF THE APES 2015
THE SWITCH 2200
THE PEACEMAKER 0000
THE BRAVE ONE 0200
K2 0415

FRIDAY

0815 THE 70
0840 THE CAINE MUTINY
1045 BACK TO THE FUTURE
1245 THE A-TEAM
1445 HARRY POTTER: DEATHLY HALLOWS
1715 IRON MAN
1930 THE PERFECT STORM
2145 THE CAINE MUTINY
0000 BACK TO THE FUTURE
0200 THE A-TEAM
0400 HARRY POTTER: DEATHLY HALLOWS

THE 70 0815
FOR COLORED GIRLS 0840
27 DRESSES 1100
PAUL 1300
ALIEN VS. PREDATOR: REQUIEM 1445
CRAZY, STUPID, LOVE 1615
THE INFORMANT 1815
FOR COLORED GIRLS 2015
27 DRESSES 2230
PAUL 0030
ALIEN VS. PREDATOR: REQUIEM 0215
CRAZY, STUPID, LOVE 0345
THE ORPHANAGE 0545

SATURDAY

CARLOWNS CINEMA

DIALOGUES

| WHAT IS YOUR STRESS RELIEF? |

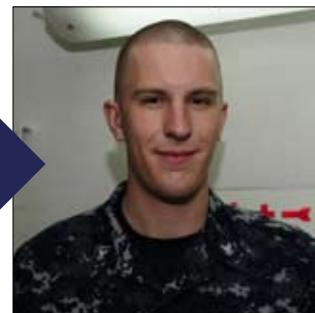


"THE GYM IS A GOOD WAY TO RELIEVE STRESS AND PASS THE TIME."

AM1 (AW)
JAVIER MEDINA

"I GO OUT TO THE FANTAIL, JUST TO GET AWAY. IT GETS ME THROUGH THE DAY."

OS3
ALEX GEORGE



"KNOWING I'M GETTING MY WORK DONE AND ACCOMPLISHING MY GOALS FOR DEPLOYMENT."

YN3
ANTHONY DURBIN

"TALKING TO FAMILY AND FRIENDS BACK HOME HELPS ME FORGET THAT I'M ON DEPLOYMENT."

ABFAN
ERIC MACNEIL



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DEPARTMENT/ DIVISON
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ESWS | EAWS



THE DECK-EDGE ELEVATOR DOORS ARE USED TO OPEN AND CLOSE THE HANGAR DECK OPENINGS THROUGH WHICH AIRCRAFT ARE MOVED ONTO THE DECK-EDGE ELEVATORS. THESE DOORS CAN BE OPENED OR CLOSED IN 28 SECONDS AND ARE OPERATED BY A CONTROL AT EITHER SIDE OF THE DOOR AND AT A CONFLAG STATION.

ANCHOR BRAKE – USED TO HOLD THE ANCHOR AND CHAIN AND TO CONTROL THE SPEED OF DESCENT WHEN THE ANCHOR AND CHAIN ARE PAYED OUT.

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