July 30, 2010

Press

Vol. 22, Issue 48

USS Abraham Lincoln

Grand Slam:
COMPTUEX mission

Lincoln's Fit Boss:
New face of fitness

Know Your Shipmate:
HM3 Dave Hall

Know Your Shipmate!

Photo by MCSN Jerine Lee

HM3 Dave Hall

Medical Department

Hospital Corpsman 3rd Class Dave Hall of USS Abraham Lincoln (CVN 72) is a native of Orlando, Fla. He joined the Navy four years ago and began his career at Naval Hospital Pensacola before coming aboard into Lincoln's medical department.

Hall, who enjoys baseball, bowling and go karts used to work at Disneyland before going off to college at Southern Methodist College in Orangeburg, S.C., for computer programming. Afterwards, Hall played minor league baseball for the Carolina Warriors in Columbia, S.C., and the Anderson Dirt Daubers of Columbia, S.C. After a streak as an athlete, Hall followed similar steps as his father and joined the Navy.

"My dad is the battalion commander for the fire department in Orlando, so I wanted to help others like my dad by being a hospital corpsman."

"Hall is a hardworking Sailors that loves to learn and strives to be a better performer on the job," said Hospital Corpsman 1st Class LaKnesha Cooperwood, medical department's leading petty officer.

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Shutter Island

by MCSN Jerine Lee

Originally written as a book by Dennis Lehane, "Shutter Island" as a motion picture was 138 minutes of captivating terror, suspense, and mystery. Every moment kept me on constant alert because every addicting screen shot kept me on edge for what was to come.

The movie takes place in 1954 and tells the tale of two U.S. marshals, Teddy Daniels (Leonardo DiCaprio), a World War II veteran, and his partner, Chuck Aule (Mark Ruffalo). Both left Boston, Mass. to investigate the disappearance of Rachel Solando (Emily Mortimer). Solando is a patient at Ashecliff Hospital, for the criminally insane. She was sent there after she drowned her three children. Ashecliff Hospital is located on Shutter Island, which has no coastline. Steep cliffs and violent waters surround the island, making it impossible for anyone to escape.

Daniels and Aule began the investigation by questioning the head psychiatrist, Dr. Cawley (Ben Kingsley), and other patients in the hospital, only to find incomplete answers and more questions.

After days of research and no real answers, Daniels begins to believe the hospital used their patients for medical testing rather than trying to treat their mental illnesses. However, rather than trying to leave Shutter Island, Daniels makes the investigation personal by trying to find Andrew Laeddis, a patient at Ashecliff Hospital and the man who started a fire which subsequently killed his wife, Delores Daniels (Michelle Williams).

Daniels begins to hallucinate that his dead wife is talking to him, and has flashbacks of his time in Germany during World War II with victims of the holocaust haunting him.

The movie begins with a simple storyline which gradually becomes more complex with hidden secrets slowly being revealed. The line between what is real and illusion becomes blurred, making the story more interesting. Every moment was surprising; I didn't know what expect throughout each scene. The psychological plot made my mind whirl with guesses and assumptions.

However, with such an elaborate plot, certain scenes are confusing. This is definitely not the movie to take the family to relax and enjoy a simple movie. I constantly had to question myself concerning who, what, where, when, why to only be even more confused. It wasn't until the end that I was able to put everything together.

The surprise ending really made the movie a hit. Of course, I can't give too much away for some of the viewers who haven't seen the movie yet, however, at the end, Daniels said, "Would it be worse to live as a monster or die as a good man." It made me think of the story's complexity, with the hidden clues in each scene, as I was leaving the theater.

Our rating....

We give it four out of five pennies!

Photo by MC3 Robert Robbins

COMPTUEX Grand Slam

Story by MC2 Alan Gragg

Lincoln Strike Group completed four major exercises July 27-28 as part of Composite Training Unit Exercise (COMPTUEX), flexing its muscles in surface, subsurface, and strike warfare simultaneously.

Aircraft from Carrier Air Wing (CVW) 2 completed a successful large force strike, simulating the targeting and destruction of critical targets on the ground while simultaneously suppressing enemy radars and anti-aircraft fire. EA-6B Prowlers from Electronic Attack Squadron (VAQ) 131 along with F/A-18 Hornets and Super Hornets from Strike Fighter Squadrons (VFA) 2, 34, 137, and 151 led the 90 minute mission over the Navy's bombing range on San Clemente Island.

Air Defense Commander USS Cape St. George (CG 71) led a complex air defense exercise, linking the networks of six different Aegis platforms to establish airspace superiority greater than 100 miles from the strike group.

Destroyers from Destroyer Squadron (DESRON) 9, along with cruiser Cape St. George, helicopters from Helicopter Maritime Strike Squadron (HSM) 77, and P-3 Orion aircraft from Patrol Squadron (VP) 30 practiced detecting and tracking enemy submarines while protecting USS Abraham Lincoln during an underway refueling. The surface units also fired 90 shells in a precision firing demonstration.

By exercising these skills, Lincoln Strike Group proved it's ready for any tasking around the world.

"Wherever the President needs us to go, anywhere in the world, we'll be there and we'll be ready," said Rear Adm. Mark Guadagnini, Lincoln Strike Group commander.

Lincoln's COMPTUEX builds upon the strike group's combat readiness by simulating challenges the strike group may encounter on deployment. The advanced training scenarios of COMPTUEX represent the first time a carrier strike group is evaluated as an overall unit. Passing the tests of COMPTUEX certifies Lincoln and its air wing for open-ocean operations, making the force available to deploy wherever and whenever the order is given.

Lincoln Strike Group consists of flagship USS Abraham Lincoln, embarked CVW 2, embarked DESRON 9 and the guided-missile cruiser USS Cape St. George.

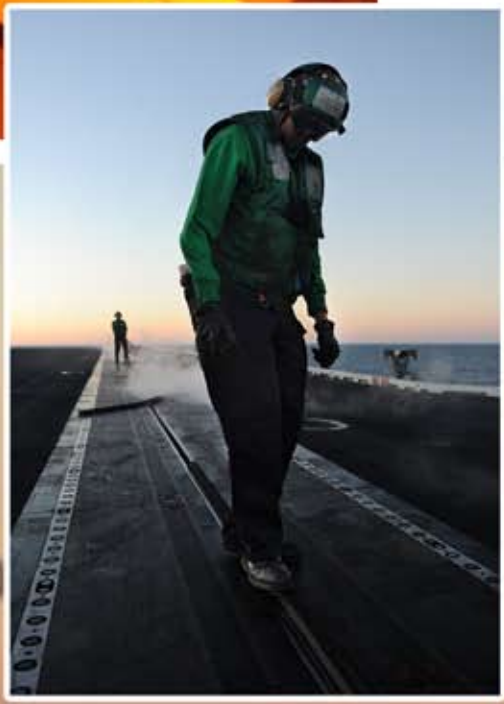
Ships assigned to DESRON 9 include the destroyers USS Momsen (DDG 92), USS Shoup (DDG 86), USS Halsey (DDG 97) and USS Sterett (DDG 104). Squadrons from CVW 2 include the "Bounty Hunters" of VFA 2, the "Blue Blasters" of VFA 34, the "Kestrels" of VFA 37, the "Vigilantes" of VFA 151, the "Lancers" of VAQ 131, the "Sun Kings" of VAW 116, the "Saberhawks" of HSM 77 and the "Golden Falcons" of HSC 12.

Photo by MCC Eric Powell

Photo by MC3 Robert Robbins

U.S. Navy Photo

Flight Op



Photos by MC3 Robert Robbins and MC2 Christopher Dollar

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Fit Boss shows Lincoln Who's Boss

Story and Photos by MCSN Jerine Lee

USS Abraham Lincoln's (CVN 72) newest fitness instructor, Joey Metz, who prefers to be called, "Fit Boss" came aboard Lincoln in order to provide proper health and fitness training, morale for the crew and to continue to keep the crew mission-ready during its upcoming deployment.

Born in Yokosuka, Japan, Metz grew up in a military household. With her father being in the Navy, Metz moved from Japan to San Pedro, Calif., when she was about five years old to Ridgecrest, Calif., to China Lake Naval Air Base, Calif.

"I became very comfortable with being around other service members at a very young age," said Metz. "I remember always thinking how much more fun their physical training was. It is awesome how my new job gives me the opportunity to work and help them with their workouts."

With the constant change of living, Metz stayed active by participating in multiple sports but found her passion in women's softball. After graduating high school in 1999,

Metz attended Palomar Community College in San Marcos, Calif., and was awarded as an All-American centerfielder by the NCAA. Due to her excellent performance in softball, Metz scored a softball scholarship to California State University, Northridge (CSUN) where she received her Bachelor's Degree in Kinesiology.

"I've been a competitive and athletic person my entire life," said Metz. "Through sports, I met a lot of great people and have some great memories. But most importantly, working on my health made me into a better person. It is always beneficial to push yourself physically because it also pushes yourself mentally."

Metz then grew an urge to help others in their fitness and training in order to improve others' way of life like her involvement in sports improved her life. She moved back to China Lake and worked for the Morale, Welfare and Recreation office on base as a personal trainer and spin class instructor.

"It was always important to me to be healthy to achieve my goals for the future. I wanted to be able to benefit other Sailors' lives through different avenues of fitness because everyone is different," said Metz. "There are so many different exercises and ways to be healthy; the challenge is finding the one that works for you."

Metz is a certified fitness trainer

Fit Boss Fit Tips

1. Plan your workout
2. Keep a log (Nutrition and Workout)
3. Set Realistic Goals
4. Warm up and Cool down correctly
5. Stay hydrated
6. Change your workouts
7. Eat 5-6 small meals/day
8. Be consistent
9. Rest properly
10. Have FUN!

through the National Academy of Sports Medicine, spinning instructor through Mad Dogg Athletics and Spinning, cross-fit certified and a certified Command Fitness Leader (CFL).

Most people wonder how some land a job as the fitness instructor aboard Lincoln. Through MWR, Metz heard about an opportunity to be a fitness instructor for deploying ships and turned in an application.

"I love where I grew up in China Lake and I always will, but there wasn't that much out there for me at the time. And when given the opportunity, as a civilian, to live and work on a nuclear aircraft carrier to help improve physical fitness among all military personnel, I couldn't pass it up."

For the upcoming deployment, Metz will hold multiple fitness classes aboard Lincoln such as zumba, rope burn, spinology and ab blast in different times throughout the day to give everyone an opportunity to join.

"It is always beneficial to push yourself physically because it also pushes yourself mentally."

She also has many ideas to improve fitness opportunities on board Lincoln with a variety of instructional classes, new equipment and spreading information on diet and nutrition. However, Metz is still open for any ideas for the future and asks for volunteers who are willing to instruct classes.

"I'm still grasping to the way of life aboard the ship and how the military operates," said Metz. "I don't know how everyone's schedule is so I'm not sure when it's a good time to schedule classes or what kind of classes people would like. I am here for the Sailors; please tell me what you would like to see happen, suggestions for different equipment or constructive criticism so I can make it happen."

Metz also holds classes that are geared more for females aboard Lincoln called "G.I. Jane."

"I understand women are more self-conscious when it comes to working out in front of a lot of people," said Metz. "I would really like more women to come to the G.I. Jane classes and give me any feedback or ideas so I can get them out of their shells. I'm very open-minded and will consider any proposals."

With many plans and schedules in preparation, Metz believes being physically active and living a healthy lifestyle is a very important aspect. Looking forward to the upcoming deployment, she hopes her help will boost the morale of the ship.

"Believe me, I'm not perfect. I eat junk food like any other person but fitness should still be a part of everyone's daily routine; just like waking up and brushing your teeth," said Metz.

"It's amazing what the benefits of working out can

do to a person physically, emotionally, mentally and spiritually. It can help you to tackle daily commitments and encourage one to heighten new challenges. It's my mission to help improve the health, fitness and well-being of all the Sailors onboard USS Abraham Lincoln, and thus providing traditional and innovative fitness programs to safely and efficiently help achieve a healthier lifestyle so that they may have the ability to complete tasks that support the mission of the command and Navy operational readiness," said Metz.

Sailors can contact Metz through email (metz.joleen@cvn72.navy.mil) for any questions or ideas.

Top Three Fitness Questions

What kinds of exercies can I do to reduce the fat around my stomach?

It is physiologically impossible to spot reduce. You can't lose only in one area of the body because body fat comes off all over the body. Typically, the first place you tend to gain is the last place you lose. The route for those stubborn areas is resistance exercise, cardio and proper nutrition.

Do I have to do a lot of Cardio to lose fat?

Excessive cardio will strip muscle and body fat. This is definitely not the most efficient method to lose body fat. once you begin stripping muscle tissue, your body becomes less efficient at burning body fat. Muscle is metabolically active, which simply means it stimulates the metabolism.

For each pound of muscle you put on your body, you will burn up to 50 additional calories per day. If you strip muscle tissue, all you accomplish is sabotaging your efforts to efficiently reduce body fat. the PROPER amount of cardio to accomplish your goal is what's necessary.

As a woman, will I get big and bulky if I lift heavy?

A woman has approximately one-third of the testosterone of a man. Unless she is on anabolic steroids, growth hormone or other enhancing drugs, a woman will never achieve the muscular size of a man. However, she can get a degree of muscularity that makes her lean, toned and tight!

Generation Abe