

TAKE NOTICE



The Voice of the Iron Gator

22 July, 2018



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WARRIORS OF THE DAY



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*CPL Ronald Fryman
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History and Heritage

1. What year was the Department of the Navy established by John Adams?

2. What war was the origin of the famous expression, "Millions for defense, but not one cent for tribute?"

3. What nickname was earned by the USS Constitution when her Captain Isaac Hull defeated the British frigate Guerriere on August 19, 1812?

4. Who defeated a British squadron on Lake Erie on September 10, 1813, and wrote his dispatch, "We have met the enemy and they are ours?"

5. What is the newest Navy ship named after a Marine?

LCP(L) Patrick Gallagher
Vietnam veteran and Navy Cross-recipient
5. USS Gallagher (DDG 127) named for

4. Captain Oliver Hazard Perry

3. Old Ironsides

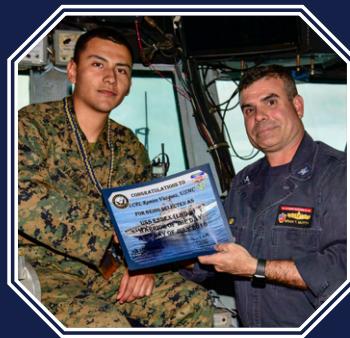
2. Quasi War

1. 1798

General Colin Powell's Rules:

- 1** It ain't as bad as you think. It will look better in the morning.
- 2** Get mad, then get over it.
- 3** Avoid having your ego so close to your position that when your position falls, your ego goes with it.
- 4** It can be done.
- 5** Be careful what you choose. You may get it.
- 6** Don't let adverse facts get in the way of a good decision.
- 7** You can't make someone else's decisions. You shouldn't let someone else make yours.
- 8** Check small things.
- 9** Share credit.
- 10** Remain calm. Be kind.
- 11** Have a vision. Be demanding.
- 12** Don't take counsel of your fears or naysayers.
- 13** Perpetual optimism is a force multiplier.

WARRIORS OF THE DAY



*LCPL Ramiro Vasquez
Victorville, CA*



*LCPL Andres Navarro
Hesperia, CA*



*LCPL Antoniel Riverasantos
Camden, NJ*



*IS2 Jordan Shrader
Great Falls, MT*



*LCPL Martin Murphy
Mountain Home, ID*

DEPLOYMENT

FROM SURVIVING TO THRIVING



By Mass Communication Specialist 3rd Class Jenna Dobson

Aviation Boatswain's Mate Airman Jesse Gunderson stands on the flight deck of the USS Enterprise, spotting catapult three. He had spent that morning watching ordnance make its way to the flight deck to get loaded onto aircraft. It was September 12, 2001, and the whole world was watching for what the United States would do next. After launching the first F-14 Tomcat of that day, Gunderson stepped back, speechless. In that moment, he knew that he was a part of something that would change the course of the rest of his life.

"It wasn't until September 11th happened when I actually grasped the whole concept of why we're actually here," said now Senior Chief Aviation Boatswain's Mate Jesse Gunderson. "A lot of people get bummed out from doing the same thing over and over, but

think of the big picture. Everybody is required in order to get the job done."

"A lot of people get bummed out from doing the same thing over and over, but think of the big picture."

Not everybody these days experiences a moment as strong as Gunderson's or is able to recognize their place within the big picture of the Navy. Stressors onboard and back home or the feeling of missing family can

weigh down even the strongest of Sailors, but there are many ways to cope and rise above.

Gunderson recommends setting realistic, attainable goals during a deployment to help you focus, accomplish the mission and to feel a sense of personal fulfillment.

"Deployment is a great time to not only become proficient in your rate but to earn qualifications and further your education," he said. "Whether it's warfare designations, in-rate PQS', college courses, improving your physical fitness or becoming more financially responsible, we are all able to take small daily steps to both improve our lifestyles and take our minds off of family and home."

While it is important to look towards the future, it is equally as important to focus on the moment

and take care of yourself on a daily basis.

"We have to be in tune with our gauges," said Jorge Correa, the Deployed Resiliency Counselor (DRC) onboard Essex. "Just like in a car, if you're not looking at your gauges, you're not going to do well. You run out of oil or you won't have enough fuel, it's the same thing. It's really important for us to pay attention to our body's gauges."

Correa says that the best way to focus on what is important is to focus on four categories: physical, mental, spiritual, and relationships.

"Spirituality may mean spending time with nature, praying, doing meditation, whatever it may be," said Correa. "Some people immerse themselves in philosophy and live a life of purpose and meaning."

Correa continues on to talk about an ongoing Harvard study in which they discovered that after 60 years, people tended to measure their success in the relationships that they had nurtured, instead of their money, marriage or fame. "Relationships onboard the ship are very important," Correa stresses. "We are family. We are all that we have right now. It's important for us to get out of our comfort zones, go out and meet people. In our work center, outside of our work center. Take advantage of all of the social offerings."

While it is important to stay connected onboard, don't forget

his 7 deployments. "Before, communication could take weeks.

I still send cards now. I'll pick up birthday cards, anniversary cards, thinking of you cards. I try to send my boys and my wife one a month."

As the ship's DRC, Correa offers confidential, short-term, non-medical counseling at no cost for all active-duty service members while they are deployed onboard the ship or while the ship is in homeport.

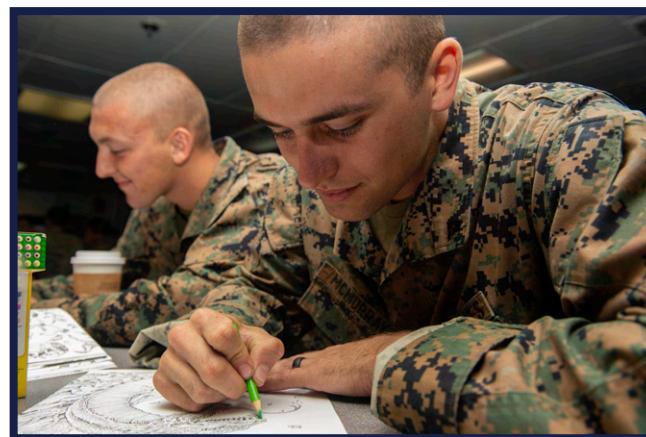
"I had Sailors that come in because they feel sad that they're away from their families for the first time," Correa says. "Then they start taking care of themselves. Their goal is to be 1% better every day. They may not think that they're going to get any better, but then they start doing the exercises and working out and they start to feel a little more motivated."

While it may seem like a lot to add too many of our already-full plates, there are plenty of quick and easy fixes to every Sailor's sea sadness. Standing out on the fantail or on a catwalk in the sun for only a couple minutes at a time is a seemingly meaningless task, but can do wonders for one's spiritual state. Working on a PQS or heading to the gym for even only 15 minutes provides a change of scenery and sense of accomplishment. Stay in tune with your gauges and remember, we are all in this together!



to reach out to family and friends back home.

Jorge Correa, the Essex Deployment Resiliency Counselor and a retired Chief Hospital Corpsman, talks of his time on the USS Nimitz, on which he deployed twice. "Staying in touch was really important back then," he said on communication. "We didn't have social media access. We would write letters and call when I had the opportunity. She reciprocated by sending mail, sending care packages. She had a really good



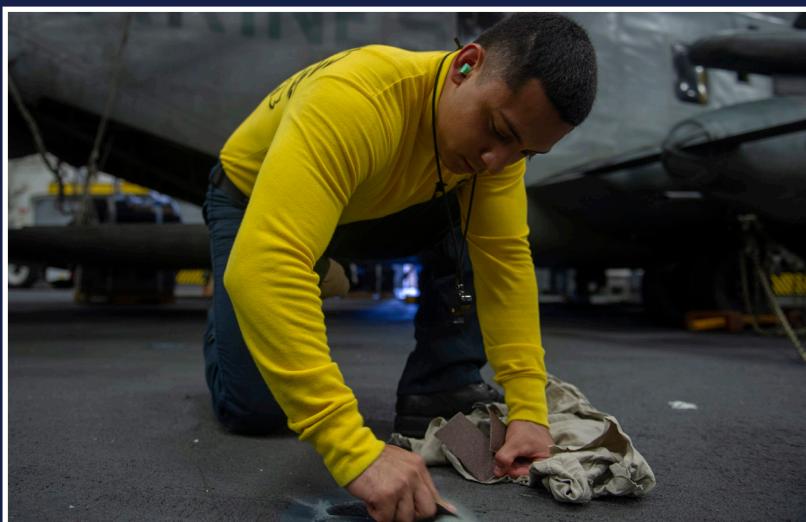
support system. She was working and she rode horses so she had a great social network."

Gunderson speaks of similar scenarios during

THIS WEEK



IN PHOTOS



THIS WEEK



IN PHOTOS



Mindset Is Everything

Former SEAL Becomes MMA Fighter

By MC2 Trejo, DMA

Aguiar dances to his entry music for the fans. When the referee yells, “Round 1, Fight!” the fighters touch gloves, and, after a few seconds, Aguiar throws a left hook hard enough to be heard over the screaming audience as his opponent is jolted to the side from blocking it.

Mixed martial artists (MMAs) are modern-day gladiators, waging war in a harsh environment called the octagon. MMA is considered an extreme combat sport, which permits two contestants to use the fighting techniques of not only wrestling, but also various martial arts, such as kickboxing, jiu-jitsu and muay-thai, among others.

“I love fighting,” said former Special Operator 1st Class Mitch Aguiar, a U.S. Navy SEAL turned professional MMA fighter. “Some people go kayaking on the weekends, some ride a motorcycle; fighting, for me, is an extreme thrill.”

For a while, Aguiar found this thrill in the Navy. He decided to enlist in January 2008 at the age of 18.

“A recruiter walked in and said, ‘Hey, do you wanna join the Navy? You look like you’re in good shape; do you want to be a SEAL?’” recalled Aguiar. “My mom was there, and she

said, ‘They were the rock stars of the military. If you were going to join the military, I could see you being a SEAL.’”

His mother, Maureen, is a former Sailor herself.

“I raised him,” she said. “I know what he’s capable of, and I knew he would just flourish in that [environment].”



Aguiar then called his dad to tell him he had decided to be a SEAL.

“Hey, Dad, I signed up to be a SEAL,” Aguiar recounted. “And he said, ‘Do you have any idea what that is?’ and I said, ‘Yeah, they’re the rock stars of the military.’ He just said ‘Aw man, you don’t know what you signed up for.’”

After boot camp, Aguiar graduated from the six-month Basic Underwater Demolition/SEAL (BUD/S) program, part of training class 273. According to the Navy, BUD/S is the hardest military training in the world, and is designed to

test each candidate physically and mentally with a variety of challenges.

“Luckily, my mindset was solid going into it,” Aguiar said. “I had it in my head, ‘It doesn’t matter how hard this is; it doesn’t matter what they do to me. I’d rather die running on the beach than have to call my parents and friends and tell them I quit because it was too hard.’”

That desire to succeed stemmed from his personality. Aguiar has always been a protective person. Growing up with a younger brother, he felt like it was his job to protect him from bullies.

“It just transferred into my adult life,” he said. “Being in the SEAL teams, now these are my brothers, and when we go out, if anyone messes with them, they mess with me.”

Assigned to SEAL Team 10, Aguiar deployed to Afghanistan in 2011 for 11 months. He then worked as a multipurpose dog handler for a year and deployed to Europe for six months. He finished his 10-year career teaching combatives and close quarters combat.

Because of his protective nature, Aguiar is always subconsciously looking for a threat, especially when he is with other people.

"When I fight, that threat that I'm subconsciously looking for is right in front of me," he said. "So it has my full attention, and in a way, that is relaxing."

Fighting became a hobby for Aguiar while he was still on active duty, an outlet for his innate desire to fight. In fact, he had gotten into so many fights that his supervisor recommended he join a fight gym.

"I didn't plan on making a career out of it," he said. "At the time, it was just fun."

Aguiar was soon invited to Black House MMA, a well-known fight gym in Los Angeles. There, he had the opportunity to train with some successful UFC fighters, such as Lyoto Machida and Anderson Silva.

"I saw that these were just normal people, but they've just dedicated to this craft and put in a lot of hard work," he said. "This is something that's attainable; I could do this."

Aguiar had come to the point in his Navy career when he needed to make a decision: Did he stay in and retire, or get out and pursue a fighting career?

"At the time, I had just done some soul searching: What's going to make me happier?" he said. "I had already gotten to experience being a Navy SEAL, and I was happy with it. I just wanted to try a new chapter, and once I made that decision, it felt good."

Aguiar was discharged in January 2018, but he is still a SEAL at heart.

"I'm happy for what I've done, he said. "I appreciate everything the SEAL teams have done for me, and I'm thankful for that community."

Even Aguiar's MMA nickname,

"The Smashin' Frog," derives from his SEAL heritage. Among themselves, SEALs are known as frogmen, a term that originated from the underwater demolition teams (UDTs) of WWII, which later became SEAL teams.

"The average person, when they see a bone frog or they hear my name, they probably think 'That's weird; does he smash frogs? I don't get it,'" said Aguiar. "But if you know, then you know. It's just a subtle little part of me."

As for smashing, well, that's just what he does. According to Aguiar, there can be two

"Some people go kayaking on the weekends, some ride a motorcycle; fighting, for me, is an extreme thrill."

different mindsets during a fight. Some fighters may have to trick themselves into being angry with their opponent. Others, like him, just fight for the sheer pleasure of fighting and competition.

"MMA is an individual sport," said Aguiar. "It's only you in the cage, so there's no excuses when you lose; it was you who didn't prepare enough. I enjoy the competition, the intensity and the one-on-one gladiator warrior aspect of it."

Fights are broken up into weight classes so that fighters and their opponents will always be relatively the same size. According to Aguiar, making the weight-cut is always

harder than the fight itself.

Before he started training for his first professional fight, for example, he weighed 210 pounds. He had to lose 40 pounds over a three-week period.

"I basically just drank water, wheatgrass and some other super foods in just a green blend, Monday through Friday, and ate clean on the weekends," said Aguiar. "The last two days, I cut close to 25 pounds of water just dehydrating myself and doing jumping jacks in the sauna all day - no water."

On top of extreme dieting, he also prefers to do unorthodox exercises to get fight ready. He built a "slosh pipe" that is filled mostly with water and has heavy ball bearings that move side to side, always maintaining an uneven balance. He shoulder presses it one side at a time.

Aguiar receives a lot of support from his mother, and Mark, his brother. They handle much of his scheduling and ticket sales so he can focus on preparing for his fights. Maureen has also attended all of his fights except one.

"I'm not nervous that he's going to get beat up," she said. "It's more the anticipation. I have a lot of confidence in him."

To date, Aguiar has participated in 11 amateur fights and one professional, winning all of them. He plans to pursue the UFC. After that, he's not sure.

"Even if you want to stay in the SEAL teams, you can't," he said. "At some point, you have to get out, and there's a whole life ahead of you; you got to take on something else. It's the same thing in fighting: You can't fight forever. I don't know what's next after that, but I'm sure it'll be fun, and I'm looking forward to whatever it is."

STAY CONNECTED

Recording Schedule

Thursday	2000-2200
Friday	2000-2200
Saturday	2000-2200
Sunday	2000-2200

for appointments

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Swing Dancing

w/ LT2 Thompson

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Ship's Classroom



Enlisted Information Warfare Specialist History and Heritage

Apollo 11

The primary objective of Apollo 11 was to complete a national goal set by President John F. Kennedy on May 25, 1961: perform a crewed lunar landing and return to Earth.

During the exploration, the two astronauts were to gather samples of lunar-surface materials for return to Earth. They also were to extensively photograph the lunar terrain, the deployed scientific equipment, the LM spacecraft, and each other, both with still and motion picture cameras. This was to be the last Apollo mission to fly a "free-return" trajectory, which would enable a return to Earth with no engine firing, providing a ready abort of the mission at any time prior to lunar orbit insertion.

Apollo 11 was launched by a Saturn V rocket from Kennedy Space Center on Merritt Island, Florida, on July 16 at 9:32 am EDT and was the fifth manned mission of NASA's Apollo program. The mission carried Commander Neil Armstrong, Command Module Pilot Michael Collins and Lunar Module Pilot Edwin "Buzz" Aldrin into an initial Earth-orbit of 114 by 116 miles. Apollo 11 was the second all-veteran multi-person crew on an American mission, the first being that of Apollo 10. The estimated global audience at that moment was 530 million, out of an estimated world population of 3.6 billion. On July 19, after Apollo 11 had flown behind the moon out of contact with Earth, came the first lunar orbit insertion maneuver. At about 75 hours, 50 minutes into the flight, a retrograde firing of the SPS for 357.5 seconds placed the spacecraft into an initial, elliptical-lunar orbit of 69 by 190 miles. Later, a second burn of the SPS for 17 seconds placed the docked vehicles into a lunar orbit of 62 by 70.5 miles, which

was calculated to change the orbit of the CSM piloted by Collins. Before this second SPS firing, a TV transmission was made, this time from the surface of the moon.

Partially piloted manually by Armstrong, the Eagle landed in the Sea of Tranquility in Site 2 at 0 degrees, 41 minutes, 15 seconds north latitude and 23 degrees, 26 minutes east longitude. This was about four miles downrange from the predicted touchdown point and occurred almost one-and-a-half minutes earlier than scheduled. It included a powered descent



that ran a mere nominal 40 seconds longer than preflight planning due to translation maneuvers to avoid a crater during the final phase of landing. Attached to the descent stage was a commemorative plaque signed by President Richard M. Nixon and the three astronauts.

Armstrong became the first human to step onto the lunar surface six hours after landing on July 21; Aldrin joined him about 20 minutes later. Half an hour later, President Nixon spoke by telephone link with the astronauts. They spent about two and a quarter hours together outside the spacecraft, and collected 47.5 pounds

(21.5 kg) of lunar material to bring back to Earth. Michael Collins piloted the command module Columbia alone in lunar orbit while they were on the Moon's surface. Armstrong and Aldrin spent 21 hours, 36 minutes on the moon's surface before rejoining Columbia in lunar orbit.

Commemorative medallions bearing the names of the three Apollo 1 astronauts who lost their lives in a launch pad fire, and two cosmonauts who also died in accidents, were left on the moon's surface. A one-and-a-half inch silicon disk, containing micro miniaturized goodwill messages from 73 countries, and the names of congressional and NASA leaders, also stayed behind.

After a flight of 195 hours, 18 minutes, 35 seconds - about 36 minutes longer than planned - Apollo 11 splashed down in the Pacific Ocean, 13 miles from the recovery ship USS Hornet. Because of bad weather in the target area, the landing point was changed by about 250 miles. Apollo 11 landed 13 degrees, 19 minutes north latitude and 169 degrees, nine minutes west longitude July 24, 1969.

The Soviet Union had been competing with the US in landing a man on the Moon but had been hampered by repeated failures in development of a launcher comparable to the Saturn V. Meanwhile, they tried to beat the US to return lunar material to the Earth by means of unmanned probes. On July 13, three days before Apollo 11's launch, they launched Luna 15, which reached lunar orbit before Apollo 11. During descent, a malfunction caused Luna 15 to crash in Mare Crisium about two hours before Armstrong and Aldrin took off from the Moon's surface to begin their voyage home.



In 1947, at age 17, Neil Armstrong began studying aeronautical engineering at Purdue University. As a naval pilot, Armstrong was then assigned to Fleet Aircraft Service Squadron (FASRON) 7 at NAS San Diego (now known as NAS North Island). He was promoted to ensign on June 5, 1951, and made his first jet carrier landing on USS Essex two days later.

After his service with the Navy, Armstrong returned to Purdue. Armstrong graduated in January 1955 with a Bachelor of Science degree in Aeronautical Engineering. Following his graduation from Purdue, Armstrong became an experimental research test pilot. He applied at the National Advisory Committee for Aeronautics (NACA)

High-Speed Flight Station at Edwards Air Force Base. Armstrong served as project pilot on Century Series fighters. Over his career, he flew more than 200 different models of aircraft. He became an employee of the National Aeronautics and Space Administration (NASA) when it was established on October 1, 1958, absorbing NACA.

In June 1958, Armstrong was selected for the U.S. Air Force's Man In Space Soonest program, which was superseded by Project Mercury, a civilian project run by NASA, when its funding was cancelled. As a NASA civilian test pilot, Armstrong was ineligible to become one of its astronauts at this time, as selection was restricted to military test pilots.

In April 1962, NASA announced that applications were being sought for the second group of NASA astronauts for Project Gemini, a proposed two-man spacecraft, and that selection was open to qualified civilian test pilots. After attending a conference co-sponsored by NASA at the Seattle World's Fair in 1962, Armstrong applied to become an astronaut. Although his application arrived late, a good friend of his managed to slip it into the pile before

anybody would notice. Armstrong was accepted into the NASA Astronaut Corps as part of "the New Nine" as the "first civilian astronaut". Proving to be successful in the Gemini program, he then took part in the Apollo program, becoming the first man to step foot on the moon during the Apollo 11 mission in 1969.

After he resigned from NASA in 1971, Armstrong taught in the Department of Aerospace Engineering at the University of Cincinnati until 1979.

In 1985, professional expedition leader Mike Dunn invited Armstrong on a trip to the North Pole. Armstrong said he was curious to see what the North Pole looked like from ground level, as he had only seen it from the Moon.

Armstrong underwent bypass surgery on August 7, 2012, to relieve blocked coronary arteries. Although he was reportedly recovering well, he developed complications in the hospital and died on August 25, in Cincinnati, Ohio, aged 82. On September 14, Armstrong's cremated remains were scattered in the Atlantic Ocean during a burial at sea ceremony aboard the USS Philippine Sea.

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*"The people I work with have a GREAT
work ethic. They get the job done,
sometimes at a moment's notice."*

– LS1 Vanessa Alvarez



AROUND THE DECKPLATES

WHAT'S YOUR DEPLOYMENT GOAL?



“Save
money!”

- ABH2 Schuman
Baltimore, MD



“Learn
Spanish!”

- SN Vasquez
New Castle, DE



“Save \$10k,
have daily
devotions, get
my ESWs.”

- CTM3 Wells
Charlestown, SC



“To make as
much money
as possible.”

- MMFN
Sinquefield
Fort Worth, TX



“Get myself
and my Sailors
qualified and
quality
laundry.”

- SH2 Foster
Bethel Acres, OK



“I want to
obtain as many
qualifications
as possible.”

- SHSN Patterson
Anderson, SC

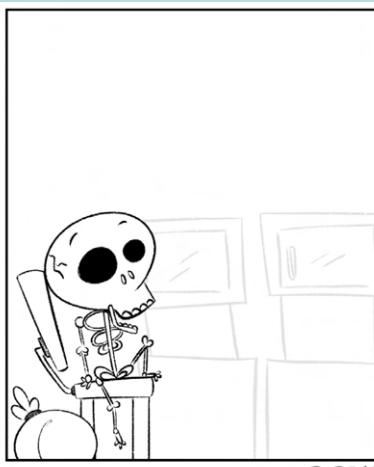
Sampaga's Joke Corner

What's the hardest part about drag racing?
Running in heels

Where did Noah keep the bees?
In the Ark Hives

Just got a job as senior director of Old MacDonald's Farm.
I'm the CIEIO.

The first French Fries were actually made in Greece



FSA | PSA



**DO NOT LEAVE TRAYS ON THE TABLE
UNLESS YOU WANT TO LEAVE A TIP**

But you won't. So don't.