

June 24, 2012

Vol. 37, No. 19



# NIMITZ NEWS

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# “The Zen of Relationships” (or “Don’t Marry a Jerk ...and don’t be one either!”)

By Chaplain, Cmdr. Emile Moured

Been “in love”? Have you ever rushed into a relationship, only to find that you threw good judgment aside, became emotionally invested, and later realized that this other person wasn’t the who you thought he/she was? Whether single or married, if you’ve been in relationships then you know that different forces or dynamics operate in these relationships. When these dynamics are out of balance, we tend to miss caution signs of impending difficulties.

While you may have sensed that things in your relationship were going sour or that things felt out of balance, you may not have known what was happening. Knowing what these forces are and how they are inter-related can help you avoid unhealthy over-attachments of the heart which tend to override good judgments of the mind. So what are some dynamics that create the feelings of attachment, which promote “bonding” in every relationship?

Dr. John Van Epp suggests intentionally examining five different dynamics in your relationship:

1) **KNOWLEDGE.** We gain a deeper understanding of the other person when we simply spend time talking and doing things together, creating a growing feeling of closeness. Specifically, how does he/she treat others? What is their family dynamic like? Do they have a skill set for communicating well? dealing with conflict? dealing with difficult seasons of life?

2) **TRUST.** Whether accurate or not, you will begin to develop a perception of this individual that will cause you to trust/distrust them. What is their character like under stress? Do they seek forgiveness when they wrong you? If so, do they change in the long run, or just to get what they want? Some violations can be forgiven, but you would be foolish to overlook as if things will get better just because you want them to (e.g., if the person cannot remain faithful while you are dating).

3) **RELIANCE.** The more you develop trust, the more you tend to depend upon the person to meet more and more of your expectations or needs. Of course, those expectations should be examined to see if they are reasonable. But if the person lives up to your expectations, you view them in more positive ways and grow closer together.

4) **COMMITMENT.** As you grow in trust and reliance, you become more committed at an emotional level. Your sense of security and your attachment tend to grow as your commitment grows.

5) **PHYSICAL INTIMACY.** While we live in a culture that treats sex like a commodity to be traded at will, physical intimacy is a very powerful force. Sex bonds a couple in a way that is emotional – even spiritual – far beyond the physical. If that bond happens too quickly and the relationship is not mature, there is significant pain and regret after the break up. If that bond is a final step as an expression of a permanent commitment (marriage), it is remarkably powerful. As with the other bonding forces, the farther you go, the closer you become.

Delving further into each of these five dynamic forces promotes further bonding in a relationship. Each one must be kept in a balance with the others in order to insure that your attachment does not override your awareness of the signs of future problems. When an imbalance does occur, unhealthy attachments result and the relationship can become subtly toxic.

Dr. Van Epp suggests this rule of thumb for keeping your relationship healthy: “**THE DEGREE OR LEVEL OF EACH BONDING DYNAMIC SHOULD NEVER EXCEED THE LEVEL OF THE PREVIOUS.**” In other words, your level of trust in someone should never exceed your level of knowledge of someone; your level of physical intimacy should never exceed your mutual level of commitment. Imbalances in these bonding dynamics will lead to an unhealthy, unsafe relationships characterized by over-attachment and distorted judgment. But balance in these dynamics promotes healthy relationships, emotional and personal safety, an internal sense of peace, and – potentially – the lifelong relationship most of us are looking for.

To read more on the topic, get Dr. Van Epp’s *How to Avoid Falling for a Jerk*. If you are presently in a relationship, your chaplains are always available for premarriage or marriage counseling.

Best,  
 Chap. Mo

# VMFA 323 Sergeant Major Receives Bronze Star

By MC2 (SW/AW) Eva-Marie Ramsaran

Commander, Carrier Strike Group 11 Rear Adm. Peter A. Gumataotao presented the Bronze Star to Marine Corps Sgt. Maj. Jason E. Patrick, attached to the "Death Rattlers" of Marine Fighter Attack Squadron (VMFA) 323, in the forecandle of the aircraft carrier USS Nimitz (CVN 68) June 20.

Patrick received the award for meritorious service in connection with combat operations against the enemy while serving as sergeant major, 2nd Battalion, 3rd Marines, Regimental Combat Team 3, Marine Expeditionary Brigade in Afghanistan from May 29, 2009 to Oct. 29, 2009.

"Sgt. Maj. Patrick is one of those old school 'calm under fire' type of leaders," said Lt. Col. Jason Woodworth, VMFA-323 commanding officer. "He is constantly present and involved in the lives of his Marines. He knows their stories, where they are from and communicates with them on a level that allows them to be honest all while maintaining discipline and focus."

According to his citation, Patrick mentored and led officers and enlisted during a condensed work-up period that encompassed training in Oahu, Hawaii and Twenty-nine Palms, Calif. in preparation for the battalion's deployment to southern Afghanistan.

Patrick placed himself at the point of friction and in harm's way throughout Operation Box Tripoli, where he participated in numerous mounted and dismounted patrols and key leadership engagements from the front line over a 1,300-man task force, operating in three provinces.

His battalion had one of the biggest areas of responsibility in Afghanistan. Their goal was to help promote the U.S. image with the Afghan locals and fight against the Taliban, by trying to make a free Afghanistan.

"This award is humbling, makes me proud, but I did what

sergeant majors do," said Patrick. "We try to lead and inspire Marines. This award is really for everything they have done and on the souls of those Marines lost."

While in Afghanistan, Patrick endured the loss of some of his men, by improvised explosive devices (IED) and gun shot injuries. To commemorate them, he organized memorial services to honor 10 of his fallen Marines and Sailors killed in action.

"He doesn't talk about what happened over there, but he's always looking out for other people," said Gunnery Sgt. Adrian Lopez, from VMFA 323. "Sergeant major shows his true character and how much he cares by always putting his Marines first, to protect them and bring them back home."

As VMFA-323 Command Sergeant Major, Patrick currently leads approximately 190 Marines in preparation of the biennial Rim of the Pacific 2012 exercise.



Rear Adm. Peter A. Gumataotao presents the Bronze Star to Marine Corps Sgt. Maj. Jason E. Patrick, attached to the "Death Rattlers" of Marine Fighter Attack Squadron (VMFA) 323, in the forecandle of the aircraft carrier USS Nimitz (CVN 68) June 20. Photo by MC2 (SW/AW) Eva-Marie Ramsaran.

## USS Nimitz' Sailor of the Day

Capt. Jeff Ruth, commanding officer of USS Nimitz, named Hospital Corpsman 3rd Class Erin Johnson, Sailor of the Day, June 23 in the Pilot House.  
(Photo by MC3 Chris Bartlett)



**DANGER AREA**

## CIWS: Multi-Role Precision Warfare Defense

Story by MC3 Jacob Milner  
Photos courtesy FC2 Brian Keown

Sailors aboard the aircraft carrier USS Nimitz (CVN 68) fired several hundred rounds from the ship's close-in weapon system (CIWS) harmlessly into the Pacific Ocean June 22, as part of a Pre-action Calibration Fire or PACFIRE exercise.

The system itself is part of a larger defense system throughout the ship including two CIWS mounts, two NATO Sea Sparrow mounts and two Rolling Airframe Missile (RAM) mounts.

"The CIWS is our last round of defense," said Fire Controlman 2nd Class Adrew Ritchie, senior technician of the forward CIWS mount. "If our missile systems can't take down a threat, the CIWS is the last precision defense to take a threat down before it impacts the ship."

Being a ship's last means of automated defense can be a daunting task, but the CIWS has the hardware to complete.

"The CIWS is a 20mm anti-air and surface defense system," said Fire Controlman 3rd Class Andrew Plane. "Our primary mission is air defense, so anytime we're engaging surface contacts or we have small boats coming near to the ship we track them. It's programmed to automatically override the user if an air target is presented while engaging a surface contact."

Though the technical data and abilities of the CIWS seems to be the cutting edge of defense, it is not a new system.

"It's been around for over 30 years," said Plane. "There has been quite a few improvements, the biggest being the addition of a thermal camera on the side of the mount. That gives us the ability to fire in surface mode and control the mount manually."

In addition to the physical upgrades to the CIWS, there are also many software upgrades that have improved the system's ability to protect the ship.

"The system itself has also been upgraded," said Plane. "It's not as faulty and it's actually more accurate. The barrels are longer now which makes our dispersion burst much smaller when it reaches the target. All that means is that it's more accurate."

In addition to being a primary air contact defense, CIWS can also track, lock onto and destroy surface targets more than one nautical mile away.

"If there are surface contacts, we can also handle that," said Ritchie. "The CIWS

actually has the best surface radar on the ship. The radar can actually lock onto a target as opposed to having a person trying to aim at the threat which is much more precise."

With the inclusion of the CIWS mounts, Nimitz is the one of the most heavily fortified warships in the world. The CIWS is just another part of how the Navy is protecting the freedoms and citizens of the United States.



## USS Nimitz Sailors celebrate 120,000 traps on the three wire

Story written by MCSN Jesse Monford

The aircraft carrier USS Nimitz (CVN 68) reached a major milestone of 120,000 traps on the arresting gears since the ship's commissioning.

The trap occurred at 2:19 a.m., Jun. 19 by Cmdr. James Christie, assigned to the "Black Knights" of Strike Fighter Squadron (VFA) 154.

"It feels great to be a part of this," said James. "I actually didn't know that I was the 120,000th trap, but once I got the news, I was pretty thrilled."

The significance of the trap is very big for the crew. Nimitz has a total of four arresting gear engines and one barricade, which are all components to stopping an aircraft when it lands on the ship's flight deck. Arresting gears number three holds the record of 120,000 plus traps.

"This engine accounts for about 40 percent of the total traps," said Capt. Jeff Ruth, commanding officer of USS Nimitz (CVN 68). "That is a pretty good number. It's actually higher than I expected."

The ships' arresting gears will go up to a little less than

300,000 traps total by the end of the upcoming deployment and get approximately up to 8,000 traps a year, added Ruth.

"Some other stats, the arresting gear number one wire has about 27,000 traps, that's good," said Ruth. "Arresting gear number two has 88,700 traps, and number four 61,700 traps."

The trap process is not an easy one. When an aircraft takes engagement catches, the cross head of the self-contained engine [arresting gear] goes to the main engine. That occurring action displaces about 180 gallons of hydraulic fluids into the accumulator. This is the recovery phase, said Chief Warrant Officer Carlos Delachica, the aircraft launching, recovery and equipment officer.

"That takes between 15 to 20 seconds recovery time," he said. "Each aircraft is coming down about five to 10 minutes apart from each other, if that, and everything down in arresting gear is manned by a total of 10 people."

"We're manned-up all day every day, and over the years the numbers just rise and rise," said Aviation Boatswain's Mate (Equipment) 3rd Class Megan Walker.

Since April 1975, when Nimitz was commissioned, the ship has had a total of 297,559 catches. Nimitz only shares this milestone with one other aircraft carrier: USS Enterprise (CVN 65), the first nuclear-powered aircraft carrier, commissioned in November 1961.



Rear Adm. Peter A. Gumataotao, commander, Carrier Strike Group (CCSG) 11, celebrates the 120,000 aircraft trap of arresting engine three with V-2 Division aboard the aircraft carrier USS Nimitz (CVN 68). Engine three now has the second highest number of traps of any in the U.S. Navy, second only to that of the USS Enterprise (CVN 65). Photo by MCSA Ryan Mayes.

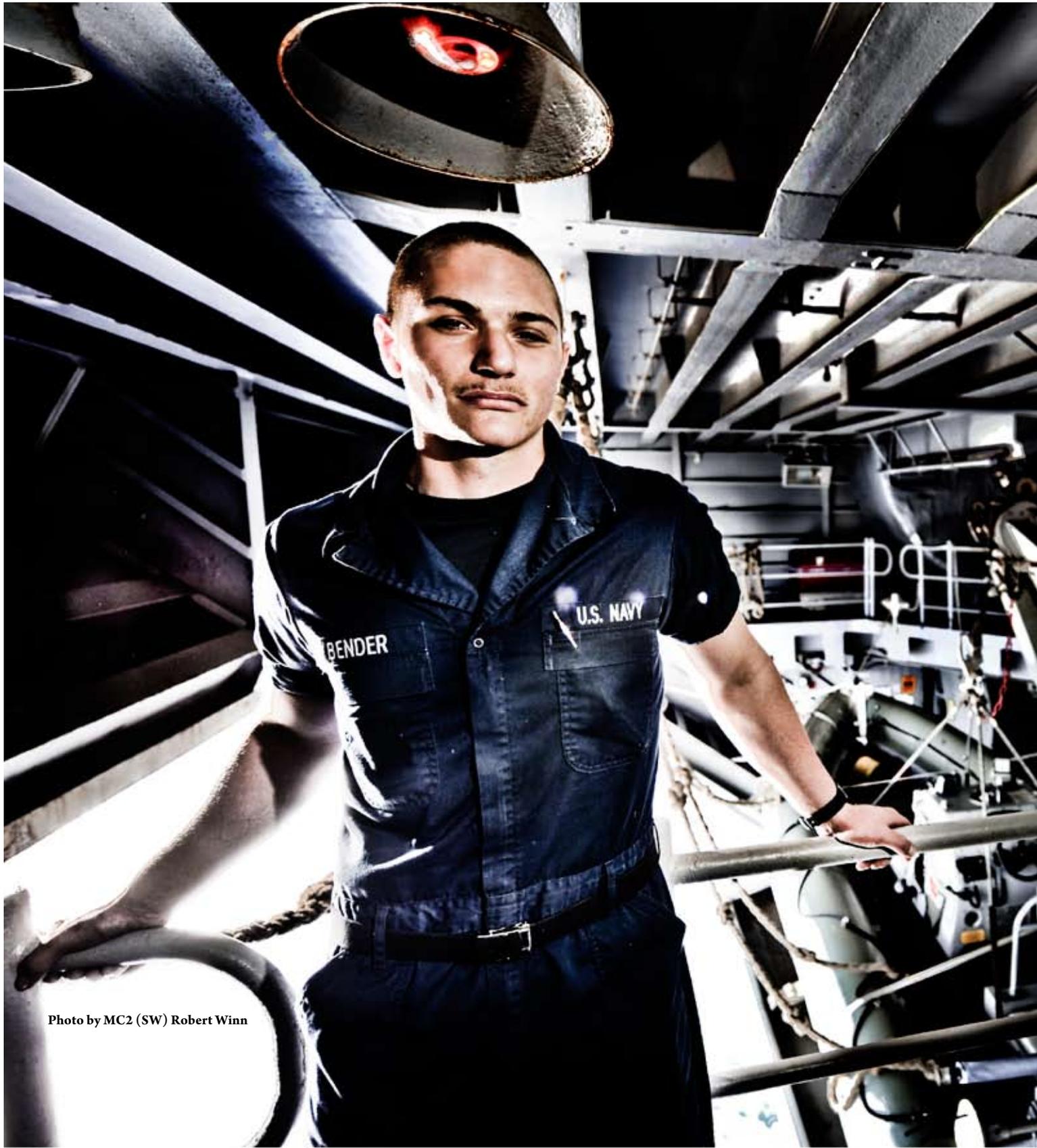


Photo by MC2 (SW) Robert Winn

# Bender's Game

Most people can't make the connection between a straight-six engine and a nuclear-powered aircraft carrier, but Fireman Brian Bender made that leap.

He was a 10-year-old kid who preferred to be at his grandfather's side, covered in grease with a flashlight in hand, helping him adjust the carburetor of his jeep. To Bender, learning about engines was the start of his life lessons. As he grew, he continued to tinker around the garage, the flashlight turned into a socket wrench and soon he was in the thick of working on his own engines and loving every minute of it.

As he got older Bender decided to take the knowledge he gained from his grandfather put it to use.

"Through high school I worked doing odd jobs for family and friends for some extra cash," said Bender. "I'd drop a clutch in or rebuild axles."

Bender had other ambitions as he approached high school graduation, little did he know that life can be unpredictable.

"I put all my eggs in this sports scholarship basket," he said. "I was planning on going to Central Washington University on a football scholarship. I played defensive end and tackle, but I didn't end up getting that scholarship. My whole family is military and the Navy promised me that I wouldn't get stuck doing some desk job."

Bender enlisted January 2011 as an undesignated fireman. He checked on board USS Nimitz (CVN 68) October 2011 and became part of Engineering Department's A-division just as one of the boat shop crew was checking out.

"I was in the right place at the right time," he said. "Someone was just checking out and I came in to ask where they needed me. They said a spot in the boat shop just opened up!"

Bender works in the small shop of five Sailors under Engineman 2nd Class William Stateler.

"I remember the first day he got to our shop," said Stateler. "We were replacing the gauge on a HPU (hydraulic power unit). That's always a messy job. It's worse as you pull the gauge off. He must have had a gallon of hydraulic fluid on him before he had a chance to stop it up."

The boat shop maintains the rigid-hull inflatable boats (RHIB) including their on board engines and the davit (the device that raises and lowers the RHIBs to the waterline).

"I have to do a boat report every day we're underway and every Wednesday while we're in port," Bender explained. "We look for valve alignment, fuel levels, battery charge and make sure all of the hydraulic system works."

Bender has made his way up through his shop and is now the alternate primary boat engineer, after Stateler.

"That means I'm the first one in RHIBs if a man-overboard is called away," said Bender. "Stateler hops in the starboard RHIB -- our primary one -- and I man up the port side [RHIB]."

What started as routine training turned into a real-life experience for the Sailors of the boat shop June 18.

"We were doing scheduled boat ops (operations), a live action man overboard drill," Bender explained. "They timed us on how long it took us to man the ready lifeboats. A watch threw a smoke marker in the water which marks where a man overboard would be. We were sent off to rescue Oscar, the dummy we use as our man in the water. We found him and pulled him out of the water about 10 minutes after launching."

The training success was the start of a small mountain of problems for the shop, though.

"We started to head back to the ship," Bender recounts. "We were in the process of recovering, about five feet off the water, when a hydraulic hose on the davit burst. It took a second for everyone to realize what had happened. They decided to lower us back in the water so we could follow behind the ship as they sorted everything out."

"As soon as I found out there was a problem I immediately knew what had to be done," said Stateler. "We train on davit malfunctions all the time. As I got on scene I had to tag out the system and find a new hose to put in place."

The system was back operational in no time at all, and the RHIB was recovered.

"I know that being out here, at sea," said Bender, "I'm making my grandpa proud."

Fireman Brian Bender scans the surface of the water for a man over board during a drill aboard USS Nimitz (CVN 68). Photo by MC3 Devin Wray



"I joined the family tradition without even knowing it."

## Lost and Found

Story by MCSA Ryan J. Mayes

Not every encounter in a person's life is mere chance or coincidence. Talk to those advanced in age and experience and most will agree that there are certain events in life that can't be explained. A mysterious intervention from harm, that car accident they shouldn't have survived, the illness they overcame or the chance meeting of a distant relative, better yet, meeting the one and only brother you never knew you had. For Boatswain's Mate 3rd Class John Olsen, the last of these, is exactly what happened.

Olsen, 23, was adopted by his family at infancy and raised in Chicago. He joined the Navy in 2008 as a fire controlman, but, as fate would have it, he ended up on the USS Nimitz (CVN 68) as an undesignated seaman to later strike as a boatswain's mate (BM). It wasn't until about a year ago that Olsen's biological family (brother and two sisters) began to contact him through social media, all of whom he never knew existed.

"About a year ago my family started Facebooking me," said Olsen. "They were saying, 'I'm your brother,' and 'I'm

your sister.'"

Olsen called his brother, Brandon Lavader, on the phone for the first time on what turned out to be the day before Lavader headed to Recruit Training Command, Great Lakes, Ill,

"I didn't even know he existed until the day before he went to boot camp," said Olsen. "I called him and we talked for a little bit, but I didn't know what rate he was going to be or anything like that. I had only talked to them about three or four times through Facebook."

It wasn't until Brandon graduated boot camp that a special turn-of-events began to unfold.

"I found out he was stationed in San Diego on the USS Carl Vinson (CVN 70) and that he was also a BM." said Olsen. "Before Nimitz made the trip down to San Diego, I asked my brother if he would be in town and he told me he thought he would."

Not only was Vinson in San Diego upon Nimitz' arrival on June 14, but the two ships were to be docked on adjacent

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Photo by MCSA Ryan J. Mayes

piers. The Vinson supplied the pier-side line handlers for the mooring of Nimitz while Olsen was responsible for a team of line handlers on board. Working together the Sailors from Vinson and Nimitz moored the ship in the early afternoon.

“When we got to San Diego I was working as a line POIC (Petty Officer In-Charge),” said Olsen. “As it turns out, so was my brother. He was a line POIC on the other end of the same line I was working on. This was pure coincidence. I knew he would be in town but I didn’t know he would be on the other end of the line. That was pretty cool.”

When the work of mooring the ship was done, Olsen was able to meet his brother face-to face for the first time on the pier. What may have been awkward at first, gave way to a more relaxed greeting as the brothers were able to get to know each other that short evening in San Diego.

“I went to his house and I got to meet his wife and his dog,” said Olsen. “We went out to dinner where we were able to catch up. As it turns out, my grandfather and great grandfather on my mom’s side and my brother’s uncle and his grandfather and great grandfather on his father’s side, were all BMs.” said Olsen. “I had no idea. I joined the family tradition without even knowing it.”

“It was weird,” said Olsen. “We had some similarities, different little mannerisms. We both play the same game systems, things like that. He even has a couple of spots in his hair, same as me.”

A chance meeting that day united two brothers who never knew each other, two brothers who share more than just blood.

“It’s strange, even if I had never known about him; we still would probably have seen each other without even knowing it. I could have easily been stationed here [in San Diego]. I’ve been curious about meeting someone from that side of my family my entire life, for it to happen like this was really neat. I was never expecting this to happen. It’s in my blood and I didn’t even know it.”

Olsen hopes to meet the rest of his family in the future. He plans to finish school after making his transition to the U.S. Navy Reserve where he will continue working as a BM. After finishing school his dream is to work as a national park ranger, hopefully at the Grand Canyon.

Whatever the future path of these two brothers, neither of them will forget the day they met. Quite literally connected through the line they both took under their control, it wasn’t just their job, it was their shared heritage and now their legacy.





Photo by MC2 (SW) Robert Winn

## 'Banger University' Kicks Off for VAW-117 Sailors

Story by MC2 (SW/AW) Eva-Marie Ramsaran

Advancement, or making rank has become hard to achieve for Sailors due to the Navy reducing its numbers steadily with Enlisted Retention Board (ERB) and Perform to Serve (PTS).

Despite the difficulties of ERB and PTS, 58 percent of Sailors attached to the "Wallbangers" of Carrier Airborne Early Warning Squadron (VAW) 117 advanced to the next pay grade from the March 2012 exam cycle.

"I'm extremely happy for all my guys and gals who made it," said Cmdr. Fred Goldhammer, VAW-117 commanding officer. "A lot of our 'Wallbangers' stepped up to the line and were rewarded for their hard work. It makes you feel good as a CO to see the Navy recognize performance."

Goldhammer made it a priority to put his Sailors first by allowing them time to during their workday to focus on learning and retaining the in-rate and professional military knowledge listed in their bibliography (bibs).

"I think the command giving us time to study was really beneficial to me making rank," said Aviation Machinist's Mate 2nd Class (AW) April Madera, VAW-117 powerplants technician who recently got frocked. "I wanted to show other people that just by studying you can make rank without having an EP (early promote) and awards."

Madera stated every Wednesday their chiefs taught in-rate training and every Monday the first classes taught basic military requirements (BMR).

As BMR coordinator, Navy Counselor 1st Class (AW/SW) Vanessa Gagnon, attached to VAW-117 since 2010, realized most of the junior Sailors didn't have the time to pull up their advancement bibs on their own; so she coordinated training with the first class mess.

She and her fellow first classes taught different topics from the BMR chapters, putting in approximately 50 hours of training. She also provided them with interactive CDs with the bibs on it.

"The command is big on Sailors advancing," said Gagnon. "The command shows they care about their Sailors by providing them the opportunity to study throughout their busy schedules, which motivates them to learn more. It's not about the aircraft all the time, sometimes you also have to take time for the people."

In preparation of the September 2012 exam cycle, the command has taken a different approach in preparing their Sailors for the test.

VAW-117 Education Services Officer Lt. Achala Edirisinghe kicked off "Banger University", a training program designed to use recently promoted Sailors, junior officers and chiefs to train and prepare the junior Sailors who are up for advancement.

It makes sense for those who were successful on the last exam to give the junior Sailors training because it is fresh in their heads and they can pass on their knowledge, show them how to study and what to study, explained Gagnon.

'Banger University's' training program entails one-on-one training, teaching study techniques and giving hands-on training. Senior Sailors are currently mentoring junior Sailors, providing the guidance and information they will need to take the exam.

These 'study mentors' are helping junior Sailors look at their profile sheets and seeing where they need to stay focused.

"I'm helping the guys who are going up for the test by helping them look over their bibs and looking at their past worksheets so they know what areas they need to focus on," said Madera.

Goldhammer states that this program if a success will directly benefit the squadron, the Sailors' families, work centers and get the mission done for the strike group.

# CRASH &



The bird comes to an abrupt halt after it catches the barricade, and the blue shirts put chocks in place. With the plane immobile, the P-25 mobile fire fighting vehicle team steams full speed to assess the situation. A hydraulic failure on the recently trapped aircraft quickly progresses into a roaring fire. The hose teams engulf the flames and ordinance with Aqueous Film Forming Foam (AFFF), pushing the fire back.

Rescue comes in and “safety’s” the pilot seat, expertly unstraps the pilot and pulls him out to a waiting medical team. The P-25 team moves in and prepares for overhaul – removing anything the aircraft may have inside that could cause an even bigger problem.

With the fire extinguished, the pilot safe and aircraft secure, the flight deck can rest easy. Safety has returned to the ship.

Thankfully, this is only a drill. Aircraft crashes and malfunctions are a real and truly dangerous occurrence, and these are the guys for the job. The rescue and clean-up crew: Crash & Salvage.

The Crash & Salvage team on board the aircraft carrier USS Nimitz (CVN 68) are just the Sailors who you want around in case something tragic goes wrong on the flight deck. They are the carrier’s aircraft fire fighters.

“Our primary duty is to save lives,” said Aviation Boatswain’s Mate (Handling) 3rd Class Amanda Soliai, who has been a member of Nimitz’ Crash & Salvage team since 2009. “If anything happens, we’re the ones who respond. Whether it’s a combined hydraulic failure or a full-on aircraft crash, we respond.”

Not just any one can become a part of the Crash & Salvage team. All 30 members were hand-selected because of their exceptional work ethic and motivation to be a part of the team. However, motivation and hard work aren’t the only desired requirements.

“We run the flight deck,” said Aviation Boatswain’s Mate (Handling) 3rd Class Isaiah Woods, a member of the Crash & Salvage team on board Nimitz. “Any crash, anything that goes

# SALVAGE

Story and photos by MC3 Dustin W. Sisco



on, we're the main ones to respond. We're the only ones to respond, the only ones who put it out, who gets the pilot out of a burning aircraft. You have to have a good mind state because at any moment anything could go off, and you have to know how to respond to that," added Woods. "Any choice, any decision you make, even if it seems like it's a little one, could end up being a big hazard if you don't know what you're doing. That's our main job – to be prepared for whatever happens on the flight deck."

When battling to save lives, it is also important to ensure the lives of the rescue and clean-up teams are kept safe. Nimitz' Crash & Salvage team are no strangers to camaraderie and unit cohesion, which plays a significant role in making sure every life is secure when taking care of any problems that may occur on the flight deck.

"We consider ourselves a family – we're really close," Soliai said. "We're here to put ourselves on the line and our lives on the line for each other."

The Crash & Salvage team truly has a profound bond with each other.

"Everybody knows something about everybody, you're not overlooked," Woods explained. "Our chain-of-command is real strict on us being together and tight. It's a real good bond."

Although being a team member isn't something a Sailor can volunteer for, being a part of Crash & Salvage is something a Sailor has to have a passion to do.

"You don't choose to do this, they choose you," said Soliai. "I didn't really understand it at first. But now, the way I see it, it's being a part of something bigger than just the Air Department – it's actually the whole 'big Navy.' We make sure the pilots doing their jobs, wherever that might be, come home safe and get to return to their families."



Story and photos by MC3 Ian A. Cotter

The life of a U.S. Navy Sailor is full of challenges, obstacles, long days, and a lot of work. Prime examples of such a lifestyle are found traversing the spaces, decks and passageways of the aircraft carrier USS Nimitz (CVN 68) each day underway as the ship steams forward in its mission. But, each Sailor has their own ways of relieving the stress earned through the days of hard effort with personal activities that help them meet the next day refreshed and motivated.

During the day, the forward mess decks of Nimitz are typically used as a training environment, a study hall, a mustering station, and of course a place to eat. But after the sun sets, and the day's tasks come to completion, it is transformed into a world of war and craft where anyone can become anything as long as they had the imagination to take them there. I am referencing gaming, and as the cards, boards and 12-sided dice come out, Sailors become tabletop warriors.

"They don't serve chow on the forward mess decks at night, so there's nothing really going on unless a division is having quarters or a meeting," said Information Systems Technician 3rd Class Christopher Elsen, one of the regular Sailors found on the forward mess decks.

Turn-based strategy card games are popular after working hours on the forward mess decks, including Magic the Gathering, Yu-Gi-Oh and Pokémon.

"I'm not the best," he said about his card playing skills. "I had only played a few other people on the ship and I would win here and there. Then I went to a local card store where they hold tournaments, and I got my [backside] handed to me."

From the newest players to the most seasoned of card warriors, Nimitz Sailors come to the table to relax, compete, and have fun. One of the more experienced players, Machinist's Mate 3rd Class Michael B. Wilder, can be found often on the mess decks playing alongside the other players.

"I've been playing since 2002, and I'm pretty

consistent with winning," said Wilder. "I'm normally out there playing cards, but sometimes I'll see what Elsen is watching on his TV."

The mechanics of turn based card games allow players to make decisions when they draw new cards about what they are going to do next. There are many different moves a player can make, and no two games are the same.

"I feel like intellect will reward me," he said. "The game has a lot going on, and it's easy to miss small values, such as a point of life or an extra card. Over time, they can take you from a guaranteed win to a losing blowout."

Magic is just an example of the many hobbies Sailors aboard Nimitz enjoy after a long day's work. Elsen often brings an entire backpack full of Xbox games, his Xbox, movies, books and a TV, among other things.

"I like the mess decks because it's wide open," said Elsen. "You can set things up, and if you want, you can pretty much be left alone."

Elsen usually sets up his TV, laptop, and video game systems right on the table and socializes with other Sailors.

"From what I know, we just don't want to be cooped up in our workstations," he said. "People bring books, movies, cards and video games out here all the time. It's a nice cool down."

Even into the early hours of the morning, Sailors can still be found at the Forward mess decks chatting up about the day or playing games.

"It's good to get out of our spaces after work," said Elsen. "Work can be challenging and take a lot out of you, so it's easy to sit down, play a few games and socialize."

So whether you're a gamer, or a talker; a bookworm or a listener, the forward mess decks is certainly a place to find a little respite after a long day. Transforming from a bustling chow hall by day to relaxing social area at night, the forward mess decks are a testament to the versatility of the spaces aboard Nimitz and an example of the more recreational side of the life of a Sailor.





# ONE DRINK = 12 oz Beer = 4oz Wine = 1oz Shot (80 proof)

MEN after 1 hour of drinking

		body weight (lbs.)							
		120	140	160	180	200	220	240	260
number of drinks	1	.02	.01	.01	.00	.00	.00	.00	.00
	2	.05	.04	.03	.03	.02	.02	.02	.01
	3	.08	.06	.05	.05	.04	.04	.03	.03
	4	.11	.09	.08	.07	.06	.05	.05	.04
	5	.14	.12	.10	.09	.08	.07	.06	.06
	6	.17	.14	.12	.11	.10	.09	.08	.07
	7	.20	.17	.15	.13	.12	.10	.09	.08
	8	.23	.20	.17	.15	.13	.12	.11	.10
	9	.27	.23	.19	.17	.15	.14	.12	.11
	10	.30	.25	.22	.19	.17	.15	.14	.13

MEN after 3 hours of drinking

		body weight (lbs.)							
		120	140	160	180	200	220	240	260
number of drinks	1	.00	.00	.00	.00	.00	.00	.00	.00
	2	.01	.01	.00	.00	.00	.00	.00	.00
	3	.05	.03	.02	.01	.01	.00	.00	.00
	4	.08	.06	.05	.04	.03	.02	.01	.01
	5	.11	.09	.07	.06	.05	.04	.03	.02
	6	.14	.11	.09	.08	.06	.05	.05	.04
	7	.17	.14	.12	.10	.08	.07	.06	.05
	8	.20	.17	.14	.12	.10	.09	.08	.07
	9	.23	.19	.16	.14	.12	.11	.09	.08
	10	.26	.22	.19	.16	.14	.12	.11	.10

MEN after 5 hours of drinking

		body weight (lbs.)							
		120	140	160	180	200	220	240	260
number of drinks	1	.00	.00	.00	.00	.00	.00	.00	.00
	2	.00	.00	.00	.00	.00	.00	.00	.00
	3	.01	.00	.00	.00	.00	.00	.00	.00
	4	.05	.03	.01	.00	.00	.00	.00	.00
	5	.08	.05	.04	.02	.01	.01	.00	.00
	6	.11	.08	.06	.04	.03	.02	.01	.01
	7	.14	.11	.08	.07	.05	.04	.03	.02
	8	.17	.13	.11	.09	.07	.06	.05	.04
	9	.20	.16	.13	.11	.09	.07	.06	.05
	10	.23	.19	.15	.13	.11	.09	.08	.06

## Keep to the **BLUE**

0.02 - 0.03 = No loss of coordination, slight euphoria and loss of shyness  
 0.04 - 0.06 = Feeling of relaxation, lower inhibitions, some minor impairment of reasoning & memory, lowering of cautions

## Be careful of the **ORANGE**

0.07 - 0.09 = Slight impairment of balance, speech, & reaction time, judgement reduced, reason impaired  
 0.10 - 0.125 = Significant impairment of motor coordination & loss of good judgement, slurred speech; balance & reaction time impaired  
 0.13 - 0.15 = Gross motor impairment

& lack of physical control, blurred vision, loss of balance, anxiety, judgement and perception are severely impaired  
 0.16 - 0.19 = Nausea & more anxiety, appears as "sloppy" drunk  
 0.20 - 0.24 = Disoriented, needs help to stand, walk, some have nausea & vomiting, blackouts likely

## Keep out of the **RED**

0.25 - 0.29 = Mental, physical & sensory functions severely impaired, risk of serious injury  
 0.30 - 0.34 = Stupor, little comprehension, may pass out, hard to awaken  
 0.35+ = Coma and/or death possible  
**SEEK MEDICAL ATTENTION!**

SOURCE: www.brad21.org

## What can affect your BAC level?

- **How much alcohol you drink.**
- **How quickly you drink.** The quicker you drink, the higher your peak BAC will be. The liver gets rid of alcohol at the average rate of one drink per hour (12 oz. beer, 4 oz. wine, 1 shot of distilled liquor). If a person drinks faster than this, the remainder will circulate in the blood stream until the liver can get rid of it.
- **Body weight.** People with more lean muscle mass will be less affected by the same amount of alcohol than people with less lean muscle mass. People with more lean muscle mass will have more blood and water in their bodies in which to dilute the alcohol.
- **Food in the stomach.** When there is food in the stomach, alcohol is absorbed slower into the blood stream. The BAC rises more rapidly in those who drink on an empty stomach, because there is no food in which to dilute the alcohol.
- **Type of mixer used.** Water and fruit juices mixed with alcohol slow the absorption process, while carbonated beverages will speed it up.
- **Gender.** Women reach higher BACs faster because they have less water in their bodies and more adipose tissue (fat), which is not easily penetrated by alcohol.
- **Drugs/medication.** If you have a 0.06 BAC and take an antihistamine, you are likely to drive with as much impairment as though you have a 0.10 BAC.

### What is "BAC"?

Blood Alcohol Concentration is the percentage of alcohol in the blood as someone drinks. This means that for every 1,000 milliliters of blood, the body contains 1 milliliter of alcohol. For example, a BAC of .04 means that for every 1,000 milliliters of blood, the body contains 4/10ths of a milliliter of alcohol.

## KEEP TO THE BLUE!

Knowing your BAC can prevent hangovers: The major cause of a hangover is dehydration resulting from your liver's efforts to metabolize alcohol in your system. The severity of a hangover is related to drinking rate, peak BAC, and the amount of alcohol consumed. The faster you drink, the higher your peak BAC, and the more alcohol you consume, the greater your hangover.

### Point of diminishing returns:

Diminishing returns is the idea that the "high" you feel from consuming alcohol is reached at BACs between .00 and .06, and further drinking does not produce greater euphoria. In fact, it has the opposite effect and leads to greater chance of experiencing negative consequences.

### Tips to reduce hangovers:

- **Stay hydrated!** Try alternating alcoholic drinks with non-alcoholic ones, or H2O.
- **Eating** before and while drinking slows down absorption.
- **Slow down!** Sip your drink slowly to keep to the blue, rather than feel blue the next morning.

**The Designated Driver Program:** Local restaurants and bars will provide free non-alcoholic drinks to designated drivers. Just tell your server that you're the designated driver!

Source: Adapted from Prevention Resource Guide: Impaired Driving (1991) MS434  
 Safer Streets Ahead (1990) PH292  
 Disclaimer: The purpose of these charts is as a tool and does not guarantee a specific BAC.

# Times Digest

SATURDAY, JUNE 23, 2012

FROM THE PAGES OF *The New York Times*

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## Companies' Ills Did Not Harm Romney's Firm

Cambridge Industries, an automotive plastics supplier whose losses had been building for three consecutive years, finally filed for bankruptcy in May 2000 under a mountain of debt that had ballooned to more than \$300 million.

Yet Bain Capital, the private equity firm that controlled the Michigan-based company, continued to religiously collect its \$950,000-a-year "advisory fee" in quarterly installments, even to the very end, according to court documents.

Bain reaped more than \$10 million in fees from Cambridge over five years, including a \$2.25 million payment just for buying the company, according to bankruptcy records and filings with the Securities and Exchange Commission. Meanwhile, Bain's investors saw their \$16 million investment in Cambridge wiped out.

The private equity firm, cofounded and run by Mitt Romney, held a majority stake in more than 40 U.S.-based companies from its inception in 1984 to early 1999, when Romney left Bain to lead the Salt Lake City Olympics. Of those companies, at least seven filed for bankruptcy while Bain remained involved, or shortly afterward, according to a review by *The New York Times*. In some cases, hundreds of employees lost their jobs. In most of those cases, however, records and interviews suggest Bain and its executives still found a way to make money.

Romney's experience at Bain is at the heart of his case for the presidency. He has repeatedly promoted his years working in the "real economy," arguing his success turning around troubled companies and helping to start new ones, producing jobs, has prepared him to revive the country's economy. But Bain structured deals so it was difficult for the firm and its executives to really lose.

"Bain Capital does not make money on investments when our investors lose money," the company said in a statement. (NYT)



NABIL K. MARK/CENTRE DAILY TIMES, VIA ASSOCIATED PRESS

**Sandusky Convicted** Jerry Sandusky, a former Penn State assistant football coach, was convicted Friday of sexually abusing 10 young boys over 15 years. The boys, from disadvantaged homes, were befriended by Sandusky, then repeatedly violated. More in Sports.

## Killings Curb Reporting of Crimes

XALAPA, Mexico — Throwing his burly frame to the ground, photojournalist Alberto Morales click, click, clicked away as police officers and soldiers barked into radios, hoisted their rifles and crouched into position on word of a suspicious vehicle moving in.

Up the block, three people sitting in a car had been shot to death, their bloody end luring Morales of the *Multigrafica* magazine into the night with hopes of that perfect photo. He did not have much competition.

"Just a month ago there would have been 15 reporters here," he said, grabbing a few more frames. "But now it was just us," referring to a couple of other journalists.

Víctor Báez surely would have been there, as a reporter for his closely followed, tabloid-like Web site *Reporteros Policiacos* and also a crime correspondent for *Milenio*, a national newspaper. But his killing last week, in the capital of Veracruz State, where drug violence has exploded, scared off much of his brethren.

Mexico has been one of the most dangerous countries for journalists, with 45 killed or missing since 2007, according to one tally. But Veracruz State is considered the most dangerous patch of all in which to report the news. At least nine journalists have been killed

in the past year and a half.

Veracruz, with drug and migrant trafficking routes crisscrossing the state, plus a port on the Gulf of Mexico known for smuggling contraband, has become a battleground, as two of the most powerful organized crime groups, the Zetas and the Sinaloa cartel, fight for dominance.

Reporters often report only the official version of crimes, if at all, and newspaper editors have told government officials they are pressured by criminals to report, or not report, certain episodes.

"Perhaps the most devastating effect of this unprecedented wave of violence is the fact that people in Veracruz are being deprived of vital information of one of the issues that is obviously having a very serious effect in the lives of the people, which is the level of violence, the number of killings," said Carlos Lauría, who monitors Latin America for the Committee to Protect Journalists. The self-censorship, he said, has an impact on the quality of democracy.

Báez, 46, took pride in staying behind and not allowing the criminals to impose their will. "We cannot give in to fear, we cannot live our lives afraid to go out, afraid to see friends, afraid to do what we do," a colleague recalled Báez saying earlier this year. (NYT)

## CHURCH OFFICIAL IS FOUND GUILTY OF HIDING ABUSE

PHILADELPHIA — Msgr. William J. Lynn, a former archbishop's aide, was found guilty Friday of endangering children, becoming the first senior official of the Roman Catholic Church in the United States convicted of covering up sexual abuses by priests under his supervision.

The 12-member jury acquitted Lynn, of the Archdiocese of Philadelphia, of conspiracy and a second count of endangerment



Msgr. William J. Lynn

after a trial that prosecutors and victims rights groups called a turning point in the abuse scandals that have shaken the Catholic church.

The single guilty verdict was seen as a victory for the district attorney's office, which has been investigating the archdiocese since 2002, and it was hailed by victim advocates who have argued for years that senior church officials should be held accountable for concealing evidence and transferring predatory priests to unwary parishes.

Lynn, 61, sat impassively as the jury foreman announced the verdicts, but relatives were in tears. Judge M. Teresa Sarmina of the Common Pleas Court revoked his bail, and Lynn stood up, removed his clerical jacket and was led by deputies to a cell area. His conviction could result in a prison term of three-and-a-half to seven years; sentencing is set for Aug. 13.

The verdict sent a sobering message to church officials and others overseeing children. "I think that bishops and chancery officials understand that they will no longer get a pass on these types of crimes," said Nicholas P. Cafardi, a professor of law at Duquesne University a canon lawyer and church adviser. "Priests who sexually abuse youngsters and the chancery officials who enabled it can expect criminal prosecution." (NYT)

# SCOREBOARD

## Sports on AFN

**Sunday**  
**AFN-Sports, 4 p.m.**—MLB: Milwaukee at Chicago White Sox (dld).  
**AFN-Xtra, 4 p.m.**—Mixed martial arts: Bellator 71 (dld).  
**AFN-Xtra, 6 p.m.**—Arena football: Arizona at Milwaukee (dld).  
**AFN-Sports, 8 p.m.**—Boxing: Jossipito Lopez vs. Victor Ortiz, welterweights (dld).  
**AFN-Xtra, 9 p.m.**—MLB: Atlanta at Boston (dld).  
**AFN-Sports, 11:30 p.m.**—MLS: San Jose at Real Salt Lake (dld).

**Monday**  
**AFN-Sports, 2 a.m.**—MLB: Toronto at Miami.  
**AFN-Atlantic, 4 a.m.**—Diving: U.S. Olympic trials, men's 3-meter, women's 3-and-10-meter finals.  
**AFN-Xtra, 4 a.m.**—Auto racing: NASCAR Sprint Cup Toyota/SaveMart 350.  
**AFN-Sports, 5 a.m.**—MLB: San Francisco at Oakland (dld).  
**AFN-Atlantic, 8 a.m.**—Track and field: U.S. Olympic trials.  
**AFN-Xtra, 8 a.m.**—MLS: D.C. at New York.  
**AFN-Atlantic, 9 a.m.**—College baseball: World Series, national championship, Arizona vs. South Carolina, Game 1.  
**AFN-Sports, 9 a.m.**—MLB: N.Y. Yankees at N.Y. Mets.  
**AFN-Xtra, noon**—Soccer: UEFA Euro 2012, quarterfinal, England vs. Italy (dld).  
**AFN-Sports, 3 p.m.**—Golf: PGA Travelers Championship, final round.  
**AFN-Xtra, 4 p.m.**—Mixed martial arts: UFC 147, Silva vs. Franklin II (dld).  
**AFN-Sports, 7:30 a.m.**—Tennis: Wimbledon, Day 1.  
**AFN-Xtra, 11 p.m.**—Mixed martial arts: UFC 147, Silva vs. Franklin II (dld).

**Tuesday**  
**AFN-Sports, 9 a.m.**—College baseball: World Series, national championship, Arizona vs. South Carolina, Game 2.  
**AFN-Xtra, 9 a.m.**—Swimming: U.S. Olympic trials.  
**AFN-Xtra, 10 a.m.**—Track and field: U.S. Olympic trials.  
**AFN-Sports, noon**—MLB: L.A. Dodgers at San Francisco (joined in progress).  
**AFN-Xtra, noon**—MLB: Oakland at Seattle.  
**AFN-Sports, 4 p.m.**—MLB: Cleveland at N.Y. Yankees (dld).  
**AFN-Sports, 8 p.m.**—Tennis: Wimbledon, Day 2.

All times are Japan and Korea Standard (dld) indicates delayed broadcast. All listings are subject to change. Visit MyAFN.net for information.

## Tennis

**Eastbourne Championships**  
**Saturday**  
 At Devonshire Park, Eastbourne, England  
**Purse: A TP, \$575,700 (WT250); WTA, \$537,000 (Premier)**  
**Surface: Grass-Outdoor**  
**Singles**  
**Men**  
 Final  
 Andy Roddick (6), United States, def. Andreas Seppi (3), Italy, 6-3, 6-2.  
**Women**  
 Final  
 Tamira Paszek, Austria, def. Angelique Kerber (5), Germany, 5-7, 6-3, 7-5.  
**UNICEF Open**  
**Saturday**  
 At Autotron Rysmaland, Don Bosch, Netherlands  
**Purse: Men, \$568,250 (WT250); Women, \$220,000 (Intl.)**  
**Surface: Grass-Outdoor**  
**Singles**  
**Men**  
 Championship  
 David Ferrer (1), Spain, def. Philipp Petzschner, Germany, 6-3, 6-4.  
**Women**  
 Championship  
 Nadia Petrova (8), Russia, def. Urszula Radwanska, Poland, 6-4, 6-3.

## College baseball

**College World Series**  
**At TD Ameritrade Park Omaha, Omaha, Neb.**  
**Double Elimination**  
 x-if necessary  
**Friday, June 15**  
 UCLA 9, Stony Brook 12  
 Arizona 4, Florida State 3, 12 innings  
**Saturday, June 16**  
 Arkansas 8, Kent State 1  
 South Carolina 7, Florida 3  
**Sunday, June 17**  
 Florida State 12, Stony Brook 2, Stony Brook eliminated  
 Arizona 4, UCLA 0  
**Monday, June 18**  
 Kent State 5, Florida 4, Florida eliminated  
 Arkansas 2, South Carolina 1  
**Tuesday, June 19**  
 Florida State 4, UCLA 1, UCLA eliminated

## Golf

**Travelers Championship**  
**PGA Tour**  
**Friday**  
**At TPC River Highlands Course, Cromwell, Conn.**  
**Purse: \$6.5 million**  
**Yardage: 6,941; Par: 70 (35-35)**  
**Partial Second Round**  
**77 Players did not finish the round**  
 Fredrik Jacobson 65-66-131 -9  
 Blake Adams 69-64-133 -7  
 Roland Thatcher 66-67-133 -7  
 Stuart Appleby 68-65-133 -7  
 Brian Day 67-67-134 -6  
 Marc Leishman 68-66-134 -6  
 Tommy Gainey 66-68-134 -6  
 Charlie Wi 70-65-135 -5  
 John Rollins 68-67-135 -5  
 Tim Clark 66-69-135 -5  
 Aaron Baddeley 67-68-135 -5  
 Lucas Glover 66-69-135 -5  
 Graham DeLaet 68-68-136 -4  
 Rocco Mediate 66-70-136 -4  
 Keegan Bradley 68-68-136 -4  
 Colin Coles 70-66-136 -4  
 Billy Hurley III 69-67-136 -4  
 David Mathis 64-73-137 -3  
 Zach Johnson 72-65-137 -3  
 Ryo Ishikawa 70-67-137 -3  
 Charlie Wi 71-66-137 -3  
 Bubba Watson 66-71-137 -3  
 Chaz Roey 66-71-137 -3  
 Brendon de Jonghe 72-65-137 -3  
 Gavin Coles 73-65-138 -2  
 Bryson Molder 71-65-138 -2  
 Stephen Gangloff 67-71-138 -2  
 George McNeill 73-66-139 -1  
 Chris Stroud 71-68-139 -1  
 Cameron Tringale 68-70-139 -1  
 Ryan Moore 72-67-139 -1  
 Danny Lee 69-70-139 -1  
 Niall Linn 72-67-139 -1  
 Neal兰 72-68-140  
 Patrick Sheehan 75-65-140 E  
 Scott Dunlap 75-65-140 E  
 Tim Herron 72-68-140 E  
 D.J. Trahan 73-67-140 E  
 Tom Pernice Jr. 74-66-140 E  
 Angel Cabrera 74-66-140 E  
 Vijay Singh 71-69-140 E  
 Vaughn Taylor 70-70-140 E  
 Jamie Lovemark 70-70-140 E  
 Pulliam, Germany 72-69-141 +1  
 Steve Marino 72-69-141 +1  
 Michael Bradley 74-67-141 +1  
 Troy Matteson 70-71-141 +1  
 Cameron Tringale 70-71-141 +1  
 Troy Kelly 75-66-141 +1  
 William McGirt 70-71-141 +1

**BMW International Open**  
**European Tour**  
**Friday**  
**At Gut Lärchenhof Golf Club, Pulliam, Germany**  
**Purse: \$2.52 million**  
**Yardage: 7,228; Par: 72 (36-36)**  
**Second Round**  
 Joel Sjöholm, Sweden 67-66-133  
 Paul McGinley, Ireland 65-70-135  
 Chris Wood, England 65-70-135  
 Fabrizio Zanotti, Paraguay 64-71-135  
 Danny Willett, England 65-70-135  
 Shy Kapur, India 66-70-136  
 Thomas Norret, Denmark 67-67-136  
 Matthew Nixon, England 71-66-137  
 Oscar Floren, Sweden 67-70-137  
 Joost Luiten, Holland 68-69-137  
 Nicolas Faeh, Switzerland 68-69-137  
 Dylan Frittelli, South Africa 69-68-137

**Manulife Financial Classic**  
**LPGA Tour**  
**Friday**  
**At Gray Sijo Golf Course, Waterloo, Ontario**  
**Purse: \$1.3 million**  
**Yardage: 6,532; Par: 71**  
**Second Round**  
 Inbee Park 69-64-133  
 Brittany Lang 69-65-134  
 Shaohan Feng 66-68-134  
 Heo Kyung Seo 66-68-134  
 So Yeon Ryu 70-65-135  
 Chella Choi 69-66-135  
 Katie Futcher 68-67-135  
 Sun Young Yoo 68-67-135  
 Karin Sjodin 67-68-135  
 Lexi Thompson 66-69-135  
 Sandra Changkija 63-72-135  
 Stacy Lewis 72-64-136  
 Jodi Ewart 68-68-136  
 Anna Nordqvist 64-72-136  
 Nicole Hage 72-65-137  
 Kris Tamulis 70-67-137  
 Paula Creamer 69-68-137  
 Mi Jung Hur 69-68-137  
 Suzann Pettersen 67-70-137

## Auto racing

**Toyota/Save Mart 350 lineup**  
**After Friday qualifying: race Sunday at Sonoma, Sonoma, Calif.**  
**Lap length: 1.99 miles**  
**(Car number in parentheses)**  
 1. (9) Marcos Ambrose, Ford, 55,262 mph.  
 2. (24) Jeff Logano, Chevrolet, 95,067.  
 3. (48) Jimmie Johnson, Chevrolet, 94,756.  
 4. (15) Greg Biffle, Ford, 94,722.  
 5. (56) Martin Truex Jr., Toyota, 94,686.  
 6. (15) Clint Bowyer, Toyota, 94,679.  
 7. (18) Kyle Busch, Toyota, 94,632.  
 8. (51) Kurt Busch, Chevrolet, 94,557.  
 9. (17) Matt Kenseth, Ford, 94,524.  
 10. (39) Ryan Newman, Chevrolet, 94,509.  
 11. (29) Carl Edwards, Ford, 94,503.  
 12. (42) Juan Pablo Montoya, Chevrolet, 94,319.  
 13. (2) Brad Keselowski, Dodge, 94,269.  
 14. (20) Joey Logano, Toyota, 94,209.  
 15. (5) Casey Mears, Chevrolet, 94,206.  
 16. (11) Denny Hamlin, Toyota, 94,199.  
 17. (22) A J Allmendinger, Dodge, 94,194.  
 18. (47) Bobby Labonte, Toyota, 94,103.  
 19. (88) Dale Earnhardt Jr., Chevrolet, 94,026.  
 20. (13) Casey Mears, Ford, 93,991.  
 21. (55) Brian Vickers, Toyota, 93,949.  
 22. (95) Scott Speed, Ford, 93,913.  
 23. (27) Paul Menard, Chevrolet, 93,84.  
 24. (14) Tony Stewart, Chevrolet, 93,824.  
 25. (1) Jamie McMurray, Chevrolet, 93,732.  
 26. (29) Kevin Harvick, Chevrolet, 93,728.  
 27. (38) David Gilliland, Ford, 93,524.  
 28. (32) Boris Said, Ford, 93,268.  
 29. (37) David Ragan, Ford, 93,166.  
 30. (43) Eric Almirola, Ford, 93,153.  
 31. (78) Regan Smith, Chevrolet, 93,064.  
 32. (36) Dave Blaney, Chevrolet, 92,964.  
 33. (88) David Mayhew, Ford, 92,833.  
 34. (7) Robby Gordon, Dodge, 92,563.  
 35. (31) Jeff Burton, Chevrolet, 92,459.  
 36. (87) Joe Nemechek, Toyota, 92,14.  
 37. (19) Chris Cook, Toyota, 92,133.  
 38. (49) J.J. Yeley, Toyota, 91,927.  
 39. (93) Travis Kvapil, Toyota, 91,836.  
 40. (26) Josh Wise, Ford, 91,729.  
 41. (10) Tony Driess, Chevrolet, Owner Points.  
 42. (83) Landon Cassill, Toyota, Owner Points.  
 43. (33) Stephen Leicht, Chevrolet, 91,686.  
**Failed to Qualify**  
 44. (30) Brian Simo, Toyota, 78,658.

**Iowa Corn 250 lineup**  
**After Friday qualifying: race Saturday at Iowa Speedway**  
**Newton, Iowa**  
**Lap length: .875 miles**  
**(Car number in parentheses)**  
 1. (10) Darjo Franchitti, Dallara-Honda.  
 2. (3) Helio Castroneves, Dallara-Chevrolet.  
 3. (26) Marco Andretti, Dallara-Chevrolet.  
 4. (27) James Hinchcliffe, Dallara-Chevrolet.  
 5. (2) Ryan Briscoe, Dallara-Chevrolet.  
 6. (12) Will Power, Dallara-Chevrolet.  
 7. (28) Ryan Hunter-Reay, Dallara-Chevrolet.  
 8. (8) Scott Dixon, Dallara-Honda.  
 9. (11) Tony Kanaan, Dallara-Chevrolet.  
 10. (38) Graham Rahal, Dallara-Honda.  
 11. (98) Alex Tagliani, Dallara-Honda.  
 12. (67) Josef Newgarden, Dallara-Honda.  
 13. (8) Rubens Barrichello, Dallara-Chevrolet.  
 14. (4) J.R. Hildebrand, Dallara-Chevrolet.  
 15. (18) Justin Wilson, Dallara-Honda.  
 16. (5) E.J. Viso, Dallara-Chevrolet.  
 17. (83) Charlie Kimball, Dallara-Honda.  
 18. (22) Oriol Servia, Dallara-Chevrolet.  
 19. (6) Katherine Legge, Dallara-Chevrolet.  
 20. (14) Mike Conway, Dallara-Honda.  
 21. (19) James Jakes, Dallara-Honda.  
 22. (20) Ed Carpenter, Dallara-Chevrolet.  
 23. (78) Simona de Silvestro, Dallara-Lotus.  
 24. (15) Takuma Sato, Dallara-Honda.  
 25. (77) Simon Pagenaud, Dallara-Honda.

## Pro basketball

**WNBA**  
**EASTERN CONFERENCE**  

Team	W	L	Pct	GB
Chicago	7	1	.778	-
Connecticut	9	3	.750	½
Indiana	6	4	.600	2
Atlanta	4	7	.364	4½
New York	2	9	.182	6
Washington	2	7	.222	5½

**WESTERN CONFERENCE**  

Team	W	L	Pct	GB
Minnesota	11	1	.917	-
Los Angeles	9	3	.750	-
San Antonio	4	5	.444	5½
Phoenix	3	7	.300	7
Seattle	4	7	.364	6½
Tulsa	1	10	.091	9½

**Friday's game**  
**Saturday's games**  
 Chicago at Tulsa  
 Indiana at Phoenix  
**Friday's game**  
 Seattle 82, San Antonio 75  
**Saturday's games**  
 Chicago at Minnesota  
 Indiana at Tulsa  
 Los Angeles at Phoenix

## European Grand Prix lineup

**After Saturday qualifying: race Sunday at Valencia Street Circuit**  
**Valencia, Spain**  
**Lap length: 3.3 miles**  
**Third Session**  
 1. Sebastian Vettel, Germany, Red Bull, 1 minute, 38.086 seconds.  
 2. Lewis Hamilton, Britain, McLaren, 1:38.410.  
 3. Pastor Maldonado, Venezuela, Williams, 1:38.475.  
 4. Romain Grosjean, France, Lotus, 1:38.505.  
 5. Kimi Raikkonen, Finland, Lotus, 1:38.513.  
 6. Nico Rosberg, Germany, Mercedes, 1:38.623.  
 7. Kamui Kobayashi, Japan, Sauber, 1:38.741.  
 8. Nico Hulkenberg, Germany, Force India, 1:38.752.  
 9. Jenson Button, Britain, McLaren, 1:38.801.  
 10. Paul di Resta, Britain, Force India, 1:38.992.  
**Eliminated after second session**  
 11. Fernando Alonso, Spain, Ferrari, 1:38.707.  
 12. Michael Schumacher, Germany, Mercedes, 1:38.770.  
 13. Felipe Massa, Brazil, Ferrari, 1:38.780.  
 14. Bruno Senna, Brazil, Williams, 1:39.207.  
 15. Sergio Perez, Mexico, Sauber, 1:39.358.  
 16. Heikki Kovalainen, Finland, Caterham, 1:40.295.  
 17. Daniel Ricciardo, Australia, Ferrari, 1:40.350.  
**Eliminated after first session**  
 18. Jean-Eric Vergne, France, Toro Rosso, 1:40.203.  
 19. Mark Webber, Australia, Red Bull, 1:39.255.  
 20. Vitaly Petrov, Russia, Caterham, 1:40.457.  
 21. Pedro de la Rosa, Spain, HRT, 1:42.177.  
 22. Narain Karthikeyan, India, HRT, 1:42.527.  
 23. Charles Pic, France, Marussia, 1:42.675.

## Soccer

**MLS**  
**EASTERN CONFERENCE**  

Team	W	L	T	Pts	GF	GA
D.C.	9	4	3	30	29	19
Sporting KC	9	3	2	29	20	11
New York	8	4	3	27	28	22
Chicago	6	5	3	21	18	18
Houston	5	4	5	18	19	19
Columbus	5	4	4	19	13	13
New England	5	7	2	17	18	18
Montreal	4	8	3	15	20	24
Philadelphia	2	8	2	8	15	26
Toronto FC	1	10	1	4	11	25

**WESTERN CONFERENCE**  

Team	W	L	T	Pts	GF	GA
Real Salt Lake	10	2	3	32	27	17
San Jose	9	3	3	30	29	18
Vancouver	7	3	5	26	18	16
Seattle	7	4	2	25	18	14
Colorado	6	8	1	19	21	21
Chivas USA	5	7	3	18	11	18
Los Angeles	5	8	2	17	23	23
Portland	3	6	4	13	12	16
FC Dallas	3	9	4	13	16	26

**NOTE:** Three points for victory, one point for tie.  
**Saturday's games**  
 New England at Toronto FC  
 Sporting Kansas City at Philadelphia  
 Houston at Montreal  
 Columbus at Chicago  
 San Jose at Real Salt Lake  
 Chivas USA at FC Dallas  
 Vancouver at Los Angeles  
**Sunday's games**  
 Seattle FC at Portland  
 D.C. United at New York  
**Wednesday, June 27**  
 Toronto FC at Montreal  
**Friday, June 29**  
 Chicago at Sporting Kansas City

## 2012 European Championship

**QUARTERFINALS**  
**Thursday, June 21**  
**At Warsaw, Poland**  
 Portugal 1, Czech Republic 0  
**Friday, June 22**  
**At Gdansk, Poland**  
 Germany 4, Greece 2  
**Saturday, June 23**  
**At Kiev, Ukraine**  
 Spain 2, France 0  
**Sunday, June 24**  
**At Donetsk, Ukraine**  
 England vs. Italy, 2:45 p.m.  
**SEMIFINALS**  
**Wednesday, June 27**  
**At Donetsk, Ukraine**  
 Portugal vs. Spain  
**Thursday, June 28**  
**At Warsaw, Poland**  
 Germany vs. Donetsk quarterfinal winner  
**FINAL**  
**Sunday, July 1**  
**At Kiev, Ukraine**  
 Semifinal winners

## Deals

**Friday's Transactions**  
**BASEBALL**  
**COMMISSIONER'S OFFICE** — Suspended Cincinnati minor league RHP Luis Atlano after a second violation for a drug of abuse and Boston minor league RHP Marco DiSanto 50 games after testing positive for an amphetamine.  
**American League**  
**BOSTON RED SOX** — Assigned RHP Jeffrey Wendolien to the Gulf Coast Red Sox and RHP Matt Nevarez to Greenfield (SAL). Assigned OF Jason Repko outright to Pawtucket (IL).  
**CHICAGO WHITE SOX** — Placed RHP Philip Humber on the 15-day DL, retroactive to June 17. Designated OF Kosuke Fukudome for assignment. Selected the contract of RHP Brian Bruney from Charlotte (CL).  
**KANSAS CITY ROYALS** — Reinstated C Salvador Perez from the 60-day DL. Transferred OF Lorenzo Cain to the 60-day DL. Optioned LHP Tommy Hotovy to Omaha (PCL).  
**SEATTLE MARINERS** — Assigned OF Jose Guedez to the Arizona League Mariners.  
**TAMPA BAY RAYS** — Placed OF Matt Joyce on the 15-day DL, retroactive to June 20. Reinstated 2B Jeff Keppinger from the 15-day DL. Designated 3B Drew Sutton for assignment. Optioned OF Rich Thompson to Durham (IL). Recalled RHP Brandon Gomes from Durham. Assigned RHP Damian Carroll to the Gulf Coast Rays.  
**TEXAS RANGERS** — Selected the contract of RHP Roy Oswalt from Round Rock (PCL). Placed 1B Mitch Moreland on the 15-day DL, retroactive to June 20. Designated RHP Mark Hamberger for assignment.  
**TORONTO BLUE JAYS** — Transferred RHP Kyle Drabek to the 60-day DL. Optioned RHP Alan Franza to Dunedin (FL).  
**WASH STATE FOOTBALL LEAGUE**  
**ATLANTA BRAVES** — Recalled RHP Jair Jurrjens from Gwinnett (IL).  
**CINCINNATI REDS** — Activated LHP Bill Bray from the 15-day DL. Optioned RHP J.J. Hoover to Louisville (IL).  
**COLORADO ROCKIES** — Reinstated 2B Jonathan Herrera from the 15-day DL. Optioned 2B DJ LeMahieu to Colorado Springs (PCL).  
**MILWAUKEE BREWERS** — Agreed to terms with RHP Livan Hernandez on a one-year contract. Designated LHP Juan Pineda and INF Edwin Maysonet for assignment. Reinstated SS Cesar Izturis from the 15-day DL.  
**NEW YORK METS** — Activated SS Ronny Cedeno from the 15-day DL. Optioned RHP Elvin Ramirez to Buffalo (IL).  
**PHILADELPHIA PHILLIES** — Assigned SS Zach Green to the Gulf Coast Phillies.  
**ST. LOUIS CARDINALS** — Activated OF Jon Jay and 1B Matt Carpenter from the 15-day DL. Optioned OF Adron Chambers and 1B Matt Adams to Memphis (PCL).  
**FOOTBALL**  
**NATIONAL FOOTBALL LEAGUE**  
**NEW ENGLAND PATRIOTS** — Re-signed S James Ihedigbo.  
**NEW ORLEANS SAINTS** — Placed DE Greg Rousem on the waived-injured list. Signed LB Donovan Robinson.  
**OAKLAND RAIDERS** — Waived DB LeQuan Lewis.  
**AFL** — Assigned WR Rodney Wright to San Jose.  
**HOCKEY**  
**National Hockey League**  
**CALGARY FLAMES** — Traded their first-round pick in the 2012 draft to Buffalo for their first-round pick and a second-round pick in 2012.  
**NEW YORK ISLANDERS** — Acquired D Lubomir Visnovsky from the Anaheim Ducks for the Islanders' second round selection in the 2013 National Hockey League Draft.  
**PHILADELPHIA FLYERS** — Traded G Sergei Bobrovsky to Columbus for a 2012 second-round and two fourth-round draft picks.  
**PITTSBURGH PENGUINS** — Traded C Jordan Staal to the Carolina Hurricanes for C Brandon Sutter, the No. 8 pick in 2012 draft and D Brian Dumoulin. Traded D Zbynek Michalek to Phoenix Coyotes for D Harrison Ruesch, G Marc Chelner and a third-round 2012 draft pick.  
**WASHINGTON CAPITALS** — Acquired C Mike Ribeiro from the Dallas Stars for C Cody Eakin and a second-round 2012 draft pick.  
**SOCCER**  
**Major League Soccer**  
 MLS — Suspended Portland Timbers D Hanry Mosquera for three games and fined him an undisclosed amount for striking LA Galaxy forward Jack McBean in the 94th minute of the game on June 17.  
**SEATTLE SOUNDERS** — Signed D Daniel Steres. Waived M Christian Sivebak.

**AP spotlight**  
**June 24**  
 1911 — John McCormack becomes the first American-born winner of the U.S. Open when he beats Michael Brady and George Simpson in a playoff. McCormack finishes two strokes better than Brady and five better than Simpson.  
 1968 — Joe Frazier stops Mandingo Ramos in the second round at Madison Square Garden in New York for the world heavyweight title.  
 2000 — Rick DiPietro is the first goalie drafted No. 1 when the New York Islanders select the 18-year-old star from Boston University at the NHL draft.

## COLLEGE FOOTBALL



NABIL K. MARK, CENTRE DAILY TIMES/AP

Jerry Sandusky leaves the Centre County Courthouse and is directed into a police car Friday after being found guilty in his sexual abuse trial. Sandusky was convicted of sexually assaulting 10 boys over 15 years.

### At a glance

The Associated Press

Jerry Sandusky was convicted Friday of sexually assaulting 10 boys over 15 years, with the jury finding him guilty of 45 of 48 counts. Sandusky, 68, a retired Penn State assistant football coach, showed little emotion as the verdicts were read. The judge ordered him to be taken to the county jail to await sentencing in about three months. He faces the possibility of life in prison. The verdict capped two weeks of often graphic testimony from eight accusers.

**Q: What were the charges?**

A: Sandusky was charged with 48 counts of child sex abuse involving 10 victims over a 15-year span dating to the mid-1990s. The charges were nine counts of involuntary deviate sexual intercourse, nine counts of indecent assault, nine counts of unlawful contact with a minor, 10 counts of corruption of minors, 10 counts of endangering a child's welfare and one count of attempted indecent assault.

At the beginning of trial, Sandusky faced 52 counts.

One count of unlawful contact with a minor was dropped mid-trial because the statute didn't apply at the time of the alleged encounter.

The judge threw out three counts after testimony ended: two counts of involuntary deviate sexual intercourse and one count of aggravated indecent assault. The judge said the first two charges did not bear out what testimony revealed and the third was the same as another count.

**Q: Now that Sandusky has been convicted, what kind of punishment could he receive?**

A: Had the jury found him guilty of all charges, the maximum possible sentence would have added up to about 500 years. Sandusky's lawyer, Joseph Amendola, called it a "life sentence." Sandusky went to the Centre County Correctional Facility immediately after the judge revoked his bail and ordered him jailed.

**Q: Who were his accusers? What do they have in common?**

A: The eight known accusers, who range in ages from 18 to 28, met Sandusky through The Second Mile, a charity he founded for helping children from troubled or single-parent families. Their testimony described how Sandusky bought them gifts, took them to football games and had them stay in a spare bedroom in his home for overnight sleepovers. Investigators said they don't know the identities of the two other alleged victims.

**Q: How did Sandusky explain his actions?**

A: Sandusky acknowledged publicly that he "horsed around" with young boys, showered with them after workouts, hugged them and had other physical contact but said he never acted with sexual intent. He said in interviews after his arrest that he is not a pedophile but in retrospect realizes that he should not have showered with the boys. Sandusky did not testify in his own defense, but his wife, Dottie, took the stand in support of her husband.

**Q: What was the defense team's strategy?**

A: In his opening statement to the jury, defense attorney Joseph Amendola said the accusers' allegations were flimsy and suggested some of them had a financial stake in the outcome because they want to sue Sandusky and others. During cross-examination, Amendola also tried to undermine the credibility of the young men, as well as former football team assistant Mike McQueary, who testified that he saw Sandusky naked in a shower with a boy in 2001.

Amendola also suggested some of his client's interactions with boys were not indicative of pedophilia but of histrionic personality disorder, a condition in which someone behaves in a dramatic fashion to get attention.

# Sandusky found guilty

## Ex-Penn State assistant convicted on 45 counts

By MARK SCOLFORD  
AND GENARO C. ARMAS  
The Associated Press

BELLEFONTE, Pa. — For years, the children Jerry Sandusky had preyed upon kept quiet about what the former Penn State assistant football coach did to them in echoing shower stalls, empty hotel rooms and the muffled confines of his basement bedroom.

After a swift trial and less than two days of deliberations, a jury issued an emphatic verdict late Friday: Sandusky was guilty on 45 counts of sexual abuse, meaning the man once considered a successor to coach Joe Paterno will likely die in prison.

The verdict is not the end of the scandal that took down the legendary Paterno and deeply shook the state's most prominent university. It will play out for years in courtrooms and through a set of ongoing investigations.

But the trial presented one piece of finality: Sandusky was taken away in handcuffs to the county jail. Sentencing will be in about three months, but mandatory minimums will keep him behind bars for life.

"One of the recurring themes in this case was, 'Who would believe a kid?'" Attorney General Linda Kelly said. "The answer is, we in Bellefonte, Pa., would believe a kid."

Sandusky, a retired defensive coach, showed little emotion as the verdict was read, giving his wife, Dottie, and family members a small wave as the county sheriff led him away.

There were only three acquittals among the charges related to 10 victims, eight of

whom took the stand to describe fondling, forced oral sex and anal rape. Many of the accusers testified that they had told no one of the abuse that dated to the mid-1990s — not parents, not girlfriends and not police.

The accuser known in court papers as Victim 6, whose mother alerted authorities in 1998 after Sandusky took her son into a shower, broke down in tears upon hearing the verdicts in the courtroom. Afterward, a prosecutor embraced him and said, "Did I ever lie to you?"

The man, now 25, testified that Sandusky called himself the "tickle monster" in a shower assault. He declined to comment afterward. His mother said: "Nobody wins. We've all lost."

One of the three counts for which Sandusky was acquitted concerned Victim 6, an indecent assault charge. The man testified that Sandusky had given him a bear hug in the shower but at one point he just "blacked out."

The other acquittals were an indecent assault charge related to Victim 5, who said Sandusky fondled him in the shower, and an involuntary deviate sexual intercourse charge regarding Victim 2, the boy graduate assistant Mike McQueary said he saw being attacked in a campus shower.

That charge resulted in an acquittal because McQueary did not see penetration, juror Joshua Harper told NBC's "Today" on Saturday. But, Harper said, McQueary made it apparent he saw something "that was wrong and extremely sexual."

Almost immediately after the judge adjourned, loud cheers could be heard from a couple of hundred people gathered outside

the courthouse as word quickly spread that Sandusky had been convicted. The crowd included victim advocates and local residents with their children. Many held up smartphones to take pictures as people filtered out of the building.

As Sandusky was placed in a cruiser to be taken to jail, someone yelled at him to "Rot in hell!" Others hurled insults, and he shook his head no in response.

Defense attorney Joe Amendola was interrupted by cheers from the crowd on the courthouse steps when he said, "The sentence that Jerry will receive will be a life sentence."

The family of Paterno, who died five months before Sandusky's conviction, released a statement saying: "Although we understand the task of healing is just beginning, today's verdict is an important milestone. The community owes a measure of gratitude to the jurors for their diligent service. Our thoughts and prayers continue to be with the victims and their families."

In a statement, Penn State praised the accusers who testified and said that it planned to invite the victims of Sandusky's abuse to participate in a private program to address their concerns and compensate them for claims related to the school.

Sandusky had initially faced 52 counts of sex abuse.

Prosecutors dropped one count and the judge tossed three others during the trial, on grounds two were unproven, one was brought under a statute that didn't apply and another was duplicative.

# Movie Schedule

## Admiral's Call

1900

on  
Site TV

## Q & A with the Admiral, CO & CAG

To Submit questions during the  
broadcast call J-6716

### TV LINEUP

- 2 - AFN SPORTS
- 3 - AFN NEWS
- 4 - AFN XTRA
- 5 - 8MM MOVIES
- 6 - 8MM MOVIES
- 7 - 8MM MOVIES
- 8 - ROLLER
- 9 - DVD TRAINING
- 10-FLIGHT DECK
- 11-CNN
- 29-DVD MOVIES

All Request Sunday: Movies being played today have been submitted by viewer request.  
To check movie availability call 6716.



#### On the Cover:

Aviation Boatswain's Mates of the Crash and Salvage team aboard the aircraft carrier USS Nimitz (CVN 68) stand ready to combat aircraft emergencies. Photo by MC3 Dustin W. Sisco.