

HELLCAT NEWS

The daily news aboard America's Flagship

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How Ronald Reagan Gets a Grip

Story by MC2 Janweb Lagazo,
USS Ronald Reagan Public Affairs

PHILIPPINE SEA — A constant drone reverberated in the dim-lit space, pierced only by the steady incantations of Eminem's lyrics. The dark deck was peppered by texturized, blackened streaks, unique to the room. In the center of the area, a mechanical contraption, akin to a potter's throwing wheel, was flanked by towers of tires, three deep and four high, smelling of a distinct elastic aroma.

The fast-paced tempo of flight operations bring scores of tires to the Aircraft Intermediate Maintenance Department's tire and wheel shop, nestled in one of the compartments directly adjacent to hangar bay three. Six aviation structural mechanics, in a day-and-night rotation, work tirelessly to break down and retread tires from the fixed-wing and helicopter squadrons of Carrier Air Wing (CVW) 5, embarked aboard the forward-deployed aircraft carrier, USS Ronald Reagan (CVN 76).

"We treat the tires like live ordnance," said Aviation Structural Mechanic Airman Jason Dodson, from South Haven, Mississippi. "There's a lot of training that goes into the process to get qualified to handle them, let

alone repair them."

Dodson said every time an aircraft is launched or recovered, it begins to erode the treads, and if they are not properly maintained, they could compromise the grip necessary to take off and land.

"There's a lot of quality assurance in our job," said Aviation Structural Mechanic 3rd Class Meleah Saye, from Beaufort, South Carolina. "It's demanding and can take time depending on how many tires you have in the shop, because you have to be careful with the tires as you're inspecting them, retreading them and filling them up."

Saye said they often receive more than 60 tires a day, depending on the frequency of the flight operations performed by CVW 5. Each tire undergoes meticulous inspections for the smallest cracks, cuts, and wear and tear. The rubber is separated from the flange and rim, each part thoroughly inspected and cleaned. Then the tire is reconstructed and over-pressurized inside a safety cage to gauge durability before being depressurized to naval aviation specifications.

"We rarely get to go up to the flight deck, but I feel like we're able to support the ship's mission right here in our small shop," said Saye.



AMAN Jason Dodson retreads an aircraft tire in the tire and wheel shop. (Photo by MC2 Janweb Lagazo)

Photos of the Day



SN Britnee Locquiao stands line watch in the forecabin as the ship departs from Busan Oct. 26. (Photo by MC3 MacAdam Kane Weissman)



Sailors test and transfer steering control to the pilot house from port aft steering prior to departing the pier Oct. 26. (Photo by MC2 Janweb Lagazo)



Lt. Jake Weinzatl looks through an alidade on the bridge as the ship prepares to get underway from Busan Oct. 26. (Photo by MC3 James Ku)

Changes Coming to TRICARE Organization, Provider Access

Story by Naval Hospital Jacksonville

JACKSONVILLE, Fla. — Changes are coming to your TRICARE benefits beginning Jan. 1, 2018. These changes will give you more benefit choices, improve your access to care, simplify cost shares, and allow you to take command of your health.

“Taking command of your health means empowering you to make the right health care and coverage choices for you and your family,” said Lt. Cmdr. William Bennett, Naval Hospital Jacksonville director for healthcare business. “Leading up to Jan. 1, 2018, we will connect you with TRICARE resources to navigate your benefit questions.”

The best way for you to prepare now is to update your information in DEERS at <https://TRICARE.mil/plans/eligibility/DEERS>, sign up for TRICARE benefit updates at www.TRICARE.mil/subscriptions, and visit TRICARE changes at <https://TRICARE.mil/about/changes>.

Here are changes that you will need to know about:

Region Consolidation

Currently, there are three TRICARE regions in the U.S.: North, South and West.

The North and South regions will combine on Jan. 1, 2018 to form TRICARE East, while TRICARE West will remain mostly unchanged. Two new contractors, Humana Military, and Health Net Federal Services will administer these regions. This change will allow better coordination between the military hospitals and clinics and the civilian health care providers in each region.

Florida and Georgia will continue to be served by Humana Military as part of the new TRICARE East.

TRICARE Select

On Jan. 1, 2018, TRICARE Select will replace TRICARE Standard and TRICARE Extra, both stateside and overseas. Stateside, TRICARE Select will be a self-managed, preferred provider network option. You will not be required to have a primary care manager (PCM), therefore you can visit any TRICARE-authorized provider for services covered by TRICARE without a referral. If you live overseas, TRICARE Overseas Program Select will be a preferred provider organization-styled plan that provides access to both network and non-network TRICARE-authorized providers for medically necessary TRICARE covered services. Also, TRICARE Select adopts a number of improvements, including additional preventive care services

previously only offered to TRICARE Prime beneficiaries.

TRICARE Prime

TRICARE Prime is a managed care program option. An assigned PCM provides most of your care. When you need specialty care, your PCM will refer you to a specialist. Active duty service members and their family members do not pay anything when referred to a network provider by their PCM. All others pay annual enrollment fees and network copayments.

Enrollment

All current TRICARE beneficiaries will be automatically enrolled into plans on Jan. 1, 2018 as long as they are eligible. TRICARE Prime enrollees will remain in TRICARE Prime. TRICARE Standard and TRICARE Extra beneficiaries will be enrolled in TRICARE Select. During 2018, you can continue to enroll in, or change coverage plans.

In fall 2018, TRICARE will introduce an annual open enrollment period. During this period, you will choose whether to continue, or change your coverage for the following year. Each year the open enrollment period will begin on the Monday of the second full week in November, and run through the Monday of the second full week in December.

Are You Ready? Take Action Now!

You can begin to prepare for the upcoming changes now:

* Sign up for a DS Logon: <https://www.dmdc.osd.mil/identitymanagement/authenticate.do?execution=e4s1>

* Update your personal information in DEERS: <https://TRICARE.mil/Plans/Eligibility/DEERS>

This is YOUR Benefit — Take Command! Stay informed with the latest information.

In the coming months, more information will be available at <https://TRICARE.mil/about/changes>. To stay informed, sign up for email alerts at www.TRICARE.mil/subscriptions. You can also get alerts by signing up for eCorrespondence in milConnect at www.TRICARE.mil/eCorrespondence. By staying informed, you'll be ready for a smooth transition with TRICARE.



HM2 Sarah Shawnte, a pharmacy technician at Naval Hospital Pensacola, Fla., fills a prescription at Naval Hospital Pensacola's main pharmacy. (Photo by Jason Bortz)

Today In Naval History

October 28

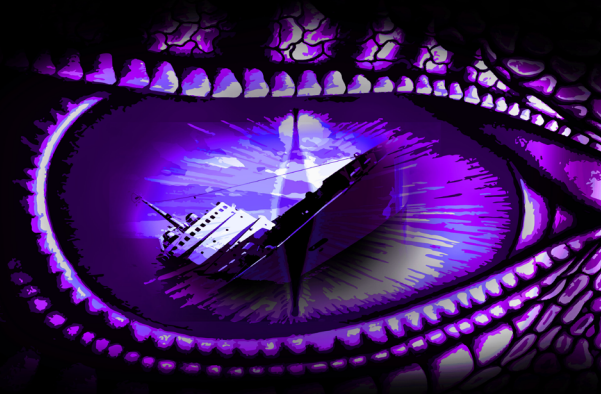
1812 — During the War of 1812, the brig Argus, commanded by Comm. Arthur Sinclair, captures the British merchant brig Fly in the North Atlantic.

1882 — Orders are issued for the first Naval Attache, Lt. Cmdr. French E. Chadwick, to be sent to London.

1943 — Lt. Franklin M. Murray, in a TBF Avenger, and En. Gerald L. Handshuh, in an FM-2 Wildcat, from Composite Squadron (VC) 1 on USS Block Island (CVE 21), sink German submarine U-220 east of Newfoundland.

1944 — USS Gleaves (DD 423), while operating off the Franco-Italian coast, bombards German troop concentrations, barracks, and gun emplacements. Enemy shore fire at the destroyer is inaccurate, but Gleaves achieves excellent return fire results.

The Purple Dragon is Rising!



Keep an Eye Out for OPSEC Violations

SAILOR OF THE DAY

MASN(SW) Gary K. Smith



CMC'S CORNER

Restroom Etiquette:

Maintain cleanliness in heads by throwing trash in the proper receptacles and not leaving trash in stalls, on sinks, etc. Do not flush any items besides toilet paper down the toilets. Flushing trash down toilets can result in clogging and/or overflowing. Our shipmates who own sanitary spaces work hard to ensure they are clean, do your part to maintain that cleanliness.



MWR Presents

Cinema at Sea

Aft Mess Decks

@ 2000

Crossword Puzzle

ACROSS

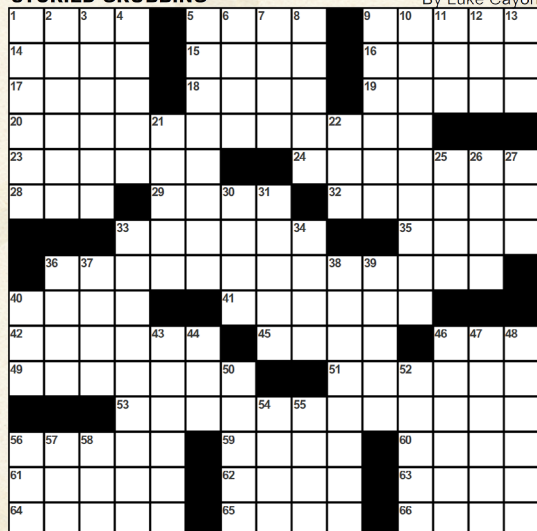
- 1) "When ____ fly!"
- 5) No longer on sale?
- 9) Napper's noise
- 14) Party to
- 15) Hebrew calendar month
- 16) "The Rocket" of tennis
- 17) Sewing case
- 18) Vatican City coin, once
- 19) Not answer directly
- 20) Muffet grub
- 23) Make lovable
- 24) It might be applied while puckering
- 28) Sheepish excuse lead-in
- 29) Challenge for a speech coach
- 32) Aid for peeper-washing
- 33) Coined money
- 35) Sole support?
- 36) The queen's grub in the parlor
- 40) Ringlike earring
- 41) Makes murky
- 42) Refer casually (to)
- 45) Comedian Carvey
- 46) Back, to a sailor
- 49) Museum wing
- 51) Wild dogs of Asia
- 53) Little Jack Horner grub
- 56) In spite of the fact that, briefly
- 59) Drop for a 10-count
- 60) Lacks the power to
- 61) Woodcutter?
- 62) Reindeer relatives
- 63) Play parts
- 64) Regard with contempt
- 65) Proofer's retraction
- 66) Tear down, in Great Britain

DOWN

- 1) Board game bits
- 2) Like well-maintained pianos
- 3) Haitian currency
- 4) Catty, as a remark
- 5) Like some employees
- 6) Father of Thor
- 7) Kitchen canful
- 8) Dixie diction feature
- 9) Droopy-eyed
- 10) White legumes
- 11) Eggs, in a lab
- 12) Scarlet
- 13) Poet's preposition
- 21) Transparent sea creature
- 22) Go in a hurry
- 25) Four roods
- 26) "I Love ____"
- 27) Dashboard abbr.
- 30) Striker's bane
- 31) Had a longing
- 33) Burial chamber
- 34) Collection of Norse poems
- 36) Gaucho's lariat
- 37) Throw of the dice
- 38) Located farthest to the rear
- 39) Largest Cornhusker city
- 40) Old witch
- 43) Make safer, on the ranch
- 44) Commit a faux pas
- 46) Llama relative
- 47) Mock movements
- 48) Trypanosome transmitter
- 50) "Gadzooks!"
- 52) Golden statuette
- 54) Pretzel seasoning
- 55) Little kid
- 56) Donkey
- 57) Lancelot du ____
- 58) Toddler's age

STORIED GRUBBING

By Luke Cayon



Yesterday's Sudoku Solution

9	1	4	2	5	7	6	8	3
2	6	3	9	8	4	5	7	1
5	8	7	6	1	3	4	9	2
7	4	5	1	3	9	2	6	8
1	2	8	5	4	6	9	3	7
6	3	9	8	7	2	1	5	4
3	9	1	7	2	5	8	4	6
4	5	2	3	6	8	7	1	9
8	7	6	4	9	1	3	2	5

Movies

Movies play on a loop starting at 0800. Movies will be secured during GQ on Tuesday and Thursday at 1800.

Channel 3

OOO Awaiting Repairs

Channel 4

- 08/18/04 Passengers
- 10/20/06 Nocturnal Animals
- 12/22 Black Sheep
- 14/00 Coneheads
- 16/02 Top Gun

Channel 5

- 08/23 The Book Thief
- 11/02 The Hobbit: The Desolation of Smaug
- 14/05 The Hunger Games: Catching Fire
- 17 12 Years a Slave
- 20 The Fifth Estate

Sundays are all requests all day. Check out our movie catalog on the Gippernet: GM/SITE TV and send your request to movierequests@cvn76.navy.mil no later than Thursday @ 1900.

Site TV

Channel 6: EEBD/SCBA Training
Channel 7: Ship Safety Training/
Hellcat News

AFN Sports Listing

0900 — MLB: World Series Game 3
Dodgers @ Astros

1600 — MLB: World Series Game 3
Dodgers @ Astros (Replay)

1900 — College Football:
Tulane @ Memphis

**Direct-to-Sailor programming is scheduled by
AFN and is subject to change at AFN discretion.*