

RUSSELL EGNOR NAVY MEDIA AWARD-WINNING NEWSPAPER

# FIVE STAR

SEPTEMBER 21, 2019 [WWW.EISENHOWER.NAVY.MIL](http://WWW.EISENHOWER.NAVY.MIL)

AT SEA



WEEKEND EDITION



# ALL CONDI

**"We have  
to be ready  
for the  
unexpected."  
-DC3 Philip  
Deguzman**

As the aircraft carrier USS Dwight D. Eisenhower (CVN 69) conducts Tailored Ship's Training Availability and Final Evaluation Problems (TSTA/FEP), the crew must undergo a variety of tests in order to qualify for full integration into a carrier strike group.

Because of their unique and essential roles, damage controlmen are put to the test daily to ensure Ike's crew passes TSTA/FEP and remains the premiere aircraft carrier on the east coast.

"We are the go-to first responders," said Damage Controlman 2nd Class Austin Williamson. "We handle all the firefighting equipment. Through our maintenance we're actually training ourselves for the drills and casualties."

To ensure success, the damage controlmen aboard Ike have been preparing for TSTA/FEP for months, testing their knowledge on a daily basis to ensure they can assist the crew in any problems that arise.

"Preparing is just a lot of drills: between [general quarters drills] and flying squad, we were trying to get everything down to the 'T,'" said Williamson. "Just getting in that mental mindset."

Drills were not the only preparations damage controlmen had to make for TSTA/FEP. Every piece of damage control equipment had to be painstakingly

checked and rechecked.

"We had to do lot of maintenance," said Williamson, "A lot of making sure things were lined up and ready. Being in TSTA/FEP means being in constant drill mode. Making sure maintenance is scheduled properly and making sure maintenance is getting done to ensure everything is ready to go for the crew is essential."

TSTA/FEP is designed to test the crew of an aircraft carrier in unique ways, and damage controlmen are no exception.

"TSTA/FEP likes to throw us in familiar situations, but also makes us practice what would happen if we made mistakes," said Damage Controlman 3rd Class Philip Deguzman. "We have to be ready for the unexpected."

The environment of TSTA/FEP is purposely hard to test the crew and the ship to ensure both are ready to be a part of a carrier strike group, and the burden of assistance in these tests falls on the damage controlmen.

"Doing drills over and over gets very strenuous and exhausting," said Williamson, "It takes a lot of motivation and attention to detail to make sure you're doing everything by the book, the right way and to make sure no one is getting hurt."

Though tiring, TSTA/FEP has also been pushing the damage controlmen to give their best.

# ONS TESTED

“TSTA/FEP has made me pay closer attention,” said Deguzman, “I’d never say I’m the best damage controlman onboard, but it’s reignited me in on why things we do are important and why I need to get them done.”

Though the damage controlmen have the knowledge and the skill to make it through TSTA/FEP, there are some things that Ike’s crew can do to help take a lot of the pressure off the

damage controlmen.

“The crew’s knowledge and motivation helps us out a lot,” said Williamson. “Getting the right gear out, showing up on scene with the proper PPE [personal protective equipment] and being ready to go.”

TSTA/FEP, though challenging, is accomplishable and very possible with the help, hard work and guidance of the damage controlmen aboard Ike.

“Hopefully everybody learns something,” said Williamson. “It’s a good learning experience for not only the damage controlmen, but the ship.”

Tailored Ship’s Training Availability and Final Evaluation Problems (TSTA/FEP) is scheduled for the entirety of September, and thanks to the work and the effort of the damage controlmen, brings Ike one step closer to deployment.



DC2 CODY COWSER DONS FIREFIGHTING GEAR DURING A GENERAL QUARTERS DRILL.





Photo Story by MC3 Marques Franklin



# EOD Team Embarks IKE

**EOD Sailors from Local Unit Six, assigned to CSG 10, conduct a Fast Rope Evolution aboard Ike**





STORY AND PHOTOS BY MC3 ASHLEY M.C. ESTRELLA

# IKE SAILORS



**"You're not really living if you're not taking chances. Anything that is worth it will come to you through pain and sacrifice. Nothing good comes easy." -SN Devon Dixon**

Sailors aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69) achieve milestones in their careers by incrementally progressing toward their goals, whether it's joining a special warfare program or earning a commissioning opportunity.

Two of Ike's Sailors are shooting for long-range military careers in specialized fields. Seaman Devon Dixon is working on a package for special operations, while Culinary Specialist 3rd Class James Strozier will attend officer candidate school to join the ranks of U.S. Army officers in December.

"I couldn't do a single pull-up," said Strozier. "Now I crank out 120 pull-ups and about 300 pushups in one workout. I just kept failing and refused to stop trying. That's how I made it to where I am today. There is no special secret which makes me better than anyone. I'm just willing to do what it takes no matter how challenging. I have to be the best in my class, the top amongst my peers. I have to keep going. I always strive for excellence and meet a new mark. It's just the beginning for me."

Strozier spent years planning to become a commissioned officer in the armed forces. He carries on a military legacy. His mom and dad were in the Navy and his grandpa served in the Army. He enlisted in the Army National Guard at 19 years old and planned to continue his career after graduating from Indiana University of Pennsylvania as an Army officer. However, it took years to finally accomplish what he set out to do.

When asked how he managed to continue, he simply stated: "Just don't give up." After five years of working toward earning a commission, his dream has finally come true.

"I always wanted to be a soldier ever since I was six years old," said Strozier. "I had everything ready to become a pilot after graduating college, but my eyesight did not allow me to continue my plan. I had a lot of obstacles, but I see every obstacle as an opportunity. Even in college I wanted to become an officer the entire time."

Strozier had the option to exit the military on a conditional release. He instead decided to join the Navy. He said learning how to set small goals and reach them in the Navy helped him learn how to continue to develop.

"It helped me become a man," Strozier said. "It helped me grow up and gain a deeper respect for authority. I'm grateful for the direction the Navy has given me at this point in my life. I have a strong moral compass, a high level of integrity, and incredible resilience."

Another Ike Sailor also exhibits tenacity and strives to reach new heights since he enlisted in the Navy after college. Upon graduating from Central Connecticut State University, Seaman Dixon worked as a correctional officer with a number of military veterans and built a strong rapport with them. He said he wanted to make some of their memories his new experiences. He also said it wasn't the first time he considered joining the military. He thought about it before and his new friends reminded him of something he already had in his heart.

"I don't remember how old I was, but I knew as a small child I wanted to join the Navy," said Dixon. "I feel it is part of my destiny. I wanted to join the Navy throughout my childhood, into my teen years and even considered it in college, but I didn't know in what capacity, so I didn't do it until I was 29 years old."



# CRUSH GOALS

Dixon said many people discouraged him from enlisting instead of applying to earn a commission. However, he felt that serving as an enlisted member in the special operations community in the Navy was his calling.

"I feel becoming a Navy SEAL is my destiny," said Dixon. "My goals are very specific to ensure my mind and body are ready. I set clear targets on how to think and physically progress."

He reads books and spends time learning how to approach things to maximize his results. There are times when Dixon said the concept of mind over matter keeps him on track to reaching his objectives especially when faced with tasks that require an action he dislikes.

"I realized that when you look at someone great, it's mostly mindset, so I changed my thinking. I believe sometimes changing your lifestyle and making new habits associated with reaching your goals can be a shock, but eventually you will adapt. Your mind will adapt and your body will follow. I hate running. I do it anyway. It has to be done. I would run from my house to the ship. After the work day ended, I would run to the gym, workout and run home. I ran a little over seven miles every day. All of the fruits of your labor will be at your disposal. Celebrating the small milestones and working on little things is key. It is easy to celebrate the big things, but it is very necessary to value all victories."

Dixon said people who were already a part of the special operations community helped him overcome some of the challenges he had with his training. He took his first attempt at the physical fitness assessment required to become a Navy SEAL earlier this year.

"I was apprehensive about my

swim time, but I passed with ease," said Dixon. "I wasn't concerned with my run time, but I missed it by 37 seconds. I was very disappointed. However, I am not going to let 37 seconds get in the way of my dream."

Dixon said one of the people there to assess potential candidates' physical abilities saw a look of discouragement on his face and offered him advice.

"He said I was one of the biggest guys out on the field and I was putting in the most effort," said Dixon. "He asked me how much I weighed. I told him I weighed 255 pounds. He explained I should drop some muscle mass and I could run the required time with ease. It really motivated me. Even if I don't get exactly where I want to be I won't give up. If for some reason I never make it, I can still celebrate that I was daring enough to take a chance and put forth everything I had at my disposal to try. I can sleep well at night knowing I gave it my all, that has its own satisfaction for me outside of the achievement. You're not really living if you're not taking chances. Anything that is worth it will come to you through pain and sacrifice. Nothing good comes easy."

Dixon continued to run, adjusted his diet and has lost 25 pounds to prepare for his upcoming physical fitness test on Oct. 17.

While Dixon is working on his physical and mental resilience for his upcoming test, Strozier will only have a month and a half left onboard by mid-October before he attends officer candidate school.

While they are pursuing different paths, both Ike Sailors will continue shooting for excellence, building resiliency, and setting new goals to help with their pursuit of success in specialized fields.



**"There is no special secret which makes me better than anyone. I'm just willing to do what it takes no matter how challenging."**

**-CS3 James Strozier**





# Best of IKE AVIATION



Sailors conduct maintenance and flight operations aboard USS Dwight D. Eisenhower







Welcome to

# The Night Shift

An operational carrier doesn't stop moving just because the sun goes down. Even under the cloak of night, the ship still sails across starlit seas in order to swiftly meet the target and carry out her mission.

When the ship goes quiet after dark, these Sailors are hard at work keeping the the power on, the ship moving and aircraft launching off the bow.

Photos by MC3 Kaleb J. Sarten









# ROTARY WING SHOWDOWN: “DUSTY DAWGS” VS. “SWAMP FOXES”

## BY MC3 JAMES NORKET



“...WE WORK TOGETHER TO COMPLETE THE MISSION AT HAND.  
I THINK WE COMPLEMENT EACH OTHER NICELY.”

—CHIEF NAVAL AIRCREWMAN (HELICOPTER) AARON HUTCHISON



Photo (left) by  
MC3 Kaleb J.  
Sarten.

Photo (right) by  
MCSA Neadria  
Hazel.



Carrier Air Wing (CVW) 3 consists of many different aircraft and platforms that all work together with multiple surface and sub-surface ships to form Carrier Strike Group (CSG) 10.

The “Dusty Dogs” of Helicopter Sea Combat Squadron (HSC) 7 and the “Swamp Foxes” of Helicopter Maritime Strike Squadron (HSM) 74 are comprised of similar aircraft, but have very different responsibilities while embarked on Ike.

HSC 7 flies MH-60S Seahawks, which are designed to be lighter weight for transportation of personnel and supplies. HSM 74 flies MH-60R Seahawks, and they are equipped with more radars and equipment that is used to locate and identify surface and sub-surface contacts that are near the strike group.

Although both aircraft have unique qualities, the air crewmen that fly with the squadrons receive much of the same training.

“We both bring tools to the table,” said Chief Naval Aircrewman (Helicopter) Aaron Hutchinson, HSC 7’s Operations departmental leading chief petty officer. “We try our best to work together to accomplish the

bigger picture.”

HSC 7 is comprised of 240 enlisted and commissioned personnel and four MH-60S Seahawk helicopters. The MH-60S is compatible with several weapons systems, but has a large, roomy cabin for personnel.

“Our aircraft are designed to support operations like vertical replenishments, tactical missions, anti-surface warfare and search and rescue (SAR) evolutions,” said Hutchinson.

“The MH-60S is designed with a more roomy cabin in order to support our primary objective, SAR.”

During flight operations, the Navy requires a “plane guard” to be airborne in case of an emergency. On Ike, HSC 7 fills that role.

“We are the first to take off and the last to land,” said Hutchinson. “No aircraft can land or launch if we aren’t in the air. We are the safety net that is in place if something were to go wrong.”

HSM 74 is comprised of four MH-60R Seahawks and 285 enlisted and commissioned Sailors. They also have attachments on the cruisers and destroyers in the strike group, normally consisting of two helicopters. The

MH-60R is compatible with many of the same weapons as the MH-60S, but they are also equipped with torpedoes.

“Our helicopters are designed with more technology that is used in locating and tracking contacts,” said Lt. Mathew Soper, a pilot assigned to HSM 74. “We circle the ship and communicate with other aircraft about surface and sub-surface contacts.”

The MH-60R is the only anti-sub-surface asset that is attached to the Ike. They are the first defense against submarines.

“Our primary mission is to locate and identify threats that are close to the ship,” said Soper. “We have the technology and weapons systems to protect the ship from most threats.”

The “Swamp Foxes” play a huge role in transiting straight and operating in tight waterways said Soper.

Each squadron has a different job to do, but each is necessary for Ike to get back to business.

“At the end of the day, we work together to complete the mission at hand,” said Hutchinson. “I think we complement each other nicely.”



# ★★★ IKE'S MOVIE PLAYLIST ★★★

## September 21

CHANNEL 5		CHANNEL 6		CHANNEL 7	
1:31	POMS	1:00	SAVING PRIVATE RYAN	2:09	TRANSFORMERS THE LAST KNIGHT
4:44	PATTON	3:51	THE HUNT FOR RED OCTOBER	4:46	BAD BOYS II
7:38	BLADE RUNNER 2049	6:08	THE MAGNIFICENT SEVEN	7:15	READY PLAYER ONE
10:23	MAN ON FIRE	8:23	13 HOURS: THE SECRET SOILDIER OF BENGHAZI	9:37	AQUAMAN
12:51	THE COLOR PURPLE	10:49	BATMAN: THE DARK NIGHT	12:02	THE MARTIAN
15:17	THE LORD OF THE RINGS 1	13:23	THE DARK KNIGHT RISES	14:26	THE NATURAL
18:17	THE LORD OF THE RINGS 2	16:09	SUPERMAN	16:46	MANCHESTER BY THE SEA
21:18	THE LORD OF THE RINGS 3	18:34	AVENGERS: INFINITY WAR	19:05	BLACK PANTHER
		21:06	AVENGERS: ENDGAME	21:21	CREED
				23:37	HANNIBAL (2001)

## September 22

CHANNEL 5		CHANNEL 6		CHANNEL 7	
0:41	PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST	0:09	X-MEN 2	1:50	NOW YOU SEE ME 2
3:06	STAR WARS: EPISODE 1	2:25	STAR TREK: THE MOTION PICTURE	4:01	SPOTLIGHT
5:30	HARRY POTTER AND THE DEATHLY HALLOW PART 1	4:39	TWELVE O'CLOCK HIGH	6:12	WIDOWS
7:53	BATMAN BEGINS	6:53	MAZE RUNNER: SCORCH TRIALS	8:23	PIRATES OF THE CARIBBEAN: DEAD MEN TELL NO TALES
10:15	STAR WARS: EPISODE 3	9:06	STAR WARS: EPISODE 6	10:34	PIRATES OF THE CARIBBEAN: ON STRANGER TIDES
12:37	STAR WARS: THE FORCE AWAKENS	11:19	CREED II	12:45	SPIDER-MAN: FAR FROM HOME
14:58	GUARDIAN OF THE GALAXY VOL 2	13:31	HEARTBREAK RIDGE	14:56	THE MATRIX REVOLUTIONS
17:16	THE MATRIX	15:43	THE BIG SHORT	17:07	ALADDIN (2019)
19:34	ROGUE ONE: A STAR WARS STORY	17:55	THOR: RAGNAROK	19:17	FANTASTIC BEAST AND WHERE TO FIND THEM
21:51	SPIDER-MAN: HOMECOMING	20:07	JOHN WICK 3	21:27	JURASSIC WORLD: FALLEN KINGDOM
		22:20	GLASS	23:37	MORTAL ENGINES

## September 23

0:07	THE 33	0:31	LONG SHOT	1:47	IN THE HEART OF THE SEA
2:17	THE ACCOUNTAT	2:38	SUPERMAN III	3:51	INDIANA JONES KINGDOM OF THE CRYSTAL SKULL
4:27	LETHAL WEAPON 4	4:45	CAPTAIN AMERICA: THE FIRST AVENGER	5:55	TRAINING DAY
6:36	RULES DON'T APPLY	6:51	CAPTAIN MARVEL	7:59	BATMAN FOREVER
8:45	SUPERMAN II	8:57	HARRY POTTER AND THE DEATHLY HALLOWS PART 2	10:02	BATTLE OF THE SEXES
10:54	THE GLASS CASTLE	11:03	RED DRAGON	12:05	CRAZY, RICH, ASIANS
13:03	BATMAN	13:09	STAR WARS: EPISODE 5	14:08	MOTHER!
15:11	BATMAN RETURNS	15:15	THE ZOOKEEPER'S WIFE	16:11	STAR WARS: EPISODE 4
17:19	HIDDEN FIGURES	17:21	ALIEN: COVENANT	18:14	GIRLS TRIP
19:27	KING ARTHUR: LEGEND OF THE SWORD	19:26	JOHN WICK 2	20:18	TRAINING DAY
21:35	MISS PEREGRINE'S HOME FOR PECULIAR CHILDREN	21:31	SICARIO: DAY OF THE SOLDADO	22:22	THE DIVERGENT SERIES: ALLEGIANT
23:43	IRON MAN 3	23:36	ALITA: BATTLE ANGEL		



I LAUNCH  
AND RECOVER  
AIRCRAFT...

I  
AM  
IKE

By performing  
maintenance to clean and  
inspect electrical systems.

*EM3 Angelique Santos*  
ENGINEERING, E-DIV



#GREATEREACHDAY





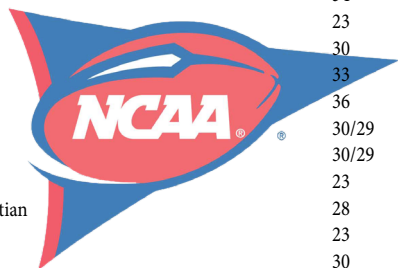
**HAPPY BIRTHDAY MONTH!**  
*from Ike Medical*  
**DON'T FORGET YOUR PHA!**



by MC3(LSW) devin alexandra lowe

## COLLEGE FOOTBALL

TIME		CHANNEL
1200	Lousiana State at Vanderbilt	35
	Cal at Ole Miss	32
	Michigan at Wisconsin	34
	Tennessee at Florida	23
	Southern Mississippi at Alabama	30
1530	Miami-OH at Ohio State	33
	Auburn at Texas A&M	36
	UCF at Pittsburg	30/29
	Washington at Brigham Young	30/29
	Louisville at Florida State	23
	Southern Methodist at Texas Christian	28
1900	Oregon at Stanford	23
	Old Dominion at Virginia	30
1930	Charlotte at Clemson	31
	Oklahoma State at Texas	29
2000	Notre Dame at Georgia	36
2230	UCLA at Washington State	23



## NFL FOOTBALL

TIME		CHANNEL
1300	NYJ at NE	36
	CIN at BUF	35
	MIA at DAL	34
	DEN at GB	33
	ATL at IND	32
	BAL at KC	41
	OAK at MIN	30
	DET at PHI	29
1605	NYG at TB	28
	CAR at ARI	36
1625	HOU at LAC	35
	NO at SEA	34
	PIT at SF	33
2020	LAR at CLE	17





# USS DWIGHT D. EISENHOWER



**IS2(IW/SW/AW) Eric Stephan Ragland**

**INTEL/ QZ**

**From San Antonio, Texas**

**Joined the Navy March 2014**

**Reported to Ike Dec 2016**

**Retire from Navy, work in sports medicine**

**Favorite Ike Movie: Coming To America**

CVN 69

## ON THE COVER:

Sailors investigate a simulated aircraft casualty during a mass casualty drill on the flight deck. Photo by MC3 Devin Alexondra Lowe.

## IKE MEDIA

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## RELIGIOUS SERVICES OFFERED ABOARD IKE

### SATURDAY SERVICES (IN-PORT/UNDERWAY)

0800 - PROTESTANT COMMUNION SERVICE - CHAPEL  
0900 - ROMAN CATHOLIC MASS - CHAPEL  
1030 - CONTEMPORARY CHRISTIAN SERVICE - CHAPEL  
1700 - LATTER-DAY-SAINTS - CHAPEL  
1900 - GOSPEL SERVICE - FIVE STAR CLASSROOM

### SATURDAY (UNDERWAY)

1800 - JEWISH SABBATH - CHAPEL

### WEEKDAYS (IN-PORT/UNDERWAY)

1100 ROMAN CATHOLIC MASS (MONDAY-FRIDAY) - CHAPEL  
1300 - MUSLIM FRIDAY PRAYER (FRIDAY) - CHAPEL  
1400 - OFFICER'S BIBLE FELLOWSHIP (THURSDAY) - CHAPEL  
1900 - WOMEN'S BIBLE STUDY (WEDNESDAY) - CHAPEL  
1800 - PAGAN SERVICE (FRIDAY) - CHAPEL

### SERVICES (WEEKLY/IN-PORT/UNDERWAY)

1200 - GOSPEL PRAYER (TUESDAY/THURSDAY) - CHAPEL  
1300 - MUSLIM FRIDAY PRAYER (JUMU'AH) - CHAPEL

# #GREATEREACHDAY