



THE WASHINGTON SURVEYOR

JULY 5, 2017

By USS George Washington Public Affairs

HAPPY 25th, GW!



PHOTO
of the
DAY

(July 4, 1992) Former First Lady Barbara Bush, the ship's sponsor, stands with Capt. Robert Nutwell, center, the first commanding officer of the aircraft carrier USS George Washington (CVN 73), during the commissioning ceremony of Washington.

The Washington Surveyor

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A U.S. Navy aircraft carrier has a service life of 50 years. The 25 year-mark, being half the life of the ship, is a significant milestone for an aircraft carrier.

The aircraft carrier USS George Washington (CVN 73) celebrates 25 years of service July 4, 2017.

In 1994, two years after commissioning, George Washington began her maiden deployment, responding to rising tensions between Iraq and Kuwait in the Middle East.

From 1996-2000 GW participated in three more deployments, all of which were in support of Operation Southern Watch (OSW), an air-centric operation to monitor and control the airspace in southern and south-central Iraq.

In 2001, following a six-month Planned Incremental Availability (PIA) in the Norfolk Naval Shipyard, GW began preparations for a deployment. On the morning of Sept. 11, George Washington was operating off the coast of Virginia conducting routine carrier qualifications when the attacks of 9/11

took place. GW was diverted north and arrived in New York City the next day. For the next three days the ship and attached airwing provided airspace defense for the city and surrounding area.

George Washington then deployed June 20, 2002 to relieve USS John F. Kennedy (CV 67) in the Persian Gulf in support of Operation Enduring Freedom (OEF) and OSW.

"I think this is going to be a very memorable deployment," said George Washington's operations officer Cmdr. Jeff Amick during this deployment in the navy.mil article "USS George Washington: 25 Years in the Fleet" by Mass Communication Specialist 3rd Class Wyatt L. Anthony. "I'm especially proud of everyone we have working aboard the ship. There's going to be a lot of hard work during this deployment, but we all know that it's going to be worth it."

The George Washington air wing, Carrier Air Wing (CVW) 17, launched more than 10,000 sorties during the three months they spent in the Gulf be-

fore being relieved by USS Abraham Lincoln (CVN 72).

"We were there dropping weapons when necessary to ensure that there would be a safe no-fly zone in Southern Iraq," said then-George Washington Battle Group Commander Rear Adm. Joseph A. Sestak Jr in the navy.mil article "USS George Washington: 25 Years in the Fleet" by Mass Communication Specialist 3rd Class Wyatt L. Anthony.

GW conducted one more deployment to the Persian Gulf between 2002-2005 before entering Norfolk Naval Shipyard for an 11-month dry-dock PIA period.

On Dec. 1, 2005, the Navy announced that GW would be replacing USS Kitty Hawk (CV 63) as the forward-deployed carrier at Yokosuka Naval Base in Japan, making it the first nuclear-powered surface warship permanently stationed outside the continental U.S.

"I find the city very supportive of this move for George Washington," said then Chief of Naval Operations

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1993 - Sailors reunite with their family members after the ship's first cruise .



1993 - Sailors play with a frisbee on the flight deck during the first steel beach picnic .

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Adm. Mike Mullen speaking of a 2007 visit to Yokosuka in the navy.mil article "USS George Washington: 25 Years in the Fleet" by Mass Communication Specialist 3rd Class Wyatt L. Anthony. "Japan is a vital ally in the Pacific and is very supportive of our forward-deployed presence over there ."

In a ceremony held Sept. 1, 2006, George Washington's commanding officer Capt. Garry White, was promoted to rear admiral, marking a rare occasion when a flag officer commanded a ship.

George Washington underwent another PIA in the Norfolk Naval Shipyards September of 2006 in preparation for the homeport transfer to Yokosuka. The ship departed Norfolk April 7, 2008, for the transit around the horn of South America.

According to the navy.mil article "USS George Washington: 25 Year in the Fleet" by Mass Communication

Specialist 3rd Class Wyatt L. Anthony, on May 22, 2008, while in transit off the Pacific Coast of South America, a fire broke out in the ship's air-conditioning and refrigeration space and an auxiliary boiler room. The fire spread throughout the ship via a cableway and ventilation ducting, causing extreme temperatures in some parts of the ship. It took 12-hours for the crew to contain and extinguish the fire, injuring 37 Sailors in the process.

"We learned significant lessons from this fire in both shipboard fire prevention and firefighting, said Capt. Timothy Kuehhas," a former George Washington commanding officer. "The Navy has incorporated these lessons fleet wide. They inspire damage control training evolutions like General Quarters to improve the crew's response to any challenge with which they may be presented."

After the fire, GW made a stop in San Diego for repairs May 27, 2008. On June 20, 2008, the Navy announced that the damage from the fire was more serious than expected, and that repairs would take at least until August and would cost \$70 million.

The ship departed San Diego Aug. 21, 2008, and arrived at Yokosuka, Japan, Sept. 25, where several hundred local supporters and protestors greeted the crew.

"More than 60 years ago a long and bitter struggle came to a close," said then-U.S. Ambassador to Japan, J. Thomas Schieffer in the navy.mil article "USS George Washington: 25 Year in the Fleet" by Mass Communication Specialist 3rd Class Wyatt L. Anthony. "Neither of us could have imagined the event that we witnessed today: the forward-deployment of an American

25 YEARS OF EXCELLENCE

**Some of the Major Awards GW Has
Earned Over the Years:**

Armed Force Service Medal

16JUN1994 - 27JUN1994
10JULY1994 - 21JULY1994
27JULY 1994 - 03AUG1994
13FEB1996 - 03MAR1996
09JUN1996 - 15JUN1996
28JUN1996 - 30JUN1996

Meritorious Unit Command

10JULY1994 - 21JULY1994
01JAN1999 - 10SEPT2001
01APR2013 - 31DEC2013
01JAN2015 - 31DEC2015

Navy "E" Ribbon

01JAN1996 - 31DEC1996
01JAN2000 - 31DEC2000
01JAN2002 - 31DEC2002
01JAN2015 - 31DEC2015

Armed Service Expeditionary Medal

16NOV1997 - 31DEC1997
16NOV1997 - 21MAR1998
18JULY2000 - 30SEPT2000

Humanitarian Service Medal

11MAR2011 - 31MAY2011

Navy Unit Commendation

11MAR2011 - 31MAY2011

Secretary of Navy Letter of Commendation

23AUG2000 - 24AUG2000



1992 - "Salty Dog 121," an F/A 18 Hornet strike fighter from Naval Air Weapons Center Patuxent River, Maryland, nails the first trap aboard Washington.



1992 - Sailors from Administration Department perform maintenance on a typewriter.



1992 - Sailors from Deck Department fix a line.



1992 - A Sailor from Supply Department prepares food.

The Big Day

GW is commissioned
(July 4, 1992)



PLANKOWNERS: LAYING THE FOUNDATION

By MCSN Oscar Moreno Jr.



1992 - Former Washington Sailors with their friends and family members attend the Plankowners Ball



With naval bases all around the globe, the U.S. Navy's global is quite formidable. And amongst the wide vairyety of ships at the military's disposal, the Nimitz-class aircraft carrier USS George Washington (CVN 73) has performed its duties diligently and honorable for the past 25 years and is now in its Refueling Complex Overhaul (RCOH) maintenance period.

But like all ships, the George Washington had to be contracted, constructed and commissioned before the mighty vessel could deploy in the name of freedom. Those Sailors who were present for the commissioning of the ship were bestowed the prestigious title of Plankowner.

In August 25th, 1986, the ship's construction started with the keel being laid. 4 years later, on July 21st, 1990, the George Washington was christened by First Lady Barbara Bush. President George W. Bush also spoke at the ceremony, further projecting the importance of the newly-commissioned aircraft carrier and its mission.

"In the months following the christening, the crew prepared to accept the ship's systems and equipment while the shipyard continued to build the ship," said David Petri, a former crewmember and plankowner of the George Washington. "This would take close to 18 months beginning in late 1990. During this time, every department worked alongside their shipyard counterparts to install and test every piece of equipment and every ship system. For those of us in Reactor Department, it required us to work around the clock in shifts. We had to test every system in



the nuclear powered propulsion plant, which included the initial start up of the ship's two nuclear reactors."

After its commissioning in July 4th, 1992 at Naval Station Norfolk and its completion of sea trials, the George Washington went onto complete various operations such as Operation Southern Watch, providing airspace defense for the city of New York after the events of 9/11, Operation Enduring Freedom and others.

On June 22, 2017, the GW facebook page posted an image with a caption about the upcoming 25th anniversary of the ship and no shortage of people posted on the comments their experiences as a plankowner and once again showing that the pride that they felt on July 4th had not diminished over 25 years.

"I was an Aerographer's Mate 2nd Class back in 1991-1993 working in OA Division in Operations," said Harold Kuykendall, a former crewmember and Plankowner. "25 years seemed to have passed by so quickly. It was very busy for everyone as we all continued to prepare the ship for commissioning and getting it underway. I think one of the most memorable times before being commissioned was the sea trials and have the GW doing high speed turns, stops and full reverse."

As the GW proceeds to complete its RCOH schedule, the spirit of freedom that embodies the Sailors of yesterday and today will never die.



1992 - Former Washington Sailors with their friends and family members attend the Plankowners Ball



Capt. Glenn Jamison

Commanding Officer, USS George Washington



A native of Maine, Captain Glenn Jamison graduated from Duke University in 1990 with a Bachelor of Science in Civil & Environmental Engineering. He received his commission through the NROTC program at Duke University, and upon completion of flight training and designation as a Naval Aviator, reported to the Black Eagles of VAW-113. During this tour he deployed aboard USS Carl Vinson (CVN 70) in support of Operations SOUTHERN WATCH and DESERT STRIKE, and was selected as the VAW/VRC Pilot of the Year.

Following his initial fleet tour, Captain Jamison reported to VAW-120 as an Instructor Pilot and Training Landing Signals Officer. While assigned to VAW-120, he also performed as a Fleet

Demonstration Pilot and was selected to lead initial FRS/Fleet introduction of the E-2C GRP II Navigation Upgrade aircraft. In 1998, Captain Jamison was selected to attend the U.S. Navy Test Pilot School, graduating as a member of Class 115. He was subsequently selected as Lead Test Pilot and Program Manager for the NP2000 Re-Propeller Program, successfully completing the first flight of the prototype system in May of 2001. During this assignment, he also served as test pilot and

technical consultant on acquisition programs for the C-2A, E-2C, F-14B/D, F-35 JSF, S-3B, and T-6A aircraft.

Captain Jamison reported next to the Golden Hawks of VAW-112 where he completed deployments aboard USS John C. Stennis (CVN 74) and USS Carl Vinson in support of Operation ENDURING FREEDOM, and served as CVW-9 Air Defense Mission Commander during combat operations in Afghanistan. In July of 2003, he was selected by the Navy as an astronaut candidate for the NASA Space Program.

In 2005, he graduated with distinction from the Naval War College with a Master of Arts in National Security and Strategic Studies, and subsequently reported to Cheyenne Mountain Air

Force Station where he served as Air Warning Center Commander, Air Battle Management Officer, and NORAD/USNORTHCOM Deputy Command Director.

He returned to the Fleet in 2008 to assume command of VAW-113, where his squadron completed two combat deployments for Operation ENDURING FREEDOM and earned consecutive Commander, Naval Air Forces Battle "E" Awards for 2008 and 2009. His next assignment was as Executive Assistant to the Director, Air Warfare, Chief of Naval Operations N88. He departed the Navy Staff in July 2011 to commence Aviation Nuclear Officer training, and subsequently served as Executive Officer of USS Dwight D. Eisenhower (CVN 69).

Captain Jamison took command of the amphibious transport dock ship USS NEW ORLEANS (LPD 18) in August of 2015.

Captain Jamison has accumulated over 4,200 flight hours and 600 carrier landings in 47 different aircraft types. He is a recipient of the Navy and Marine Association Leadership Award, and is authorized to wear the Defense Meritorious Service Medal, Meritorious Service Medal (three awards), Strike/Flight Air Medal (four awards), Navy Commendation Medal (five awards), and various other medals, unit and campaign awards. He is also a graduate of the Joint Forces Staff College and holds a Master of Science degree in Aviation Systems Engineering from the University of Tennessee Space Institute.

USS GEORGE WASHINGTON'S PREVIOUS COMMANDING OFFICERS



CAPT.
ROBERT M. NUTWELL
1990-1993



CAPT.
ROBERT G. SPRIGG
1993-1995



CAPT.
MALCOM P. BRANCH
1995-1997



CAPT.
LINDELL G. RUTHERFORD
1997-1999



CAPT.
WILLIAM J. MCCARTHY
1999-2002



CAPT.
MARTIN J. ERDOSSY
2002-2004



REAR ADM.
GARRY R. WHITE
2004-2006



CAPT.
DAVID C. DYKHOFF
2006-2008



CAPT.
JOHN R. HALEY
2008-2009



CAPT.
DAVID A. LAUSMAN
2009-2012



CAPT.
GREGORY J. FENTON
2012-2015



CAPT.
TOMOTHY C. KUEHHAS
2015-2017

THE SPIRIT 25 YEARS



Keel was laid, August 25, 1986

Ship was christened July 21, 1990

Ship was commissioned, July 4, 1992

May 20, 1994, George Washington left Norfolk for first deployment

June 5, 1994, President Clinton and First Lady Clinton led a group of the nation's leaders during the commemoration of the 50th anniversary of D-day aboard George Washington.

January 26, 1996, departed for most successful deployment to the Mediterranean Sea and the Arabian Gulf areas.

October 1995, George Washington earns Blue Water certification three days earlier than standard

February 19, 1996, GW hosted history-making Joint Military Commission

September 3, 1996, George Washington became the first carrier to undergo more frequent maintenance periods under the Planned Incremental Maintenance Availability program.

October 22, 1996, crewmembers set record for talking with radio stations in all 50 states



OF FREEDOM IN REVIEW

March 1, 1997, operational testing and evaluation of the Improved Fresnel Lens Optical Landing System began on board George Washington

September 2001, George Washington helped protect New York City after terror attacks on the Twin Towers and the Pentagon

October 2, 2002, the band 3 Doors Down filmed parts of their music video for the song "When I'm Gone", aboard George Washington

February 2, 2003, George Washington assisted the Coast Guard in rescuing four people from a troubled boat near Jacksonville, FL.

April 7, 2008, George Washington set sail from Norfolk to relieve the Kitty Hawk as the forward deployed aircraft carrier in Yokosuka, Japan.

September 25, 2008, George Washington arrived in Yokosuka, Japan

August 2015, George Washington arrived in San Diego to begin turnover for first three-carrier hull swap

August 14, 2016, F-35 aircraft testing began aboard George Washington

February 2017, George Washington began Shipboard Coordinated Offload and Outfitting Plan (SCOOP)



DECLARING OUR FREEDOM

By MCSA Julie Vujevich

*“By the rude bridge
that arched the
flood,\ Their flag
to April’s breeze unfurled,\ Here
once the embattled farmers
stood,\ And fired the shot heard
round the world...”*

Few poems serve as a reminder of the sacrifices made by American revolutionaries during the war for independence better than Ralph Waldo Emerson’s “Concord Hymn.”

This year marks the 241st anniversary of the beginning of a new nation. In 1776, the thirteen colonies declared their independence from Britain and, every year since, Americans celebrate this historic event that paved the way to the formation of the United States of America.

Although the American Revolutionary War began in 1775, the 13 colonies did not legally separate from Great Britain until July 2, 1776, when the Second Continental Congress voted to approve a resolution of independence.

The Declaration of Independence, which had been prepared by a Committee of Five and with Thomas Jefferson as its principal author, was debated and revised

by Congress over the course of the next two days, finally being approved and adopted on July 4.

“The Second Day [sic] of July 1776, will be the most memorable Epocha, in the history of America,” wrote John Adams in a letter to his wife, Abigail Adams, July 3, 1776, about the adoption of the Declaration. “I am apt to believe that it will be celebrated, by succeeding Generations as the great anniversary Festival...It ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires, and Illuminations from one End of this Continent to the other from this Time forward forever more.”

Adam’s prediction became true, albeit off by two days, and Independence Day became commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies.

July 4 has been designated as Independence Day, a national federal holiday in commemoration of the day the United States laid its claim to be a free and independent nation.

*“The flames
kindled on
the 4th of
July 1776,
have spread
over too
much of the
globe to be
extinguished
be the feeble
engines of
despotism.”*

-Thomas Jefferson, 1821

73



FROM THE SKIES

PILOT SHARES EXPERIENCE OPERATING ON GW

Seeing the big “73” on the island of the aircraft carrier USS George Washington (CVN 73) has been a welcome sight many times for career aviator Cmdr. Cory Hess.

Hess first crossed paths with George Washington in 1999, when he made his first career arrested landing as a midshipman flying in the backseat of an F/A-18D Hornet. He has flown four different aircraft on board, and most recently, he was blasting past the ship in his F-35C Lightning II.

Hess flew the F-35 aboard George Washington as a member of Strike Fighter Squadron (VFA) 101 in August 2016. VFA-101 used CVN 73 for an at-sea platform while conducting its initial carrier qualification (CQ) phase with the new

aircraft.

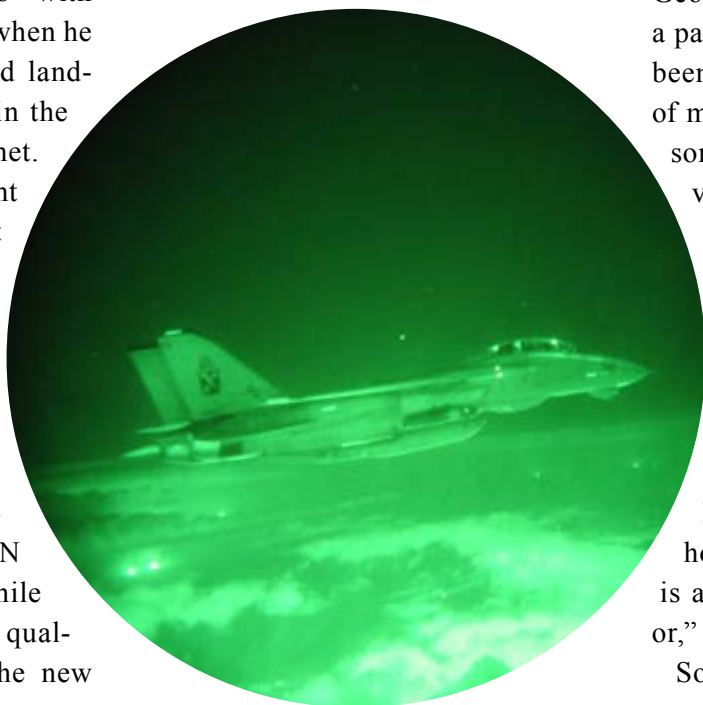
In total, Hess has had five different experiences aboard George Washington over the span of 17 years,

which is why he claims to feel a special connection to the ship.

“Everyone has memorable moments during their Navy careers, and it seems like for most of mine George Washington has always been a part of them,” said Hess. “I’ve also been very fortunate due to the timing of my career to be at a crossroads of sorts in carrier aviation and the advancements it’s making.”

“I would argue George Washington has been well-positioned in the same moment in time to play a large role and be witness to those same advancements, so to be considered a part, no matter how small, of the ship’s history, particularly because of how much this ship means to me, is a tremendous and humbling honor,” Hess added.

Some of his greatest memories



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Cmdr. Cory Hess poses for a photo while sitting in a cockpit. (Photo courtesy of Cmdr. Hess)



with the ship came from his first deployment, as a newly winged pilot operating with the world famous Red Rippers of Fighter Squadron (VF) 11.

"We deployed in January of 2004 with Carrier Air Wing (CVW) 7 flying the F-14B Tomcat in support of Operation Iraqi Freedom," said Hess. "I had just arrived at the squadron a month prior. The best memory from that deployment was supporting our ground forces. There was a lot of tough work being done in the Fallujah area at the time, and I was very proud to have played a role in watching out for them."

On his first deployment, Hess also learned how small and interconnected the naval aviation community can be.

"Two of the department heads for Hornet squadrons in the air wing were VFA-106 landing signal officer (LSO) instructors back in 1999 when I was attached there as a midshipman," recalled Hess from his first time aboard the ship. "I was able to spend time up on George Washington's LSO platform with them during that CQ Det where I got my first landing. Fast-forward five years later and I was flying off their wing on combat missions."

Later in the deployment, he became an LSO controlling passes from the same platform.

"I made some lifelong friends in that squadron. Many of us are executive officers, commanding officers and captains now."

Hess now serves as the executive officer at Strike Fighter Weapons School Pacific in Lemoore, California.

"I've flown a total of seven aircraft in my Navy career, five of which I've carrier qualified in, and four of which I've flown aboard George

Washington.

Hess has operated from the ship in the F/A-18D Hornet, F-14B Tomcat, F/A-18F Super Hornet, and F-35C Lightning II.

His experience in the Super Hornet came after the first deployment with VF-11 when the squadron transitioned to the F/A-18F and transferred to CVW-17. One of the squadron's first assignments found Hess back on George Washington for a third stint in 2006.

"We were tasked to take George Washington on a two-month Partnership of the Americas at-sea period in preparation for its permanent duty station change to forward-deployment to Japan," said Hess. "We were the first exposure George Washington had to the Super Hornet, and it was our first time doing cyclic ops in that aircraft, so that was very memorable.

The fourth pit stop Hess made to CVN 73 was for a cause separate from flying.

"I had a great boss I worked for as a flag aide for one of my tours, and when he retired as a four-star, he chose George Washington's flight deck as the location for the ceremony," said Hess referring to Adm. Bill Gortney. "This wasn't long after the ship had returned from Japan, and it had been 10 years since I had been aboard, so it was a great reunion for me. It meant a lot that I was a sideboy in the ceremony on almost the exact spot I climbed into a Navy jet for the first time 17 years earlier."

And just for good measure, George Washington was tabbed as the platform for Hess and VFA-101's QC Det during one of the ship's last underway periods prior to refueling and complex overhaul (RCOH) maintenance.

"To the crew who built this ship, Thank you and job well done," said Hess. "I've flown from a lot of aircraft carriers, and George Washington has always been the bar I compare the others to. It's never let me down."

Hess wanted to share some advice for the ship's current crew.

"To the crew taking care of the mid-life overhaul, stay focused, be accountable, pay attention to every detail. If something doesn't look right, make it right. At the 30,000 foot level, the country needs this ship back in the fight at 100 percent the second it leaves the pier, and for years to come thereafter. Every job matters."

Who knows? Maybe Hess will come back in a few years for a sixth go-round aboard George Washington when the ship is back at sea.



MEMORIES OF USS GW

By MC2Bryan Mai

The aircraft carrier USS George Washington (CVN 73) has had tens of thousands of Sailors come and go across the quarterdeck over the 25 years the ship has been in commission.

Though they all have their different stories and experiences with the ship, many of them have had fond memories of George Washington.

Mass Communication Specialist 2nd Class Beverly Taylor, from Erie, Pennsylvania, was a previous Sailor assigned to George Washington from 2013 to 2015.

“George Washington was my first command,” said Taylor. “I enjoyed being in Japan and being forward-deployed. I was able to visit a lot of cool locations like Australia, Hong Kong, Singapore, Philippines and South Korea. One of the most memorable experiences was when we were called to help with the disaster relief effort known as Operation Damayan when the Philippines was hit by Typhoon Haiyan in late 2013. As a photographer and videographer, I was able to go with various teams

and document the relief and then also help out myself. A big reason why I joined the military was to help others, which I was able to do with Operation Damayan. I was proud to be a part of that crew. Everyone I went with wanted to do as much good as possible and I was proud to be among them.”

Taylor is currently assigned to Armed Forces Network (AFN) Naples in Naples, Italy. She is a radio personality that broadcasts to thousands of service members and their families every day.

“I learned a lot of small life lessons that I can take to any situation in the future after serving aboard George Washington,” said Taylor. “I learned how to work in hot and cold conditions and to do so with minimal grumbling. I learned how to work seven days a week, 12 hours on and 12 hours off and that it doesn’t actually kill you. I learned to deal with a variety of people of various ages and temperaments and keep my cool, no matter the situation, usually. I have learned that no matter what food is

served, your joy is up to you and your creativity. I have made some very interesting and delicious concoctions in my time there.”

George Washington was forward-deployed in Yokosuka, Japan from 2008 to 2015 and had a rotation of six months at sea and six months in port.

“One of the biggest thrills I had when I was on George Washington was being on the flight deck during flight operations,” said Mass Communication Specialist 2nd Class Matthew Riggs, from Royse City, Texas. “I almost walked into activating propellers in my first ten minutes up there and was immediately bodily hauled away from it. It’s a true, honest thrill that very few people can even comprehend. I am glad to be a part of that community.”

Riggs was assigned to George Washington from 2012 through 2015. He is currently working at Navy Personnel Command.

“My favorite part of George Washington was the crew,” said Riggs. “I’ve never been around such an in-

“I learned a lot of small life lessons that I can take to any situation in the future after serving aboard George Washington,”

- MC2 Beverly Taylor

spiring group of people. We, as Sailors and service members, have our own unique community that can be instantly recognized and shared with others in our peer groups. We can bond with absolute strangers that just happened to be in the service or have previously served.”

Though tens of thousands of Sail-

ors have crossed the quarterdeck, George Washington is only at its mid-life period and many more Sailors will cross the quarterdeck in the second half of the ship's life.

George Washington will be dry-docked at Newport News Shipbuilding (NNS), a division of Huntington Ingalls Industries for a slated

48-month Refueling and Complex Overhaul (RCOH) maintenance period early August 2017. The nearly four-year project is performed only once during a carrier's 50-year life and includes refueling of the ship's two nuclear reactors, as well as significant repair, upgrade and modernization work.

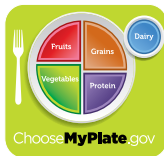


(June 7, 2014) Beverly Lesonik, from Erie, Penn., takes a photo through a pair of big eyes from the signal bridge of the aircraft carrier USS George Washington. (Photo by MC3 Ramon Go)



United States Department of Agriculture

10 tips Nutrition Education Series



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Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1 Find your healthy eating style
Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2 Make half your plate fruits and vegetables
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3 Focus on whole fruits
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



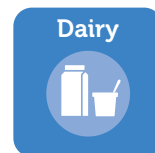
4 Vary your veggies
Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sautéed, roasted, or raw.



5 Make half your grains whole grains
Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



6 Move to low-fat or fat-free milk or yogurt
Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



7 Vary your protein routine
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars

Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



9 Drink water instead of sugary drinks
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters
The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."